

School News

Education + Communication = A Better Nation



Covering the Newport-Mesa Unified School District

Volume 18, Issue 97

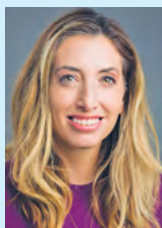
APRIL / MAY 2022

Community Engagement Helps Shape Our District's Success



Superintendent Dr. Wesley Smith speaks at middle school electives community forum.
(Please see page 3 for article.)

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SUPERINTENDENT



Dr. Wesley Smith
Superintendent

[Newport-Mesa Unified School District](#) (NMUSD) values the importance of our local community and their input in helping shape our educational system. It is important for us to work together to best serve the needs of our 19,000 students.

One of our District's priorities is to more meaningfully communicate and engage with constituents. We have made intentional efforts to better engage our community and involve them in the decisions that impact student learning.

As superintendent I host student, parent and employee advisory councils who meet regularly to discuss district programs and initiatives and obtain feedback on what's working and how we can improve. In addition, I meet regularly with employee labor leaders and foster a collaborative relationship that's essential to our employee and student success.

While our focus as educators is on academic and social-emotional development during the school day, parents have a multitude of things to focus on while raising their children. With that in mind, we host [parent education sessions](#) throughout the year to help parents navigate issues that impact a child's well-being and success. Some recent topics include *parenting with emotional intelligence*, *digital citizenship*, and *managing stress*.

In May, as part of Mental Health Awareness Month, we are hosting weekly parent education sessions on topics surrounding mental health and wellness.

We recently had community forums to seek input regarding middle school elective offerings. These forums were well attended and the feedback is being reviewed with the commitment of offering additional electives in 2022-23. This is an excellent example of how purposeful community engagement can result in the enhancement of student education.

We also hosted six community forums to seek feedback on our District's [Local Control Accountability Plan and other District plans](#). Feedback from these forums is used to describe the goals, actions, services, and expenditures that will support positive student outcomes. With feedback from our community, our current goals include (1) mental health and wellness, (2) academic success, (3) conditions of learning, and (4) family and community engagement.

As you can see, community engagement is top of mind in our District. While this is just a glimpse into some of the many engagement opportunities, I want to assure you that I and our [Board of Education](#) truly value this amazing community and its valuable input. We are encouraged by the work we have accomplished thus far and will continue to facilitate meaningful dialogue to ensure that our focus remains on what's best for students.



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City of Newport Beach



Mobile Mental Health Treatment Comes to Newport Beach

As the need for mental health care increases throughout all segments of our community, Newport Beach has partnered with Be Well OC to introduce mobile mental health services to our residents, visitors and homeless population.

Kevin Muldoon
Mayor

Under the program, which began in February, Newport Beach now has a dedicated two-person team of experienced crisis counselors and paramedics working 12 hours a day, 7 days a week. Patients may be transported to Be Well OC's local crisis center, or a detox facility or shelter, as needed. The service provides direct mental health intervention and will reduce the need for police and emergency medical services in these cases.

While Be Well OC works with several other Orange County cities on similar programs, it is a new partnership for Newport Beach. The services are available to everyone in the City, of all ages, and can be accessed by calling our police department's dispatch office – 911 for emergencies and 949-644-3681 for non-emergency assistance.

We are excited by the early success of this program in helping improve the mental health of our community.

100 Civic Center Dr., Newport Beach, CA 92660 • 949/644-3004
www.newportbeachca.gov

City of Costa Mesa



John Stephens
Mayor

Baseball Season

Spring is here and along with this time of year comes baseball season.

I've played baseball my entire life, so I was thrilled to throw out the first pitches at the Costa Mesa Little League and Pony opening day ceremonies and for a Costa Mesa Mustang varsity baseball game.

Several hundred Costa Mesa youth take part in these combined baseball programs that offer kids a chance for friendly competition and to be part of a team. Both the Costa Mesa and Estancia High baseball programs are going strong this year. As of this writing, both teams have winning records and a potential for a CIF berth.

I also recently attended the dedication of the John Altobelli Park at OCC. Coach Altobelli led the baseball team for 27 years before he perished in the helicopter crash that also took the lives of his wife and daughter and Kobe Bryant and his daughter and four others.

Best of luck this season to Costa Mesa baseball players of all ages!

77 Fair Dr., Costa Mesa, CA 92626 • 714/754-5107
www.costamesaca.gov

Costa Mesa Fire & Rescue



Dan Stefano
Fire Chief

React and Respond to Crisis

Emergencies, large or small, can occur anywhere and at any time. Knowing how to react and respond in a time of crisis will go a long way in keeping you and your students out of harm's way. Whether in day care, K-12 or at home, proactive emergency preparedness and planning efforts will help to keep students, teachers, coaches, staff and families safe.

Having recently met with NMUSD Superintendent Dr. Wesley Smith, I have no question about his thoughtful commitment to safety as a highest priority and appreciate our strong partnership with NMUSD! We look forward to reinitiating valued safety trainings/drills with students, teachers, school staff, and parent volunteers. Substantive interactive trainings are essential to properly prepare everyone for a variety of potential emergency situations including earthquakes, fires, medical emergencies, active threat scenarios and other crises.

The world today requires more vigilance from each of us, including elevated situational awareness at all times; plan ahead and be prepared! Please take a minute to look at the Orange County Intelligence Assessment Center (OCIAAC) website <https://ociac.ca.gov/> If You See Something, Say Something!

P.O. Box 1200, Costa Mesa, CA 92628 • 714/754-5106



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Kay Coop
Founder/Publisher



Spring is here and summer is right around the corner. In this issue you will read articles on many topics including the Battle of the Books, an annual Spirit Run, Helping Animals in Need, field trips and outdoor events and so much more. Students are focused on their year-end academic goals.

If you are researching summer activities and library information for your children, please see pages 25-27.

Our next issue is June 1st.



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Covering the
NEWPORT-MESA UNIFIED SCHOOL DISTRICT



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Heidi B. Starnes, DDS, MS

1401 Avocado Avenue #210

Newport Beach, CA 92660

(949) 720-8145



Partners4Wellness has partnered with local retailers to provide education on current State and local tobacco and vape laws.

Funding provided by the Orange County Health Care Agency-Tobacco Use Prevention Program (TUPP)



In 2017:



42% of tobacco retailers targeted in the region were compliant with current laws by displaying up-to-date Tobacco Retailer License and STAKE Act stickers.



96% of retail clerks in targeted locations asked youth for ID when attempting to purchase vape/tobacco products.*

In 2019:



91% of tobacco retailers targeted in the region were compliant with current laws by displaying up-to-date Tobacco Retailer License and STAKE Act stickers.



99% of retail clerks in targeted locations asked youth for ID when attempting to purchase vape/tobacco products.*

LOWERING YOUTH ACCESS TO TOBACCO AND NICOTINE IN COSTA MESA & NEWPORT BEACH

Thank your local retailers for creating a safe and healthy community!

