

FREE

School News

Education + Communication = A Better Nation

Covering the Newport-Mesa Unified School District



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December 2018 / January 2019

N-MUSD Students Thrive in an Ever-Changing World...



and Take Time to Thank Our Veterans



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SUPERINTENDENT

Meeting Students' Needs to Thrive in an Ever-Changing World



Dr. Fred Navarro

The success of any district is based on maintaining a solid financial foundation and recruiting and retaining the best employees—our most valued resources. We place tremendous focus on supporting our staff, so that they can support our students.

We pride ourselves in caring for the whole child—their success is highly influenced by their social, emotional, behavioral and physical health. We have a

robust team of mental health professionals who support our nearly 22,000 students.

When it comes to discipline, we focus on providing support to our students, while also holding them accountable. All of our 32 schools employ Positive Behavioral Intervention and Supports (PBIS), and 16 of our schools were recently recognized by the PBIS coalition for their successful programs, which improve student behavior and create positive school culture.

While our focus is on student learning and success, we also have placed a strong focus on educating our parent community with a series of Parent Education Workshops.

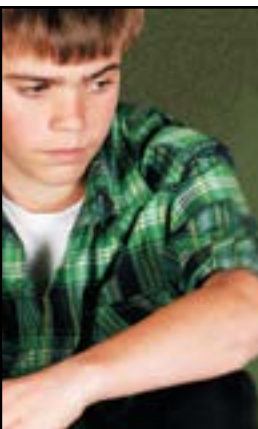
By removing barriers for students and providing high-quality, industry-driven course offerings and programs and

involving and educating parents, students are able to thrive academically and be well-prepared for the world ahead.

We focus on providing all students with foundational literacy skills to ensure a deep understanding in reading, writing, and math concepts. This focus at the lower grades helps students to better transition to secondary education as flexible problem-solvers who can clearly communicate thinking and reasoning—skills necessary to succeed in today's economy. Students also have hands-on opportunities in computer coding, robotics, and engineering and dual-language programs in Mandarin and Spanish.

At the secondary grades, we remain steadfast in continuing to fuel students' interests and passions, while preparing them for industry and career choices upon graduation. We currently offer 11 Career Technical Education Pathways, multiple opportunities for Advanced Placement courses and the International Baccalaureate program, as well as a multitude of options in the area of visual and performing arts.

Whether students are high achievers, struggling in certain areas, or still looking to find their passions, we have systems of support and enrichment opportunities for all students to thrive and succeed.



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Newport Beach Fire Department



Jeff Boyles
Assistant
Fire Chief

Preventive Practices

The holidays are fast approaching, which creates many fire hazards with trees, lights, and heating elements such as space heaters. The United States Fire Association recommends inspecting holiday lights before placing them on a tree. Throw away strands with frayed or pinched wires. Always unplug lights before going to bed or leaving your home. Water your tree so it remains well hydrated.



One of the most important things to remember is to place trees at least 3 feet away from heat sources like fireplaces, space heaters, candles, and heating vents. Discussing these preventive practices with your family will reduce the chances of a fire starting in your home.

P.O. Box 1768, Newport Beach, CA 92658 • 949/644-3104

Costa Mesa Fire & Rescue



Dan Stefano
Fire Chief

Loss of Family Member

In November, we lost a valued member of our Costa Mesa Fire Family when Captain Mike Kreza was fatally struck by a vehicle while riding his bike near his home.

The loss was devastating for his family as he left behind a wife and three young daughters. It was also devastating for our Fire Family, our City team, and our extended

community, who all loved and admired our beloved colleague.

Captain Kreza devoted his career to saving lives, so in his memory, the Costa Mesa Fire Family encourages you to keep your family and loved ones close during the holidays.

On behalf of our Fire Family, please have a safe and blessed holiday season and appreciate every minute you can!



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Kay Coop
Founder/Publisher



As we go to print with this issue, our thoughts and prayers are with the many families who have lost their homes in the fires throughout the state from Southern to Northern CA. Our communities are always generous helping those less fortunate and during the holidays giving is always greater. Please remember there will be more people in need this year far beyond the holiday season.

I wish all of you Happy Holidays, Merry Christmas and Happy New Year!

Our next issue is February 6, 2019.



School News

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UNIFIED SCHOOL DISTRICT**

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Nutrition Services

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



**Dale Ellis, R.D.,
M.B.A., S.N.S.**
Director

Is Milk Important? You Bet!

By Elisa Sakaske, Dietetic Intern Student

Milk and non-dairy beverages contain calcium and vitamin D. These nutrients are needed for bone growth and development in young people. They are also needed throughout the lifespan of adults.

Why is this important? Vitamin D holds the key to unlocking our bones to let in calcium and make us strong and healthy.

According to an article published in the newsletter of the National Institutes of Health, experts agree that Americans eat and drink way too much added sugar, especially from sugar-sweetened beverages like soda, energy drinks, and sport drinks.

So consider replacing these beverages with milk! Milk is a great way to support our students' health and growing bones. While at school, we make sure that milk is available for breakfast and lunch as part of a healthy diet.

Additionally, the Los Angeles Times has reported that beginning in early 2019, California law will now require restaurants to include milk or water as the default beverage for children's meals. This will further reduce the intake of added sugar for children.

Milk is important for bone health, and it begins in childhood!