*An Attempted Buy Event was conducted with under age youth who attempted to purchase tobacco/vape products at 34 stores within our target cities. Adult supervision was provided during the time of the event.

February 2022

For more information on keeping tobacco and nicotine products out of youth's hands, please visit our website: partners4wellness.org or you can contact us at tmccafferty@p4w.org or 949-595-2288 Ext. 322

Adams *Elementary* (K-6)

2850 Club House Rd., Costa Mesa, CA 92626 • 714/424-7935 • adams.nmusd.us



**Stacy
deBoom - Howard**
Principal

Outdoor School

Our 6th Grade students had the opportunity to go to Outdoor School for the first time in over eight years. Students went up to Three Oaks Outdoor Science School near Lake Arrowhead for two nights and enjoyed each moment. Each All Star had a different favorite experience

from hiking to science assemblies, astronomy lessons, staying with friends in cabins, riding the bus up the mountain and eating in the mess hall with their friends to name a few!! We look forward to sending students next year!!

Arts Partnership-Backhausdance

Adams has partnered with Backhausdance for a six-week residency titled "Dance for Kindness". This residency is giving our students an opportunity to learn about dance, learn to express themselves through

movement, and focuses on the social emotional aspect of our students with lessons on empathy, compassion, teamwork, and more!! Students in Grades PreK- Grade 6 look forward to their weekly dance experience!



Backhausdance Kick Off Assembly.

Roy O. Andersen *Elementary* (K-6)

1900 Port Seabourne Way, Newport Beach, CA 92660 • 949/515-6935 • andersen.nmusd.us



Tiffany Lewis
Principal

A Fantastic Team

Andersen Elementary is proud to offer a multitude of opportunities that both challenge and enrich the educational experiences of our students.

Our fourth- and fifth-graders are encouraged to participate in The Battle of the Books. This competition is part of a more extensive national reading incentive program called America's Battle of the Books. The students are provided a list of books to read throughout the year, and then demonstrate what they know of them at the end of that year. This year 27 students participated, meeting after school on Wednesdays to discuss and talk about the books.

On the day of "The Battle," questions were posed to the competitors that focused on direct quotes or narrative details from the list of books the students had read. Ten questions were asked of each team of six students. Each team was given time to discuss among its members and decide on an answer before the team captain replied.

The Andersen community sends its congratulations to our fantastic team: They took home the first-place trophy at this year's competition! These exceptional students have read upwards of 20 books, and have worked together as a team to bring home the trophy. A special thanks also to our fantastic librarian Kathy Oldakowski, who has spent tireless hours preparing our students for today's event.

On Saturday, March 26th, Andersen's Math Squad competed in a tri-state math tournament. We had third-through sixth-graders compete at both the individual and team levels. Seven students and three teams won medals, and have been invited to nationals.

Andersen chose this particular math competition because it focuses on problem solving and strategies versus computation, which allows the students to showcase their talents while developing math skills in their classroom. Both of these opportunities allowed our students to work collaboratively. We worked hard on students realizing that because they worked together, individuals could perform at their best.

Back Bay/Monte Vista *High School*

390 Monte Vista Dr., Costa Mesa, CA 92627 • 949/515-6900 • backbay.nmsd.us



Mike Wagner
Principal

Welcome Veterans

In February, Back Bay and Monte Vista High School welcomed veterans from all branches of the military to our campus. Mr. Kovac, history teacher at Back Bay High School goes through tremendous effort to put the event together, which gives students

and veterans the opportunity to engage with each other.

Students from all grade levels and the veterans are brought together on campus and Veterans talk about how they came to be in the military and their experiences. Students get to hear firsthand accounts of not only these experiences, but about Veterans and their travels. Many stories and artifacts are shared throughout the day. This is a living-history program, which

is an amazing alternative to witnessing history solely through a textbook or classroom. It truly is an encountered memorable to all involved and we are so proud to host such an amazing group of Veterans who have served our country!



California *Elementary (K-6)*

3232 California St., Costa Mesa, CA 92626 • 714/424-7940 • california.nmsd.us



Ryan Longacre
Principal

Science Camp

The only thing better than science is adventurous, hands-on science! Each year, 6th grade students across our district head to outdoor science

programs in search of learning experiences that involve adventure, exploration, experimentation, and fun. This year, 6th grade students at California Elementary set off to explore archery, astronomy, geology, and the natural world. With water bottles in hand, our young scientists explored constellations while hiking at night, learned about edible plants as they ascended well-trodden trails, and enjoyed all of the camaraderie and bonding that outdoor settings have to offer. Although only 45 minutes from campus, our students were treated to a gorgeous natural setting. Camp



Sixth grade students enjoy an evening hike where they learn about native plants and natural resources as part of California Elementary's 2022 Science Camp hosted by Irvine Ranch Outdoor Education Center.

instructors capitalized on our students' natural curiosity about the world around them, and they encouraged them to ask questions, make hypotheses, and roll up their sleeves to find some answers. Learning, they say, is not a spectator sport. You have to get involved and be willing to venture off the beaten path!

Cloud Campus (TK—12)

www.nmusd.us/cloudcampus



Dr. Racquel Stephens
Principal

A Busy Spring

We are bursting with excitement during our spring events. Cloud Campus had a busy March. From a Virtual field trip to Ireland, to creating traps for leprechauns, March was filled with fun!

We just finished our first ever STEAM-M Night, where students prepared virtual STEAM activities. In addition, we added another “M” to the acronym for a student presentation on mental health. Students facilitated virtual breakout rooms to demonstrate the concepts of STEAM: Science (Oobleck), Technology (WeVideo), Engineering (paper airplanes), Art (artistic expression), and Math (statistics and probability). The

event was a huge success, one that also promoted these important content areas!

Our elementary students also finished their parent-teacher conferences and are now in full swing during this last trimester of the school year. Our secondary students have been busy with their ASB activities, student mentorship program, and journalism activities at the Cloud Cover newspaper. Juniors and seniors are planning for Cloud’s first in-person prom in May.

Cloud Campus will also be having our first ever “Let’s Be Kind” event for all grades. This event will take place on April 18th as an in-person activity, with the focus of spreading kindness throughout our school and community!

Cloud Campus is accepting enrollment inquiries for fall of 2022, by contacting the office at cloudcampus@nmusd.us.

College Park *Elementary* (K-6)

2380 Notre Dame Rd., Costa Mesa, CA 92626 • 714/424-7960 • collegepark.nmusd.us



Jake Topete
Principal

Celebrating the Lunar New Year

Recently College Park’s Dual Language Mandarin classrooms celebrated the Lunar New Year. To highlight the celebration, classes participated in a

variety of cultural art activities, visited other classrooms to practice the language of New Year’s greetings, and enjoyed various other activities during the course of the celebration. Each class video recorded a cultural singing or dancing performance that was shared with our Mandarin student families. As a wonderful culminating event, Lion Dancers came and performed at our Friday Flag Deck. It was truly a special morning as it was the first time parents had been back in person for Flag Deck since 2020. This year’s celebration was memorable and a great success!



Corona del Mar High School (7-12)

2101 Eastbluff Dr., Newport Beach, CA 92660 • 949/515-6000 • cdm.nmusd.us



Dr. Rebecca Gogel
Principal
7-8 Grade



Josh Hill
Principal
9-12 Grade

Clash of the Classes!

*By Alexis Briggeman,
11th Grade*

A Corona del Mar High School tradition, the Clash of the Classes rally, is held in the spring of every school year. However, with the COVID-19 pandemic, the rally was unable to be held in 2020. In 2021, the rally was filmed and

sent in video form for students to watch at home. So for the majority of the students, this year was their first Clash of the Classes rally.

The premise of the rally is to raise spirit for each individual class as they each compete to win the Clash of the Classes. Throughout the week, ASB arranges spirit days to drum up excitement around the rally. Wednesday's spirit day was inspired by the newest TikTok fashion fad, called groutfit—essentially an all-gray outfit. Students of all grades could be seen walking around in either a gray

sweatsuit or a gray shirt with matching jeans. Freshman Addie Briggeman fell into the first category. Sporting a gray sweatshirt and gray sweatshorts, she said that the Groutfit Spirit Day “was really nice because it was easy to participate in and was very inclusive” and that a lot more people dressed up for this spirit day than normally.

Thursday followed with the classic Twin Day. Girls and guys with matching sweatshirts could be seen around campus. Each best-friend pair sported the same outfit. Junior Maggie Marr and senior Liv Johnson could be seen wearing a matching gym fitness sweatshirt, matching leggings and white shoes. In Marr's own words, “twinning is winning!”

Finally, the day of the rally arrived. On Friday, each class was assigned a class color to wear to the rally. Freshman wore red, sophomores wore white, juniors wore blue, and the seniors wore black and gold. When the grades all gathered to watch the rally, each one was easily identifiable by color.

Spirit days are a great way to generate school spirit and excitement as well as being a great way to generate a feeling of comradery among all Sea Kings.

Costa Mesa High School / Middle School (7-12)

2650 Fairview Rd., Costa Mesa, CA 92626 • 714/424-8700 • cmhs.nmusd.us



Dr. Eugene Kwong
Principal
7-8 Grade



Jake Haley
Principal
9-12 Grade

Return of the Arts

It has been two years since our visual and performing arts programs performed in-person and indoors. This spring, we celebrated performances from our band, choir, and drama programs. We started off with our Mesa Zone Band concert featuring our Zone elementary school

bands, along with our middle school Intermediate Band and high school Advanced Band.

Families from across our Costa Mesa Zone attended and cheered as students from Sonora, Davis Magnet, College Park, Paularino, and Killybrooke Elementary performed their selected pieces. Thank you to Ms. Tamara Fairbanks, our district's VAPA coordinator, and our Costa Mesa Band director, Mrs. Sandy Gilboe, for organizing an excellent event.

Every singer in our choir program performs a solo for their entire class as a part of their coursework, because singing by oneself is part of the California State Standards for music. The beginning singers work on a class song and then sing it alone, while our advanced students select their own song, rehearse it, and then perform it for the class. Thank you to Mr. Jon Lindfors for directing our singers at Solo Night.

The drama department recently presented the musical *The Addams Family*, which is a musical comedy based on the characters created by Charles Addams in his single-panel cartoons that depict a ghoulish American family with an affinity for all things macabre. There have been numerous film and television adaptations of his characters, but this musical is the first stage show based on them.

The musical was nominated for a Tony Award for Best Musical Score in 2010. Thank you, Mrs. Portwood, for a great production that our students, parents, and staff enjoyed.



Davis Magnet (K-6)

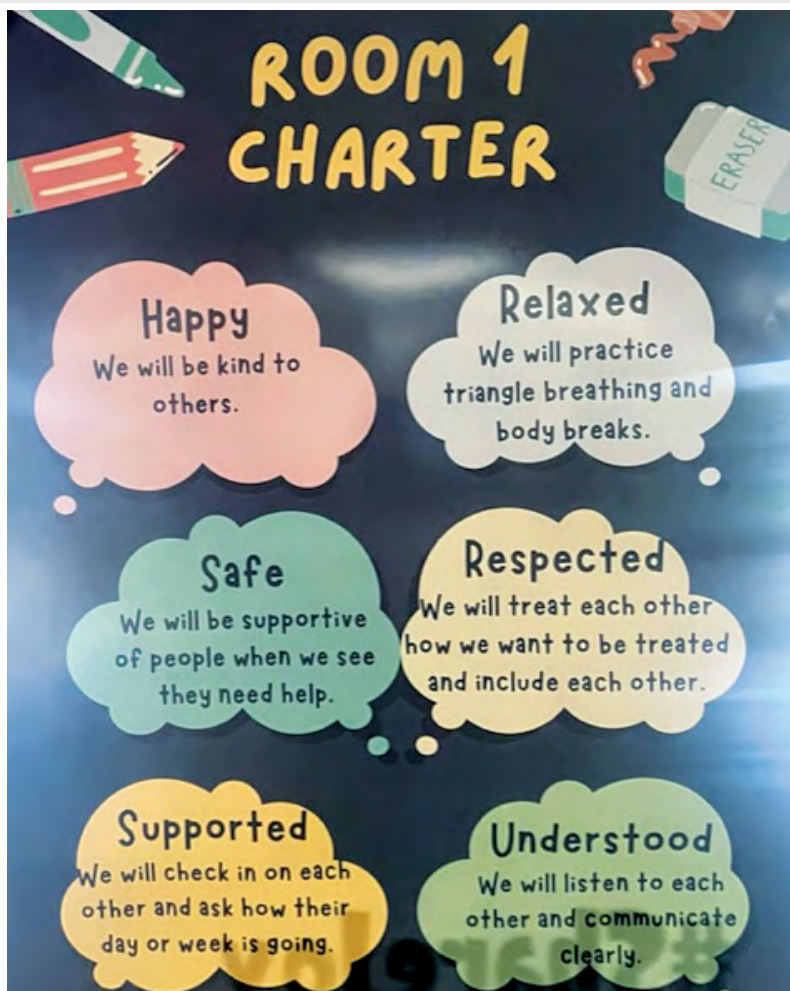
1050 Arlington Dr., Costa Mesa, CA 92626 • 714/424-7930 • davismagnet.nmusd.us



Christy Flores
Principal

Social-Emotional Strategies

This year our students have been accessing new strategies and tools thanks to the implementation of our district's recent adoption of RULER. RULER is an acronym for the five skills of emotional intelligence including Recognizing, Understanding, Labeling, Expressing, and Regulating. RULER is a systematic approach to Social-Emotional Learning that was developed at the Yale Center for Emotional Intelligence. RULER supports the understanding of the value of emotions, building the skills of emotional intelligence, while also creating and maintaining a positive school climate. During this initial year students and staff have learned about and implemented a Charter, the Mood Meter, and most recently Meta-Moment. Resources have been shared with our community throughout the year with our Behavior Specialist and Counselor presenting at our Spring PTA General Meeting. We've witnessed many benefits with the initial implementation of these strategies and look forward to continuing to support our students' social-emotional learning overtime.