School Health Services

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



**Merry Grasska
MPH, FNP-C,
RN**
Coordinator

Healthy Schools, Healthy Children

Health at school matters, and keeping our students healthy and in school is essential. Each year we experience various minor and serious illnesses in our community that can affect our children's health. Whenever groups of people come together, including at our schools, there is a risk of sharing illness. In recent years these have been pertussis, measles, influenza, colds, and other serious illnesses.

How we manage health at school and home is important. School should be a safe, healthy, and enjoyable place for our children to learn. As adults, we can model and teach good hygiene to our children in order to promote good health. For instance, the transmission of illnesses at school may be minimized by frequent hand washing, coughing into our elbows, not sharing eating utensils or personal grooming items, and getting plenty of rest and fluids. Parents should also be keeping their children at home when ill, as well as keep their immunizations current, especially by seeking a yearly flu vaccine.

If you have concerns about student health, please contact a Health Services staff member in your school's health office.

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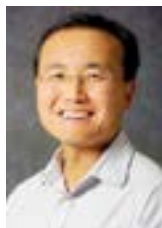
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Signs of Appendicitis



**Kenneth Kim,
M.D.**

*Medical Director,
Pediatric ICU*

There are many reasons why you could have abdominal pain, including constipation, food poisoning, urinary tract infection, stomach flu – or appendicitis, caused by an inflammation of the appendix. The signs of appendicitis may be confused with other causes of stomach-area pain, yet the consequences may be life-threatening. So how do you know the difference?

Anyone can get appendicitis, but it usually occurs between the ages of 10 and 30 and predominantly affects men. The most

common sign of appendicitis is pain that develops around the navel and then shifts to the lower right abdomen while increasing in severity. Additional symptoms associated with appendicitis may include:

- Nausea • Vomiting • Loss of appetite
- Low fever • Constipation • Diarrhea
- Abdominal swelling • Inability to pass gas

Abdominal pain may worsen after coughing, walking, sneezing, taking a deep breath or experiencing a jarring movement. Not everyone experiences the same symptoms or pain location. For example, young children and pregnant women can have pain elsewhere.

Appendicitis requires immediate medical attention. There is no effective home remedy to treat appendicitis. Treatment may begin with antibiotics and intravenous fluids. Depending on the severity of the condition, surgery, called an appendectomy, may be necessary. A delay in seeking treatment may lead to complications such as:

- Peritonitis (inflammation of the lining of the abdomen)
- Ruptured appendix, resulting in widespread infection
- Death

Recovery is typically quick and complete when people seek treatment right away. For more information about appendicitis, talk with your doctor.



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Adams *Elementary (K-6)*

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**Stacy
deBoom-Howard**
Principal

Congratulations, Student Council!

Congratulations to our new student council: president Christian Sotomayor, Vice President Joseth Zarate Groth, Secretary Mario Solis, publicity managers Ashley Hernandez and Denisse Estrella, and recycling

commissioners Rosie Sanchez and Gabriel Bailon.

We also have a wonderful group of sixth-grade ambassadors who will be assisting our elected officials in running student activities and keeping our All-Star spirit going all year!

This time of year brings us to think about the many things we are thankful for here at Adams: the support of our PTA, ELAC, community partners and volunteers, our extraordinary staff members, programs that help meet the needs of all students, our wonderful families and most importantly, the smiling students we see on a daily basis.



We wish all our Adams families a safe and happy holiday season. We look forward to a bright new year with lots of learning!

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

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



Dr. Shannon Bray
Principal

Students Learn About the “Power of One”

Students learned how to do their part to stop bullying from the “Power of One” anti-bullying program.

Actors performed a series of skits wearing colored masks to show the different people involved in bullying. Green was for the bully, purple for the victim and yellow for the bystander, who can laugh at or ignore bullying. Skits showed verbal and physical bullying, and the older students also learned about cyberbullying.

Students were encouraged to step in when they see their friends in trouble and stop being a bystander. The power of one, they were told, is the power inside each person to help victims of bullying.



Back Bay/Monte Vista *High School*

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



Guts – Resilience- Initiative - Tenacity

At Back Bay GRIT stands for all that we strive to teach our students; Guts, Resilience, Initiative, & Tenacity.

Marc Trocchio
Principal

This fall our students have been exposed to a wide range of professional motivational speakers, guest speakers from the community, and leaders from the armed services.



Professional Motivational Speaker Kevin Laue
with Principal Trocchio & student Mario Guzman.

Our guests share their own inspirational journeys, using them as jumping off points to examine the challenges faced by others every day, helping our students see their own problems in a new light. We are fortunate to have had highly decorated war veterans, extremely successful high profile athletes, and even billionaires speak to our students this fall, but none more impactful than the amazing staff members of our school who each day keep our students humble, grounded, and inspired!



Staff on Halloween

California *Elementary (K-6)*

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



Thanks for the Fun!

During the month of October, we really get into the swing of the year. During this past month, our Foundation and PTA both hosted amazing events to support our school.

The Foundation hosted their annual Cougar Cup Golf Tournament and Ball Drop, with a record number of golfers and the most balls we have ever sold. With about 80 golfers this year, it was an incredible event that was well executed and thoughtfully planned. A huge thank-you to the parent volunteers and school staff that gave of their time to make this a huge success! Thank you to all of our

participants, from sponsors to golfers, for making it a great event.

Our PTA once again put on an amazing Halloween Hoot. I think this was the best Hoot we have had yet. It was a fantastic family night filled with fun games, crafts, a photo booth, the haunted house, our cakewalk and amazing food. Thank you to everyone that came out to support the event. A huge thank-you to our PTA, staff and all the volunteers that helped work the event and provided so many donations to make it such a success!

California's community continues to make great impact on campus. Thank you, and go Cougars!

College Park *Elementary (K-6)*

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



Rich Rodriguez
Principal

Aiming High

Setting goals and aiming high are part of everything we do. From reading to running, we hope to instill in our students

a sense of confidence and grit that will prompt them to experiment, embrace mistakes, and remain focused.

With the help of our PTA and Wheels of Freestyle,



Principal Rich Rodriguez helps show students that talent and success are the results of hard work and lots of practice.

these ideas were recently made tangible via a BMX bike show. Our students learned that talent and success are directly related to effort and commitment. If stunts and tricks are achieved through hours and hours of practice, how then will hours and hours of studying impact my future?

These are big questions, but engaging, didactic experiences certainly help students relate to ideas and endeavors that are both intangible and highly impactful.

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



Kathy Scott
Principal
9-12 Grade

Challenge Success Team

Corona del Mar High/Middle School has partnered this year with Stanford University's Challenge Success program to address the pressures and stress that are prevalent in the community. Challenge Success works with schools and families to develop

research-based tools and strategies that provide students with academic, social and emotional skills needed to succeed now and in the future.

CdM has created a Challenge Success Team that includes three administrators, two teachers, two students and two parents. This collaborative team is led by a Challenge Success coach and represents all stakeholders

in the community. Representatives from this team have already facilitated very successful meetings in each of their respective stakeholder groupings that have allowed the entire community to identify concerns and begin to take actions steps to address these concerns.

When asked to explain his experience at a Challenge Success training that took place at Stanford, AP psychology teacher Mark Decker stated that "Challenge Success was extremely eye-opening for me as a teacher. A lot of our time was spent talking about all of the great things about Corona del Mar and then focusing on the things we feel need to be improved. It was a rare opportunity to get input from parents, teachers, administrators and, most importantly to me, the students."

Although only in its first six weeks of the program, Corona del Mar is very excited about this initiative and the positive changes it can bring to create a more balanced and supportive community, both at home and on campus, that will be healthier and will benefit our students.



Costa Mesa High School (7-12)

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



Dr. Jennifer Padilla
Principal
7-8 Grade



Jacob Haley
Principal
9-12 Grade

Living the MESA Way

We are a-buzz with amazing opportunities for students to grow – mind, body, and heart. Here are some ways our students are living the MESA Way:

In VAPA, Mavericks excelled in their musical, “Lion King, Jr.” and Mustangs in “A Midsummer Night’s Dream”. Marching Band & Color Guard placed third in the San Clemente HS competition.

In Athletics, 210 athletes finished the Fall CIF season. As we transition to Winter/Spring our athletes have grown to over 550!

Finally, our ASB’s are busy. Middle School celebrated Students of Quarter 1- students who Model Integrity - in an incredible rally that showcased diverse

programs. High School is ready to Engage Respectfully and Show Compassion with their Kindness Week - all about positivity and heart.



Middle School students pose for a picture after their amazing performance in “Lion King Jr.”

Davis Magnet (K-6)

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



Christy Flores
Principal

Multiple Artistic Options

From performing arts to visual arts, students have multiple options before, during, and after school to expand their artistic abilities.

The music department remains strong at Davis

with over 100 students participating in our band and choir, with select students participating in our Advanced Band.

All Preschool through 6th grade students have the opportunity to get their hands dirty while molding clay projects to be fired in our campus kiln.

Most recently, Davis Magnet School proudly had the largest participating

group of students with over 90 entries in this year’s PTA Reflections art competition.

The ‘A’ is active in STEAM at Davis Magnet School and our young artists are supported thanks to teacher and parent collaboration.



Early College *High School (9-12)*

2990 Mesa Verde Dr., Costa Mesa, CA 92626 • 714/241-6108 • earlycollege.nmusd.us



Dr. David Martinez
Principal

Circle of Education!

ECHS held its second College Application Success Campaign event in November. We celebrated every senior in our Class of 2019 for submitting a college application that day. We then held a luncheon in our multipurpose room in the early afternoon in their honor, along with their parents and distinguished guests from our school district and Coastline Community College. While the seniors completed their applications, all ninth-through-11th-graders took part in panel breakout sessions to learn how to prepare for college.

ECHS also held an Information Night in November for prospective new students and their parents. The event was geared toward students who wished to apply for the 2019–20 school year.



Eastbluff *Elementary (K-6)*

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



Cheryl Beck
Principal

Say “Yes” to Healthy Choices!

Our Red Ribbon Week was a huge success!

Eastbluff students, staff, and community members recently participated in a huge Red Ribbon Campaign. The week was dedicated to the theme of “Making Healthy Choices,” and it was full of meaningful learning activities. The campus was beautifully decorated by our Student Council with large

red ribbons, bows, banners, and positive pledges by our students posted on their classroom doors.

The PTA also provided some healthy breakfast food choices before school. Our students were involved in many activities, such as wearing red, signing healthy choices pledges, and walking to school with Officer Clemente!

The students also had a very special rock art project this week. They read *Only One You*, by Linda Kranz, which talks about how there is only one “you” in this great big

world, so make it a better place! The book highlights the idea of taking care of yourself, finding a balance, looking for the good in everyone, being on the lookout for a new friend, blending in when you need to, standing out when you have a chance, as well as finding your passion, setting goals, dreaming big, and more!

The students then created their own fish rock, which will be installed as a path in our school garden. This learning really complements our John Wooden Positive School-Wide Behavior System, character development, and how we can fill each other’s “Buckets” with positive words and actions!