Early College High School (9-12)

2990 Mesa Verde Dr., Costa Mesa, CA 92626 • 714/424-7990 • earlycollege.nmusd.us



Dr. David Martinez
Principal

ECHS Campus Tours

Late winter/early spring is a busy time for ECHS. Our school representatives conducted both in-person and remote presentations to all 8th graders at all five middle schools in the school district during the months of February and March. This was part of the process in making students aware of the ECHS application for the upcoming 2022-2023 school year. The Early Action application deadline for current

8th graders to apply for next school year was March 25th while the Regular application deadline is May 6th. Our 2022-2023 school year is scheduled to begin on August 10, 2022.

There are also some exciting in-person events being held in the months of February, March and April where in many cases had not occurred in 2-3 years. In February, we held a Student Shadow Day on February 25th for prospective 2022-2023 student applicants. March was full of activities such as our PTSA Spring Carnival on March 19th open to the community as well as our in-person ECHS Open House on March 24th. Both events last occurred in-person in 2019! After our Spring Break March 28th-April 1st, we will be holding after school ECHS campus tours on the following Fridays from 4:30-5:30 p.m. for interested students and their families on April 8th, 15th, 22nd, 29th & May 6th. For families who are interested in a campus tour, please call our school office on weekdays from 8 a.m. to 4:30 p.m. at (714) 424-7990 to sign-up.

Eastbluff *Elementary* (K-6)

2627 Vista del Oro, Newport Beach, CA 92660 • 949/515-5920 • eastbluff.nmusd.us



Cheryl Beck
Principal

Battle of the Books

Our Battle of The Book Club is a dedicated group of fourth- and fifth-graders at Eastbluff, Andersen, Sonora and Our Lady Queen of Angels. The students have been reading and “practice-battling” from a list of 20 books all school year.

It has been such a great experience for our students to discuss these awesome books weekly. Along the way, we have read about kite flyers in 15th century Korea, a lost beagle whose owner is mean-spirited, two cousins lost in the Alaskan wilderness, a slacker who inadvertently becomes

a club president, a family on the verge of becoming homeless, and a girl who becomes a messenger for the Patriots in Boston in 1775. We learned that friendships can be formed in the most unexpected ways—we witnessed a friendship take a character on a journey from Africa all the way to Scotland.

In March, we had our BOB Competition. All the teams did really well. Our first-place Book Trophy went to the Andersen team. Our Eastbluff team came in at second place.

We celebrate these dedicated, talented students! They all worked so hard and have such a great passion for reading! We are so proud of you all!



Horace Ensign *Intermediate* (7-8)

2000 Cliff Dr., Newport Beach, CA 92663 • 949/515-6910 • ensign.nmusd.us



Samantha Payne
Principal

Essential Items

Ensign Intermediate School's chapter of National Junior Honor Society (NJHS) worked hard throughout the months of February and March to collect essential items for community members and families in need. Between an online wish list and student-run collections at the front of the school, NJHS gathered close to 500 unused items including toilet paper, paper towels, baby wipes, toothpaste, laundry detergent, bath towels, bed sheets, socks, blankets,

pantry staples, and cleaning supplies. The Honor Society is planning a “shopping event” in April where families will come to campus and “shop” for items that would be beneficial to them.

A large portion of NJHS' membership requirement is community involvement. Returning members must complete 10 hours of community service, and first-year members complete a total of 30 community service hours. Between the 150 first-year applicants and 50 second-year applicants, NJHS students have given enormous amounts of time and resources back to the Newport Beach-Costa Mesa community.

Estancia High School

2323 Placentia Ave., Costa Mesa, CA 92627 • 949/515-6500 • estancia.nmusd.us



Michael Halt
Principal

Exploring Career Pathways

In March, the students in TeWinkle Middle School's Exploring in Technology classes traveled to Estancia High School for a career exploration day. The students visited Estancia's four Career Technology Pathway classrooms: Engineering Design, the Estancia Medical Academy (EMA), the Building Industry

Technology Academy (BITA), and Design, Visual, and Media Arts (DVMA).

The students had the opportunity to learn more about each CTE pathway, including the course sequence and the skills they would learn over the three-to-four-year career pathway. The students also participated in hands-on activities in each classroom.

In the EMA classroom, students inserted airway devices into lung manikins, took vital signs, and virtually dissected a cadaver on the Antomage table. In the Engineering Design

classroom, students learned about the equipment used in the class, including vex robotics, 3-D printers, and CNC machines. In the BITA classroom, students competed in a race of driving nails and screws into wood.

Finally, in the DVMA classroom, students used a program called SculptGL to digitally sculpt a funkopop image of themselves.



TeWinkle Middle School students competing in a challenge in the BITA classroom at Estancia High School.

Harbor View Elementary (K-6)

900 Goldenrod Ave., Corona del Mar, CA 92625 • 949/515-6940 • harborview.nmusd.us



Gabriel Del Real
Principal

Annual Newport-Mesa Spirit Run

On Sunday, March 27, 2022, Harbor View students, and their families, joined hundreds of other participants to participate in the 38th Annual Newport-Mesa Spirit Run. Backed by the jazz band, drumline, and cheer squads from Corona del Mar

High School, participants ran in a youth 5K, adult 5K, 1-mile, and dog mile. There were even running events for our youngest students to get excited about running as a lifelong passion. Under a sky filled with giant fluffy white clouds and graced by cool spring breezes, participants were greeted with perfect running weather. Participating in a community event and raising funds for our school are an excellent way to spend a Sunday morning.

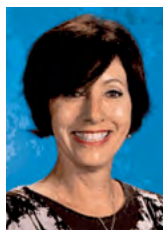
The Spirit Run raises funds for local schools and other youth programs. Harbor View Elementary will use the funds raised through this local event to purchase instruments for a school band program.



Harbor View Elementary Students join local students to participate in the youth mile at the 38th Annual Newport-Mesa Spirit Run.

Heinz Kaiser *Elementary (3-6)*

2130 Santa Ana Ave., Costa Mesa, CA 92627 • 949/515-6950 • kaiser.nmusd.us



Dr. Deborah Granger
Principal

And the World Opened for Us!

As I write, I can hear fourth graders cheer for their teammates during a Walk Through California History assembly. In the sixth-grade wing, students are busy coding. After school, Kaiser's Academic Pentathlon team is preparing for the big competition that's less than a month away.

Both the Kaiser choir and orchestra recently performed, and another special performance at the Bowers Museum around the corner. At this year's Sweetheart Dance, sponsored by our PFO, a sell-out crowd of parents and their Knights danced in the moonlight, and our after-school STEM program with Vanguard University is well underway. Skate night is back and Kaiser was "in the house" at the Newport Mesa Spirit Run!. Sixth graders leave for camp before we

know it, and our PFO recently orchestrated a magnificent lunchtime chalk art mini "festival" for all students. After two long years, it feels as though the world has opened for us, and Kaiser is taking advantage of every moment!