We are so proud of our Eastbluff Students!



Estancia High School

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



Preparing Future Medical Professionals

This has been an exciting time for the Estancia Medical Academy! The Estancia Medical Academy was

relocated to Estancia High School's new Health Services corridor, and renovations were made to existing classrooms to create a college-style medical classroom and lab. A hospital bed with a simulation mannequin and accessories, including oxygen administration, suction devices, and heart monitor, were purchased for the lab. The classrooms and lab also feature electrocardiogram computers, mayo and tabletop stands,



emergency ambulance gurneys, sports medicine athletic tables, and weightlifting and aerobic equipment.

Approximately 175 students at Estancia High School are participating in the medical career pathway by taking a sequence of courses that build upon previous knowledge and skills. Courses begin with Regional Occupational Program (ROP) Introduction to Health Careers and ROP Medical Terminology and end with the capstone course, ROP Sports Medicine.

Over 90% of the students participating in Estancia's medical career pathway complete the three-year program with a solid academic and practical background to successfully pursue future careers in the medical field.

Horace Ensign *Intermediate (7-8)*

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



Emphasizing Feedback

Ensign focuses on feedback. Over the last three years our teachers have been increasing the quality and quantity of the feedback we deliver to our students. Throughout the learning process our team has embraced the value of timely, actionable, and meaningful feedback.

Previously, Ensign teachers were frustrated about spending considerable time grading final essays and tests and providing in-depth feedback, only to watch their students take one look at their grades and then throw the paper away without reading it! We have now shifted to a new model that focuses on providing effective feedback throughout the entire process, and then requires our students to respond to the feedback and adjust their work.

Providing feedback in real time, and holding our students accountable to incorporating this feedback into their final product, has dramatically increased the quality of our student work. Staff and students agree that feedback is one of the most powerful accelerators of learning.



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Dr. Todd Schmidt
Principal

Saluting Our Veterans

Throughout the years, Harbor View has made it its purpose to focus on the education of the whole child. While we encourage and

try to instill in our students the value of being “BRAVE” (that is, Bold, Respectful, Accountable, Visionary, and Empathetic), we also want them to look for ways that they can impact their community.

One of our favorite and most meaningful events is the school’s Veterans’ Day assembly. This is where we honor the BRAVE men and women who have served and fought for our country and its freedoms.

During this year’s Veterans’ Day assembly, some of our sixth-graders read essays about how our veterans are



BRAVE. The choir led a rousing rendition of God Bless America, and the invited Vets also shared with us the lessons they had learned during their service.

Harbor View wants to salute and thank each and every one of our veterans. We are grateful for your service.

Heinz Kaiser *Elementary (3-6)*

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



Dr. Deborah Granger
Principal

Rockin’ the Rocks

It wouldn’t have been October here at Kaiser without Mr. Schinhofen’s annual pilgrimage to sunny Trona and Searles Lake to hunt for geodes and other tantalizing mineral formations!

Each year our Kaiser families make a weekend out of putting on their grubbier clothes, camping out in Death Valley (in a one-time boomtown named after a chemical that makes soda ash), and stomping around on a desolate, dry lake bed hoping to find a beautiful memento to bring home.

Entire families become trained geologists who experience the rush of finding and identifying a treasure that they also get to bring home. Our principal has a beautiful lavender-colored formation in her office thanks to a student who came home from Gem-o-Rama with a bounty of gorgeous souvenirs!

We want to thank Mr. Schinhofen for his commitment to making STEM a family affair here, and for nurturing generations of science aficionados.



Kaiser families search for treasures at Searles Lake.

Killybrooke *Elementary (K-6)*

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



Dr. Lorie Hoggard
Principal

Positive Relationships

We strive to provide a safe, caring, and motivating environment for all students. We promote responsible behavior and positive peer relationships in numerous ways including: schoolwide behavior expectations; classroom routines that teach students to have respectful interactions with others; Virtue of the Month; and our school buddy bench.

On November 2, students had the opportunity to spend time with award-winning children's author Trudy Ludwig. Her books have received national praise for

helping children connect and engage with their peers in kind, caring ways. Students listened to Trudy read from her books and discuss the story and the characters' roles. Through engaging, age-appropriate activities and role-play, the students learned important life skills related to making healthy friendship choices.

Teachers also participated in a staff development presentation with Trudy Ludwig in order to gain additional strategies to promote positive peer relationships. Thanks to the PTA, we have sets of Trudy Ludwig's books for our classes and can continue to reinforce the important messages about positive peer relationships conveyed in these engaging stories.

Abraham Lincoln *Elementary (K-6)*

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



Dr. Kristin DeMicco
Principal

Unity Day

October was all about Respect.

We talked about respecting others, ourselves and the environment through bullying prevention activities, Red Ribbon Week events, cyber safety lessons, trash free Tuesday competitions, garden club meetings, and day-to-day PBIS reminders.

On October 24th, Unity Day, Lincoln students, staff members and even parents wore orange clothing and accessories to school to demonstrate our commitment to making Lincoln a Bully-Free Zone.

We were fortunate to have parent volunteers capture powerful images of our students working together to create a message of peace and unity on the field at lunchtime.

I am so proud of our students, and I look forward to seeing the ways Lincoln Leopards continue to demonstrate respect throughout the year.



Mariners *Elementary* (K-6)

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



Matthew Broesamle
Principal

Annual Traditions

Autumn is (finally) in the air, and staff and students at Mariners Elementary celebrated the season with a variety of annual traditions.