Chalk artists add beauty to Kaiser's campus!

Killybrooke *Elementary (K-6)*

3155 Killybrooke Ln., Costa Mesa, CA 92626 • 714/424-7945 • killybrooke.nmusd.us



Laura Sosa
Principal

Explorations Beyond the Classroom

One staple of the school experience is field trips, and our Killybrooke Colts are thrilled to have the opportunity to immerse themselves in learning beyond the classroom.

With the reinstatement of the opportunity to take field trips, our Killybrooke teams

were able to secure high-engagement and standards-aligned learning opportunities for each of our Colt's. Some of the students have never had the opportunity to ride on a bus or participate in off-site learning, and so these opportunities are thrilling to have, and they will be etched into their memories for years to come.

The Environmental Nature Center will serve our second- and third-grade classes. A local farm will host our kindergarten and first-grade teams. Our fifth-graders will visit the OCC Planetarium, and they also recently had the opportunity to visit the Irvine Barclay Theater to see the Pacific Symphony. Our sixth-graders traveled to

Costa Mesa Middle School for a preview, and they will also be attending Science Camp at Astrocamp in Idyllwild and the Lyon Air Museum.

We are excited about the learning opportunities that our students have participated in so far this year, and look forward to the community-based learning they will receive on these explorations beyond the classroom.



Killybrooke 5th graders enjoying the Irvine Barclay Theater

Abraham Lincoln *Elementary (K-6)*

3101 Pacific View Dr., Corona del Mar, CA 92625 • 949/515-6955 • lincoln.nmusd.us



Dr. Kristin DeMicco
Principal

Helping Animals in Need

Student leadership opportunities for upper grade students are back in full swing at Lincoln. This year we have a student council as well as a Peer Assistance Leadership (PAL) program on campus. Members of student council and PAL serve as positive role models, they demonstrate and encourage school spirit, and they are committed to service on campus and in the community. On most afternoons, members of our PAL team can be found facilitating games for our primary students during afternoon recess, an idea they enthusiastically brought to their PAL advisor. In addition, Lincoln Student Council members organized a school-wide community service project to support Priceless Pets, a local animal rescue operation. The students collected donations of pet food, laundry detergent, and other necessary supplies to help animals in need at the rescue shelter. Many thanks to our student leaders, and their advisors, for making a positive difference in the world.



Mariners *Elementary (K-6)*

2100 Mariners Dr., Newport Beach, CA 92660 • 949/515-6960 • mariners.nmusd.us



Matthew Broesamle
Principal

Inspiring Acts

Mariners Elementary values the importance of promoting leadership on our campus. Through the excellent guidance of teachers, Ms. Stark from the fifth grade and Mr. Qualey from the sixth grade, Mariners Student Government provides opportunities for students to develop their leadership skills as role models to their peers.

This year's group of student leaders has done an exceptional job of demonstrating what it means to be a leader on campus and throughout our community. They have done so by promoting character building and charitable projects such as Good Choices Week, food and clothing drives, and most recently, a fundraiser to support those affected in the country of Ukraine. The funds raised by our school community will be used to purchase bikes and scooters for young families as well as cookware, plates, utensils,



Mariners Student Government Leading Flag Deck

glasses and gift cards so that families are able to do their own grocery shopping. To add to the Mariners support, one of our Mariners families is currently living in Poland and assisting in providing support to arriving refugees.

I am so proud of this amazing group of young leaders, teachers and community members and the selfless acts they do to remind us about the importance of generosity, integrity and kindness. Go Marlins!



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Newport Coast *Elementary* (K-6)

6655 Ridge Park Rd., Newport Coast, CA 92657 • 949/515-6975 • nce.nmusd.us



Somer Harding
Principal

Back on Track!

What a joy it was this week to welcome our parents back to campus to cheer on our runners in our PTA fundraiser Jog-a-thon! It was a great event, with a youth sports academy providing a warm-up for our students, a yoga station for stretching, a few laps around our running track, and then an ice cream

treat. Parents were on-hand to provide cheer and inspiration for our students, who showed their right stuff as we all enjoyed a beautiful day on our field.

New this year was the ability for students to track all of their movement minutes for the entire week as a way to celebrate children that play soccer, practice tae kwon do, swim, play tennis or basketball, or even walk the family dog. We recognized students for living an active and healthy lifestyle through all kinds of movement. Students earned their sponsorship dollars for our PTA by getting out and getting

active each day this week. The more movement minutes logged, the more money they earned for our wonderful programs. What a great way for students to be healthy and provide their parents, grandparents, neighbors and friends an ability to contribute to our PTA!



Newport *Elementary* (K-6)

1327 W. Balboa Blvd., Newport Beach, CA 92661 • 949/515-6965 • newportel.nmusd.us



Amanda Estrada
Principal

Let's Celebrate!

Absolutely Incredible Kid Day has become a fun tradition and awesome way to celebrate all our incredible students. Upon arrival, students were greeted with balloons, banners, bubbles and fanfare and received a wristband imprinted with "I am an

Absolutely Incredible Newport El Kid". I also asked staff to nominate students for a positive phone call from the principal to tell their parents to tell them how incredible their kid is. I made 75 phone calls to very proud parents that day, but easily could have called the parents of every one of our incredible students.

We also recently celebrated Read Across America Week. Students participated in reading activities and dress up days that promoted reading. Students also donated books to be gifted to a local shelter. The week ended with guest readers from the Newport Beach Fire Department and Newport Beach Lifeguards.



NT62 & Lifeguards reporting for Read Across America.

Newport Harbor *High School (9-12)*

600 Irvine Ave., Newport Beach, CA 92663 • 949/515-6300 • nhhs.nmusd.us



Sean Boulton
Principal

Come See a Broadway Sensation!

The NHHS Theater Department production of Dolly Parton's *9 to 5, the musical* will be coming to Newport Harbor High School April 22-24 and April 29-May 1. Come see the Broadway sensation based on the 1980 movie starring Dolly Parton, Jane Fonda, Lily Tomlin, and Dabney Coleman!

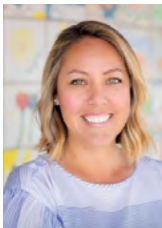
Set in the late 1970s, this hilarious story of friendship and revenge in the Rolodex era is outrageous, thought-provoking and even a little romantic.

Pushed to the boiling point, three female coworkers concoct a plan to get even with the sexist, egotistical, lying, hypocritical bigot they call their boss. In a hilarious turn of events, Violet, Judy and Doralee live out their wildest fantasy – giving their boss the boot! While Hart remains “otherwise engaged,” the women give their workplace a dream makeover, taking control of the company that had always kept them down.

Tickets are \$20 for adults (21 and over) and \$10 for students (high school and younger), and are on sale at the ASB window and on line at <https://www.nhhsperformingarts.com/theater>. The Friday and Saturday shows are at 7pm and the Sunday shows are at 2pm.