To start the day, students put their humor, creativity, and their imaginations on full display in our annual Halloween parade.

Our staff collaborated with one another to orchestrate some fantastic group costumes.

Not only were they able to join students in the fun, but they reveled in good, old-fashion camaraderie as well. Thanks to a large number of parent volunteers, students were later treated to art, crafts, food, and seasonal games.

Fall is a time to enjoy bounty, give thanks, and set goals for the coming year.

We are thankful to have one another, and we look forward to continuing our work to inspire, motivate, and make a difference.



Students displayed their humor, creativity, and imaginations during our annual Halloween parade.

Newport Coast *Elementary* (K-6)

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



Julie McCormick
Principal

HOWling about Our Best Practices

As part of our Positive Behavioral Intervention and Supports (PBIS) systems at Newport Coast Elementary School (NCE), students earn Honorable, Organized, Wise Leaders (HOWL) cards as a reward for outstanding student conduct. Our PTA supports our students by providing the Coyote Store every other month, where students can redeem the cards they have

earned. The store offers a wide variety of prizes and opportunities, such as teaching a lesson to a class, breakfast with a teacher, and an array of sports equipment. This store is a huge incentive for our students to work hard and demonstrate their best Coyote behavior every day in all they do!

As part of ongoing professional development, NCE teachers recently shared with each other best technology practices in the

classroom. One idea shared was about an online video-editing app accessible through digital tablets and other devices that makes it easy to capture, create, and share movies. Students can create videos with text transitions and motion effects and, through the magic of green screen technology, they can insert backdrops for the videos and images in their presentation to visually enhance their movies. Students are inspired and motivated to use their unlimited creativity to make connections and create products that represent their learning across all disciplines.



Newport *Elementary (K-6)*

1327 W. Balboa Blvd., Newport Beach, CA 92660 • 949/515-6965 • newportel.nmusd.us



Amanda Estrada
Principal

Enjoying Our New Playfield!

The Newport El Playfield Project was a joint effort between the City of Newport Beach and NMUSD.

Many people from both organizations and several parents at Newport El were instrumental in getting this project across the finish line.

The project included leveling the field which had become uneven through years of windblown sand being built up. It also included installing a seat wall around the perimeter of the field, new sod, extending the width of the boardwalk, new basketball poles and re-surfacing the blacktop.



We are so grateful for these improvements to our play area! The students love having a nice, level playfield for soccer, football and recess games.

The project was completed, and a ribbon-cutting ceremony was held on October 23rd.

Newport Harbor *High School (9-12)*

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



Sean Boulton
Principal

Oh, the Places... !

By Will Vandervort, Student

Field Studies is more than just a program that runs field trips to faraway places. It is more than a club on campus that takes people outdoors to explore the walls outside the cement forest we live in.

The first day of our Field Studies trip, the chaperones always read, without fail, *The Sneetches* by Dr. Seuss. Zion National

Park is the first trip of the year and one of my favorites, if not my most favorite, of the four trips! I have been on all of the trips as a senior and have been a part of the club since freshman year. Another favorite Dr. Seuss book that gets read is *The Lorax*: "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."

Newport Harbor High School gives us this opportunity four times throughout the year. From the southern deserts of Utah to the northwestern forests of Washington, we are always expanding the family and spreading the word of Dr. Seuss!



Newport Heights *Elementary (K-6)*

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



Somer Harding
Principal

Character Counts

By Kaleb Wood, Student Council President; and Dominic Manno, Student Council Vice President

"Character Counts at NHES," is a program recently introduced that will help teach our primary students how to be successful, kind, and overall good people.

Character Counts will help our children grow. It is being developed and run by

students who are involved with our Student Council organization. Each month the Student Council will put together presentations to share with our students, and will be teaching the character traits of Coach John Wooden's "Pyramid of Success" from his book *Inches and Miles: The Journey to Success*.

Our goal is to help educate students in the right way to live out the Pyramid of Success. This will be a great opportunity to teach children how to do the right thing in life, and continue to show their Shark PRIDE here at NHES!



Paularino *Elementary (K-6)*

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



Dr. Amy Nagy
Principal

Author Promotes Inclusion

In November, award-winning children's author and advocate Trudy Ludwig talked with students and staff on relational aggression, which means emotional bullying by intentionally manipulating or hurting peer relationships, and connecting with peers in kinder ways.

Ms. Ludwig spent a morning with Killybrooke and Paularino teachers. In the afternoon, she worked with our district's after-school program staff. The next day, Ms. Ludwig's student assemblies promoted kindness and inclusion.

We were excited to have Ms. Ludwig share her books and expertise about this very important issue. It's important for us to stay on top of the latest research and learn about new resources and tools to help us continue to provide a safer social-emotional learning environment for our children!



Pomona Elementary (K-6)

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



Carrie Gammel
Principal

Panther Pride!

This year we are continuing PBIS – Positive Behavioral Intervention and Supports. This district-wide initiative focuses on positive reinforcements for expected behaviors, plus opportunities for students to learn from mistakes.

Pomona students focus on these PAWSitive expectations: Purposeful, Admirable, Wise, Scholars

Students can earn tickets for displaying positive behavior and enter into drawings for weekly experiences with staff that includes games, art, science, and much more.

Each day students are celebrated for showing their PAWS behavior. Classrooms are focusing on expectations through fun lessons, projects, and collaborative assignments.

Students participate in special assemblies and presentations focusing on specific expectations for each area of the school.