Newport Heights *Elementary (K-6)*

300 E. 15th St., Newport Beach, CA 92663 • 949/515-6970 • newportheights.nmusd.us



Terri Clarke
Principal

Go, Sharks!

These past few months have welcomed new activities as well as traditional events back to NHES. To show our SHARK PRIDE and enthusiasm around these, we embarked on a collaborative project with all our students and staff to create a GO SHARKS! mosaic on our front fence. Staff worked together to create the outline of the letters

and over the course of two school days, each class had an opportunity to add to the project by filling the letters in; by the end of the collaboration, we had our GO SHARKS! rally cry for everyone to see. It was a unique experience to have every single student and staff member participate in a project that will be viewed by our school community for years to come. Even more impressive is to hear our students' pride when they pass by and tell their families and friends, “I did that!” Go, Sharks!



Paularino *Elementary (K-6)*

1060 Paularino Ave., Costa Mesa, CA 92626 • 714/424-7950 • paularino.nmusd.us



Annalisa Schwartz
Principal

April is Autism Awareness Month!

We are fortunate at Paularino to have a robust TK - 6th grade Autism Special Day Class program. Our campus is full of inclusiveness where we celebrate and accept all students. Every Friday in April all students and staff are encouraged to wear blue to support Autism Awareness. For years, Paularino staff have done an amazing

job of integrating our special day classes students with general education not just for recess and lunch but also for core curriculum of language arts and mathematics as well as hands-on opportunities such as science, music, and physical education. When walking through campus we have built a learning environment of acceptance and kindness. Our Panthers are learning to be inclusive citizens and will all make a difference in the world. Great job Panthers!

Pomona *Elementary (K-6)*

2051 Pomona Ave., Costa Mesa, CA 92627 • 949/515-6980 • pomona.nmusd.us



Cindy Pedroso
Principal

The Great Outdoors!

Springtime is upon us, and we are having a blast at Pomona! The students are enjoying field trips and outdoor events that were sorely missed last year.

Our sixth-grade students had an opportunity to attend the Lyons Air Museum, while first-grade and kindergarten students attended Centennial Farms. The pure joy these students radiated as they entered the

school buses was wonderful to watch. Students are back to engaging in all the great parts they come to love in

their school day. Soon, we will be sending our sixth-grade students off to science camp, a 12-year tradition here at Pomona. This experience provides students with many incredible memories that they will cherish for years to come.

Additionally, our enrichment opportunities such as STEM and soccer have continued to be hits as we move into session 3. These sessions will engage even our youngest students in kindergarten as they build sailboats that float on a magnetic field. Meanwhile, our older students in fourth through sixth grades will become YouTube masters.

Pomona Panthers are really shining as we gear up to complete this school year! #pantherpride



Everett A. Rea *Elementary (K-6)*

661 Hamilton St., Costa Mesa, CA 92627 • 949/515-6905 • rea.nmUSD.us



Dr. Duane Cox
Principal

STEAM Night at Rea Elementary School

Students and families streamed onto campus for the AVID STEAM Night. This was a night focused on Science, Technology, Engineering, Art, and Math. Parents and their children engaged in the science of astronomy, programmed robots, built towers, and more. STEAM Night was part of a four-night series that occurs throughout the year and focuses on AVID and academic subject areas. AVID or Advancement Via Individual

Determination program is a team effort where all school sites and district staff, parents, students, and community work to prepare students for college readiness and success in a global society.

AVID Family nights provide students and families with an opportunity to engage in scholarly work, working alongside their teachers and students from our NMUSD high schools. Our hope is that these experiences are enriching and provide motivation for each child as they consider their academic choices in middle school, high school, and college.

Sonora *Elementary (K-6)*

966 Sonora Rd., Costa Mesa, CA 92626 • 714/424-7955 • sonora.nmUSD.us



Mia Doidge
Principal

Battle of the Books

The Sonora Eagles participated in the Battle of the Books (BOB) Competition on Wednesday, March 23. It was held at the Newport Beach Civic Center and involved a competition of four elementary schools (three from NMUSD). Each student had to read up to 19 books and answer questions about each of them! Fourth and

fifth graders are eligible to compete, and our students did an amazing job in working as a team to support one another in recalling information and demonstrating their knowledge of the books they read. Our awesome LMT, Mrs. Chan, and fifth grade teacher, Mrs. Fenn, worked weekly with the students to help them read and prepare for the competition. We are so proud of our Eagles for giving it their best, expanding their literature, and making new friends!!



Charles W. TeWinkle *Intermediate (7-8)*

3224 California Ave., Costa Mesa, CA 92626 • 714/424-7965 • tewinkle.nmusd.us



Dr. Dipali Potnis
Principal

Athletics is Back!

We are thrilled to be able to restore our athletic programs to our school site! Middle school athletics plays a significant role in the culture of our school, and our students play with tremendous heart.

We are currently in the final season of our athletic program.

In this

season, our students play soccer. What is evident when they are on the field is their confidence and appreciation for teamwork, from their footwork to their drive. There is also a level of trust that our student athletes have in one another and their coaches. This is a value that they learn not only in the classrooms but on the field as well.

It's also very exciting to see our students out on the field supporting their friends. The number of spectators is truly heartwarming. COVID-19 made us appreciate the ability to participate in activities that we maybe once took for granted. We wanted to give a shout-out to our student-athletes as well as to our faculty, students and parents who have come out to support them at these incredible games!



Victoria *Elementary (K-6)*

1025 Victoria St., Costa Mesa, CA 92627 • 949/515-6985 • victoria.nmusd.us



Dr. Aaron Peralta
Principal

STEM Opportunities

How do we prepare our students to fill the current shortages in science, math, and engineering professions? At Victoria, we expose our scholars to rich and engaging STEM opportunities that ignite a passion to pursue.

Our students participate in after school enrichment time exploring a rich array of STEM opportunities. Students

apply math and science skills in coding, robotics, hands on engineering projects. They use block coding to instruct DASH Bot to complete tasks. Other activities include completing a predesigned track using rulers and protractors to know distance and angles to use to stay on course.

The engineering projects are a hands-on activity for students to work through real world scenarios to design and engineer different challenges given to them. The projects include earthquake safety, freshwater filtration, and bridge building to name a few.

We are driven to prepare our students for the opportunities of the 21st century!



Whittier Elementary (K-6)

1800 Whittier Ave., Costa Mesa, CA 92627 • 949/515-6990 • whittier.nmusd.us



Randy Lempert
Principal

One Note at a Time

Whittier's talented upper grade students have been working hard in their orchestra and choir groups. Our beloved and extremely skilled music teacher, Mr. Funk, has been leading the charge to ensure these motivated students are

ready to perform for our third grade Dolphins in April. His vision is to recruit as many third graders as possible to create robust upper grade groups next year here at Whittier.

Ms. Grenier, the music department chair from Ensign, will be teaming up with Mr. Funk to conduct during this promotional concert. This will be an incredible opportunity for

collaboration among two Newport-Mesa schools filled with talented musicians. Promoting arts education in school keeps our students well-rounded and ready to take on the world - one note at a time!