Everett A. Rea Elementary (K-6)

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



Dr. Duane Cox
Principal

Exploring History

Rea Elementary School started its school year engaged in the California Weekly Explorer program: fourth grade, Walk Through California; fifth grade, Walk Through the American Revolution; and sixth grade, Walk Through Ancient Civilizations. Our students experienced this remarkable

program through a commitment from our PTA.

The program is designed to allow students to actively participate in a rich retelling of history. Through storytelling, games and drama, history comes alive! The program requires that students take on roles, prepare a costume for the day, and practice their lines. Through a great deal of preparation among teachers, students and parents, the day comes together in an amazing way that looks as if it is

part school play and part game show, and an ideal hands-on learning experience in all.

This assembly leaves a lasting impression on our students and truly makes history come alive!



Sonora *Elementary (K-6)*

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



Christine Anderson
Principal

Veterans Day

Sonora hosted its annual Veterans Day Flag Deck in November in honor of the men and women who serve or have served our country in the armed forces. Each year, we are honored to host all

branches of our military and our parents and grandparents who have served our country.

Student Council president Hailey Garcia and vice president Ruby Becerra hosted a pre-flag-deck breakfast reception for our veterans. The American Legion Post 291 Color Guard posted the flags. Our choir sang the “Armed Forces March” and our national anthem while 420 students waved American flags. Our first-graders recited the preamble to the Constitution and sang songs, and Mrs. Fenn’s fifth-grade class painted and planted two gardens for our veterans (please see the picture on the front cover). A special bugle tribute was



performed by one of our Sonora grandfathers, Richard Grogan. Each veteran received a rose, cards and cookies as tokens of our appreciation for their service to our country.

It is truly a highlight of our school year to recognize and celebrate our veterans! Happy Veterans Day, America!

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

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



Dr. Dipali Potnis
Principal

Our Students Shine

A major component of our culture at TeWinkle Middle School is our sporting events and athletic programs. Many of our students show an even greater level of pride because of their connectedness to sports. But behind our strong athletes and scholars are amazing families, who are involved, committed, and supportive of their children.

TeWinkle’s parent community is involved and dynamic. They are advocates, champions, and believers in their children. As a result, our students excel. Our Trojans feel the support of their parents because they are proudly representing.

In addition, our athletic director and coaches do a great job of connecting with our students on campus during school, practices, and games. They teach our students the meaning behind the jersey and what it means to be a student athlete.



Our TeWinkle community stakeholders play a pivotal role in the overall success of our students—and, because our parents, teachers, staff, and coaches care, our students shine.

Victoria *Elementary (K-6)*

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



Dr. Aaron Peralta
Principal

Mission to End Hunger

November is filled with activities at home and at school – and with Thanksgiving just around the corner it's a reminder of how many things we have to be grateful for.

One tradition at Victoria is our annual food drive. Victoria is on a mission to end hunger! At the first flag deck of the month, the student council explained the need and

how even just a few cans or boxes of non-perishable food items can make a tremendous impact. This year, all of the donated food items will be given to local shelters and Veteran's organizations.

At Victoria we are working to produce compassionate and empathetic citizens to make our world a better place. We invite you to help broaden our impact by joining us in donating food to local non-profit organizations.

Let's end hunger together!



Whittier *Elementary (K-6)*

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



Scott Wilcox
Principal

Literacy, Books, and Reading...oh, my!

We continues to focus on literacy!

This year our school community has continued its partnership with St. Andrews' volunteers who read one-on-one with students; offer new books for students to read during recess each week in "Zelda's Reading Corner;" host our annual Family Picnic where students can take home brand new books to boost their personal libraries;

and grant new books to primary students through their "Blessed by Books" program.

A new event this year was our Character Literacy Day and parade. Students and staff chose a favorite or popular character from literature, dressed the part, and participated in a fun parade! It was a blast watching Willy Wonka, Officer Buckle and Gloria, and Morris the Moose celebrating literacy on this special day.



Wilson *Elementary (K-6)*

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



Mia King
Principal

Perseverance in October

We have had a great start to the school year! Each month the Wilson Wildcats focus on a monthly growth mindset. For the month of October our focus was Perseverance. Perseverance defined means “steadfastness in doing something despite difficulty or delay in achieving success”.

However, each Friday at our Wildcat rallies, student council members are able to share personal stories of perseverance and how they’ve practiced it so it is relatable to all of our students.

We were fortunate enough to have a special guest, Mr. Brent Poppen on our campus. He spent two full days at Wilson and spoke to our students about perseverance and the importance of remembering what is possible. It was wonderful to have him to share in communicating the growth mindset for our students and to lead by example!



Woodland *Elementary (K-2)*

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



Tiffany Lewis
Principal

The Great California Shakeout

At 10:18 a.m. on October 18, 2018, millions of Californians, including Woodland Elementary School, participated in The Great California ShakeOut, the state’s largest earthquake drill ever!

The ShakeOut was our chance to practice how to protect ourselves, and ensure we are prepared for a real emergency. Woodland staff assembled in designated teams including search & rescue, first-aid, request & reunion gates, and communication.

This is one part of Woodland’s commitment to ensuring all staff and students are safe while at school.

Last month Woodland held a joint parent safety meeting with

Kaiser Elementary. Together we shared how we keep our schools safe and answered questions and took suggestions from our community.



Christina's Book Review

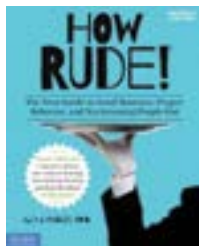


Christina J.

Politely Funny

How Rude!: The Teen Guide to Good Manners, Proper Behavior, and Not Grossing People Out By Alex J. Packer, Ph.D

The book title is self-explanatory. Hands down, this was one of the most enjoyable, fun, informational, entertaining, captivating book I have ever read. "Good manners don't cost anything. You can have the BEST for free." You can look up a specific topic or read the whole thing for all-around understanding of manners. So, why choose good manners? I will answer with one quote from the book: "We used to spend every Christmas with my aunt. I was always nasty, bored and annoying brat. When she died, I lost out on her \$1,000,000 will." There are manners for behaving with friends, parents, teachers, employers and much more. The best part is that the book demonstrates how good manners bring you many benefits (for instance, get you a job or get help from teaches) versus how bad manners are detrimental to your life. I give this book a 5 out of 5 stars. 465 pages, but what a worthy reading!



Christina J. is an 9th grader. Christina is an avid reader, who enjoys a good book about some great adventure, mystery or action. She is a hard-working student and a young author herself. In 5th grade she wrote a book *Melody's Stories: I Am a Spy Now*, published by Studenttreasures Publishing (PIN #3582798).

Richard's Book Review



Richard J.

Sibling Rivalry

The Lemonade War
By Jacqueline Davis

The is a book about the difficulties of a brother/sister relationship. The older brother Evan and his younger sister Jessie are complete opposites of each other. The brother is people-smart and the sister is math-smart. They start a competition on who could make the most money selling lemonade after Evan gets mad that Jessie is going to skip a grade and be in the same class with him. He feels that not only his kid sister is too smart for her age, but being in the same class with him she will embarrass him in front of his friends. The battle is on! However, after all this they both end up learning a good lesson about the undeniable value of teamwork. I like this book because it kind of relates to me and my sister. We often disagree with each other, but we always work better together. I give this book 4 out 5 stars.



Richard J. is a 4th grader. Richard likes math, playing sports, physical activities like bike-riding, swimming, diving and running. He is a hard-working student who enjoys reading, seeing and leaning new things and spending time with his family and friends.



Note-ables



Kate Karp

Zoom a Little Zoom

With all the changes around the planet, it brings you down to earth—like gravity—how basic science remains the same. Snowflakes still form through crystallization, lightning still comes from electrical charges, and that ol' gravity will still bring ya down! But fear not—the inherent lightness in *Zoom a Little Zoom* will have everyone up, moving, and learning about science at lightning speed!

The songs were selected from *Ballads for the Age of Science*, a forward-thinking collection of vinyl LPs produced in 1961. They featured original songs performed by folk and pop-music artists active in the mid-20th century, including Tom Glazer of "On Top of Spaghetti Fame." The project aimed to make basic science enjoyable and understandable to children. Now, Cathy Fink and Marcy Marxer, two longtime busker-type musical artists, have brought these songs into the STEAM-science present with *Zoom*, swapping one musical style for another—the duo does a great Andrews Sisters!—but retaining the lyrics



Nature, space, energy and weather are all renewed. "Vibration" uses stringed instruments in the best way possible; "Why Does the Sun Shine?" is a sea chanty that talks about how far, how big and how important our Mother Star is to life; and "We Know the Air Is There" suggests a neat experiment and is enhanced with fiddle solos and banjo plucking. Speaking of experiments, a downloadable PDF with science activities comes with the CD.

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

Tara's Review



A Transcending Story

The Place Between Breaths, by An Na, is a dark, yet eloquent story about a young girl facing an astronomical disease, that has slowly turned her entire world upside down. This story



Tara Z.

represents, and it digs deeper into the life of a girl, Grace, who is faced with the draining voices and visions that are figments of her imagination. Although the odds are against her, that is not where the story ends. Grace still has dreams, hopes, and a sense of determination that allowed her to continue her trek of self-discovery.

The Place Between Breaths is a book for anyone with a passion for a story. It is light, but heavy and portrays an idea with so much power. It will leave you more knowledgeable and understanding of the impact of mental illness, and it can reinforce the idea that facing an illness does not define you in any extent.

Tara Zadeh is a tenth grader. She loves painting, reading, and writing about art and books. She hopes to study medicine and travel through all the world's continents.

Costa Mesa Public Libraries



Kristina Jones
Branch Manager,
Costa Mesa
Donald Dugan
Library

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Programs: We have a variety of programs including Toddler storytimes and Bilingual storytimes, S.T.E.A.M. programming, and Teen gaming nights.

Services: Computers, and Teen & adult volunteer opportunities are just some of the services that we offer.

eLibrary: Our library offers downloadable eBooks, eAudiobooks, streaming video, online learning, and the Mango Languages program. We feature databases with information for your school reports and projects. For younger readers we offer BookFlix.

And the new Costa Mesa Library is nearing completion! Check for the latest updates at <https://www.lionsparkprojects.com> and www.ocpl.org

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Liz Aaron
Children's Librarian,
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Start the New Year with Mindfulness

Practice being your best self this year with tips from these new books on mindfulness:

Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere by Kira Willey

"We all want to bring more calm into our lives. We all want to feel more focused and positive. Mindfulness is the key to making it happen. Breathe like a bear guides us through fun exercises to help us relax and stretch our imaginations. Because just like we need to exercise our bodies, we need to flex our mindfulness muscles!" —Kira Willey

Mindful Me: Mindfulness and Meditation for Kids by Whitney Stewart — Sometimes kids' lives can get busy and out of control, and worries can take over. When that happens, knowing how to pause and regain composure with mindfulness can help! This easily digestible guide introduces kids to mindfulness as a way to find clarity, manage stress, handle difficult emotions, and navigate personal challenges.