Wilson Elementary (K-6)

801 Wilson St., Costa Mesa, CA 92627 • 949/515-6995 • wilson.nmusd.us



Dr. Jennifer Heckert
Principal

Wildcats Practice Wellness

Wilson Elementary held its first Wilson Wellness Week in February 2022. The week focused on sharing wellness tips each day with students and staff as well as a parent education series focused on healthy habits, social emotional

learning, and managing stress. Our week included a focus on exercise and safety with safety assemblies facilitated by our community partners. Students learned about pedestrian, bike, and helmet safety and how to navigate safely on our streets. Students also had a chance to win scooters and helmets with their PBIS wildcat tickets. The week culminated in our second walk to school day on Friday

morning. Wilson families, staff, and students walked and rode to school. We are grateful to our Wilson community for an incredible turn out as well as the city of Costa Mesa for their partnership and support.



Woodland Elementary (K-2)

2025 Garden Ln., Costa Mesa, CA 92627 • 949/515-6945 • woodland.nmusd.us



Dr. Amy Nagy
Principal

Respect, Responsibility, and Safety

Positive Behavioral Interventions and Supports (PBIS) is an evidence-based three-tiered framework used at Woodland and other NMUSD schools to improve the effectiveness, efficiency, and equity of our schools. The first tier focuses on effectively teaching appropriate behavior to ALL children, intervening early before behaviors escalate, using research-based and scientifically validated interventions whenever possible, monitoring student progress, and using data to make decisions.

Recently, Woodland teachers developed specific language and examples around three core principles of respect, responsibility, and safety. Then, in a school-wide, two-day activity, students rotated through six locations where teachers taught the expectations. Students learned we show responsibility by cleaning up after ourselves at lunch, respect by walking quietly to and from campus activities, and safety when we use our “walking feet” on the blacktop. Making expectations clear and teaching them explicitly is the first step to ensuring Woodland is a great place to learn!



Students are being taught about the expectations of being responsible, respectful and safe in the restrooms.

Nutrition Services

2985 Bear St., Building B Costa Mesa, CA 92626 • 714/424-5000 • nmusd-ca.schoolloop.com/nutrition



Todd Hatfield
Director

Celebrating Nutrition

*By Pam Williams,
MPH, RD, Nutritionist*

March is National Nutrition Month. What a good time to celebrate nutrient-rich foods that help students stay healthy. March 7 – 11, is also the time we celebrate National

School Breakfast Week. This year, Nutrition Services decided to celebrate both occasions by treating students to a special breakfast despite food availability challenges.

According to Nutrition Services Supervisor, Nina Matthews, “I noticed that the strawberries were especially tasty this month.” On Thursday, March 10, the team provided a strawberries and waffles breakfast.

Whittier Elementary School Cafeteria Manager, Nieves Perez, reported that, “Students walked into the cafeteria and were amazed with a new menu item. They were especially happy to see strawberries.”



Whittier Elementary School Cafeteria Manager, Nieves Perez.

Why celebrate with strawberries? Because they taste delicious and provide several nutrients: vitamin C, folate, potassium, and manganese. Strawberries are also a good source of fiber. Celebrate with us! Add strawberries to meals and snacks. It's a wonderful way to get the nutrients we need.

Health Services

2985 Bear St., Costa Mesa, CA 92626 • 714/424-5000



Merry Grasska
MPH, FNP-C,
RN
Director

Time for a Check-Up/Playing Catch-Up

By Marc Lerner, MD

Two years into the pandemic, many parents have skipped well-child appointments, the visits when a pediatrician reviews a child's progress and provides preventative health care. Each child's health visits are opportunities to identify health concerns including vision, dental, speech, fine/ gross motor, physical and emotional issues. They prepare each student for learning and life success.

In the first three months of the pandemic, the number of vulnerable children receiving routine vaccinations declined by more than 30 percent. Subsequent months showed sharp declines in dental services (75%) and even in mental health visits (44%), despite the stresses of these times. At the height of the early shut down, pediatricians reported delays in the identification and treatment of serious conditions including childhood diabetes and cancers. Complications of cavities can cost children days at school, and their smiles.

Now, parents should have confidence that their child can safely receive care from their established provider to support their child's health and learning. Health screening is a function of the school nurse and is provided in NMUSD according to State requirements and when students are referred to the nurse. School nurses are knowledgeable about community resources and can share information with families.

For some students, vision screening was missed during distance learning and may still get missed for those who continue with distance learning. Vision screening, whether done at school, by a pediatrician or an eye care professional can detect vision differences. This issue, which can start without symptoms, can lead to irreversible blindness in the weaker eye due to a condition called amblyopia. Caught early (preschool thru first grade), this condition can be treated, and vision saved. Every parent can make sure that their child receives all necessary care and is no longer playing catch up. Time for a check-up!

Early Childhood Education

2985 Bear St., Costa Mesa, CA 92626 • 714/424-5000



Michelle O'Neill
Coordinator

Spring is in the Air!

Goodbye winter, hello spring! Spring is in the air! Spring is a beautiful time of year when the grass is turning green again, new leaves are growing, and flowers are blooming! With the change in weather this



spring comes the perfect opportunity to teach our Paularino preschoolers about the seasons we experience throughout the year. Why do the leaves change color in the fall? Why is there so much rainfall in the spring? Check out the colorful flowers our preschoolers created using dot art markers.



Newport Beach Public Libraries



Christine Chapel
*Children's Librarian,
Newport Beach
Public Library*

Special Spring Programs

At the Newport Beach Public Library, we're excited about our special spring programs. Don't miss adding these great events to your calendar, along with your favorite storytime programs. Check our website for details: <https://www.newportbeachlibrary.org/children/>

We look forward to seeing you at the library!

Storytimes! For our youngest patrons, storytimes are presented in-person at each of our four branches. We have storytimes for babies, toddlers, preschoolers, and families -- where we read books, sing songs, do finger plays and nursery rhymes to develop and strengthen early literacy skills while having fun. Each week features a different storytime theme. We repeat our favorite songs and activities each week, which builds confidence and mastery. Each storytime is approximately 20-30 minutes long.

Zoom! Bap! Pow! Calling all SUPERHEROES! Join us on Saturday, April 30 for a day full of superhero activities that will put your skills to the test. Dress up as your favorite superhero and stop by the Central Library to make your way through the superhero obstacle course, write a letter to an everyday superhero, enjoy themed crafts and more! Crafts available while supplies last.

Space Crafts! Blast off on Saturday, May 7 with Astronomy Day crafts! Zoom into Mariners Branch Library for craft kits that celebrate outer space. Crafts kits available May 2 – 8 on a first come, first-served basis.

Spring Craft Bloom! Stop by the Balboa Branch Library on May 4 to make crafts inspired by the beauty of Spring. Crafts available while supplies last.