— Syndetics

This Moment Is Your Life (and So Is This One): A Fun and Easy Guide to Mindfulness, Meditation, and Yoga by Mariam Gates — This lively, hands-on guide to meditation, mindfulness, and yoga is a perfect introduction

for tweens and teens. The key to happiness is being able to find comfort in this moment, here and now. When you are completely present and not distracted by regrets, worries, and plans, you begin to feel more confident and can deal more easily with everything you experience.

— Dial Books

Please join us for our upcoming free programs!

Check the children's event calendar at <http://www.newportbeachlibrary.org/calendar/library-calendar> for our free children's programs. Look for our annual holiday programs: The Nutcracker for Kids on December 1 and a Holiday Magic Show on December 8, plus a mini science fair, storytimes, seasonal crafts, LEGOs, family board games, and more!

Closures Reminder: All NBPL locations are closed December 25 and January 1. We will have limited hours Dec. 24-31. Please check <http://www.newportbeachlibrary.org/about/hours-and-locations> for holiday hours (listed toward the bottom of the page).

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 420 Marigold Ave., Corona Del Mar, CA 92625
949/644-3075

Teachers See the Possibilities

At Oaks Christian School, Mary Kay Altizer applies her passion for the arts and educational technology as she leads the school's performing arts department, including a cutting-edge digital recording and production program.



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Preschoolers Playing With Your Phone

It's OK for parents to let their kids play on the phone occasionally. Letting preschoolers use a pre-approved app or look at photos is an easy way to buy some downtime when you need it. It's very common for parents to hand over their phones to their kids. According to Common Sense's 2013 study "Zero to Eight: Children's Media Use in America," 72 percent of kids 8 and under have used a mobile device for some sort of media activity -- and 38 percent of kids under 2 have used a mobile device for media.

But think about how much time your preschooler is playing with apps, and make sure it's balanced with plenty of outdoor or active play, plus lots of quality family interactions.

Tips for letting your preschooler play with your phone:

Watch and listen to how your child is engaging.

Make sure you download age-appropriate apps, and check them out first to make sure you think the subject matter is age-appropriate. Can your kid understand the words? Manipulate the game? Really young kids are still developing their fine motor skills, so unless you want a frustrated child on your hands, make sure a game doesn't require lots of coordination.



Build positive habits. Remember that kids quickly develop routines. If they associate going to restaurants or driving in a car with playing games on your phone, it will be difficult to transition them out of this behavior.

Balance coping skills. Ultimately, we want kids to be able to amuse themselves in a variety of settings and with different tools, even if they only have their imaginations. Make sure your kids are equally comfortable with picture books, music, and crayons as they are with tablets and TVs.

Keep an eye on the phone. It can get dropped (on the floor, in a toilet), wedged in a seat, or left in a seat pocket. These things are expensive!

Remember that you're their role model. Kids learn their behavior from you. Consider narrating your use of the phone ("I'm texting your dad to remind him to pick up milk") so they can understand the utility of the tool.

Common Sense Media is an independent nonprofit organization offering unbiased ratings and trusted advice to help families make smart media and technology choices. Check out our ratings and recommendations at www.commonsensemedia.org

Road Trip--Word Search Contest

Rules! One word in the list is NOT in the word search.

When you have completed the word search, one word will be left and that word you email to: Kay@schoolnewsrollcall.com Please put NMUSD in the subject line.

Entries must be received by January 15, 2019

From the correct entries one name will be drawn to win a \$20 gift card to Barnes & Noble

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MAPS	SUNGLASSES
BLANKET	WATER
GPS	SUNSCREEN
PILLOW	CLOTHING
MOTEL	CELL PHONE
HUMOR	RADIO
HOTEL	MONEY
CAMERA	FLASHLIGHT
CAR GAMES	CREDIT CAR
BOOTS	SPARE TIRE
SNACKS	

Congratulations to

Sydney Anhalt

Winner of our October Word Search Contest!



Keeping Kids Safe This Holiday Season



Aileen Imai

*Injury Prevention Coordinators,
Injury Prevention Program,
MemorialCare Miller Children's &
Women's Hospital Long Beach*



Danny Luna

The holiday season is an exciting time. Unfortunately, it's also one of the busiest times of the year for emergency departments. There are steps families can take to protect their kids from common holiday dangers.

Choose the Right Toys for the Right Ages

Choking on toys or ingesting something they shouldn't brings a lot of kids to the hospital during the holidays.

When choosing a gift for a child, it's important to know that it's appropriate for the child's age, has a secure battery hatch if batteries are required, and contains no small or moving parts that could be swallowed accidentally.

Even if the toy is safe for an older child, a toddler can swallow a part that's been left lying about. Older siblings should be taught that potentially dangerous items be kept out of reach of their younger siblings.

Decorate Safely

Brightly colored decorations and live Christmas trees are big parts of holiday celebrations, but even they pose potential dangers to children.

Christmas trees cause many fires each year, so it's important that they are purchased fresh and are watered every day. In addition, parents should use lights designed for the proper outdoor and indoor use. Surge protectors and lighting cords should be unplugged completely at the end of the day, not just switched off.

Injury Prevention Experts

The Injury Prevention Program at MemorialCare Miller Children's & Women's Hospital Long Beach cares about keeping kids safe – not just during the holidays, but all year long. Learn more at MillerChildrens.org/InjuryPrevention.



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