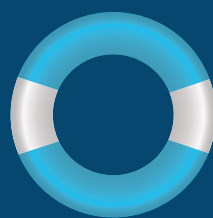
Summer Reading Program Look for us at your school in late May or early June as librarians visit to share the excitement of summer reading. Participating in a summer reading program is fun and keeps your brain active all summer! When you register for our program—starting June 11—you will earn prizes based on the books you've read. You're also invited to our many craft programs, and other awesome events! Watch for more details in the June issue of *School News*!

Central Library 1000 Avocado Ave., Newport Beach, CA 92660
949/717-3800 • www.newportbeachlibrary.org/kids
Mariners Branch 1300 Irvine Ave., Newport Beach, CA 92660
949/717-3838
Balboa Branch 100 East Balboa Blvd., Balboa, CA 92661
949/644-3076
Corona Del Mar Branch 410 Marigold Ave., Corona Del Mar, CA 92625
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Positive Parenting

Are You Disconnected?



**Sandy Spurgeon
McDaniel**

This is one of the most difficult times there has ever been to be a parent. The extreme use of media and extended challenges of the pandemic have changed our children; thus, the way they need to be parented. And some needs of children never change.

All children need to feel connected. Can you see the difference between, "You're a good friend!" And "I really needed someone to talk to last night, thanks for being there." Instead of talking at children, talk to them; look into their eyes, be with them and listen. Since children often require constant attention, it is totally appropriate to say, "I want to hear what you have to say, and (cooking) needs my full attention right now. I'm turning the timer for 15 minutes. When you hear it ring, come and I will listen!"

Read to your children every night. Eat dinner together as a family. Play games together. Go on outings together. Don't talk on your cell phone in the car, talk to them. This precious time of being the architect of a child's life is very short. There are no re-runs in the parenting game; connect with your children so they feel valued and appreciated.

Sandy Spurgeon McDaniel is an author, taught school, raised two children, worked as a consultant to schools and has worked with children and families for 52 years. Sandy now lives in Meridian, Idaho. ParentingSOS.com.

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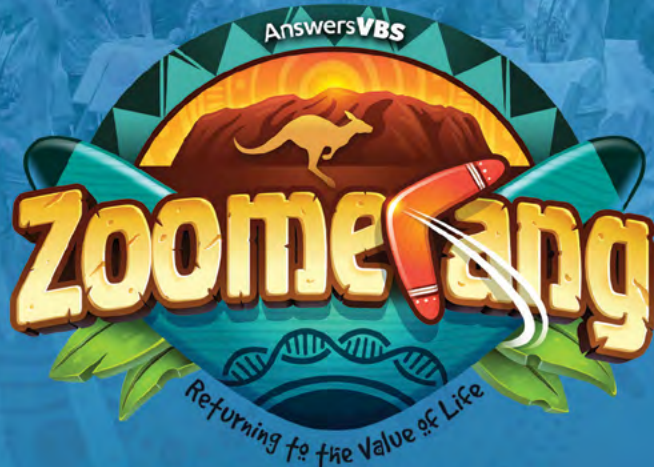
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SCAN ME

Note-ables



Kate Karp

'Strawberry Band,' The Story Pirates

When you were little, did you write songs and stories with dreams of publication?

Too bad the Story Pirates weren't around then. These artists

and educators take silly stories that children make up and turn them into even sillier songs and videos. Piracy? Nah—they make a child's dream real!

The Strawberry Band is the most recent of the Pirates' compilations. The title song, based on a story written by a 5-year-old, introduces the band and teaches young listeners what a concept album is: a group of songs connected by a theme, "some more so than others;" but you'd be correct in saying that the whole idea is spending your childhood in the best possible way.

"Weird Sisters" celebrates being different yet fabulous enough for others to emulate and to brush off bullies.



"Glowy and the Friend Adventure" tells of a whale, lonely in his sea mansion, who finds a friend who's just right. "Fun Crazy Weird Hair Store" has a cautionary subtext: check the prices before pulling out your credit card and paying five thousand million dollars.

The music is wonderful and no mere afterthought. "Glowy," enhanced by Marile Bildsten's trombone, will be an earworm forever; the haunting melody of "Blue Night" would be perfect for a jazz concert.

Read the [original stories here](#). If you know any young authors who'd like to submit their own works, [here's the place](#).

Ah, the innocent silliness of youth! If we only could have boarded that pirate ship back then . . .

Kate Karp is an editor for *School News Roll Call* and a freelance writer and editor.

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www.pacificmmc.org

College and Career Preparatory Academy



Dr. Al Mijares
Superintendent

Where can young adults turn if they've aged out of the public school system without a high school diploma?

OCDE's College and Career Preparatory Academy offers a path to move forward.

Established in 2015, CCPA is a first of its kind in Orange County. It's a free public charter school that offers a blend of online courses, independent study and small-group instruction specifically for students ages 18 to 25 who have yet to complete their high school graduation requirements.

Many of these students have already entered the workforce, and some have children at home. For most, flexibility is crucial.

Students who enroll at CCPA have the opportunity to create customized schedules while taking advantage of a variety of supports including counselor sessions, remote learning, tutoring and peer activities.

"At CCPA, we want students to succeed and move forward with the next steps in their life, whether that is college, a career or a training program," Principal Dave Connor said. "This program was developed to help students who've lost their way, and we couldn't be more proud of the nearly 750 students who've graduated from the academy."

Many of CCPA's incoming students are behind in credits and performed below grade-level at their last school. Yet nearly half of the academy's graduates go on to attend community college or enroll in a career technical education training program.

In fact, CCPA builds relationships with community colleges, community-based organizations and potential employers to provide students with a robust network of support. One example is a partnership with the California Jobs ChalleNge. Sponsored by the National Guard, the program provides career technical education training and career readiness skills, which are keys to meaningful employment.

Of course, it's one thing to talk about how CCPA fills a niche in Orange County. But it's another to attend the academy's heartwarming graduation ceremonies. These moments reveal the true impact on students and families who have taken diverse educational journeys, only to discover fresh starts and bright futures.

Young adults seeking to earn their high school diplomas can enroll at CCPA year-round. For information or to register, visit freeccpa.com or call 714-796-8795.

Parent To Parent

Activities Away from Technology



Jodie Lynn

Q. My 10-year-old son only wants to stay indoors, play video games and eat chips and the like. He doesn't like sports. I'm trying to get him outdoors and moving but he complains about the heat. Any ideas on how to get him away from becoming a couch potato and away from the TV?

A. There are plenty of programs that your son might like such as swimming, drawing, painting, camping, making pottery, volunteering at a pet shelter, cooking, graphic design for kids, etc. The whole idea is to get him into a scheduled activity three to five days a week. Some of the facilities where the activities take place have lunch served to the

kids. It's usually a pretty healthy one at that. They should give you a weekly copy of them. If not, ask for one. Some programs allow kids to bring their lunch. This means that he will be eating less of the bad things and more of the good. He might even decide that eating fruit is a good break from chips. If your son can find something he likes and can participate in it with a friend, he'll be more willing to stick with it, especially if there's no pressure to be a super star. This will also give him less time to play video games or to watch TV.

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