

FREE

School News

Education + Communication = A Better Nation

Covering the Newport-Mesa Unified School District



Volume 16, Issue 87

December 2019 / January 2020

Socktober



The Davis Magnet School Peer Assistance Leadership student group organized "Crazy Sock Day" for the homeless. (please see page 10)

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SUPERINTENDENT

Students Show Growth in Statewide Assessment



Dr. Fred Navarro

Since the inception of the California Smarter Balanced Assessments five years ago, students in Newport-Mesa Unified School District (NMUSD) continue to show growth in meeting and exceeding statewide English Language Arts (ELA) and mathematics standards. The statewide assessment is taken by students in grades 3-8 and in grade 11.

Comparisons to 2015 Baseline Assessments

NMUSD students remain above Orange County and California averages overall in both ELA and mathematics.

The Smarter Balanced Assessments are computer adaptive tests that adjust the difficulty of the test items based on how a test taker responds. This provides a more precise measure of student performance.

When compared to 2015 baseline assessments, NMUSD students show a growth of nine percentage points in students meeting or exceeding ELA standards, and a growth of seven percentage points in students meeting or exceeding math standards.

Looking at the past five years of data, 22 schools showed growth in both ELA and math, with 12 schools showing

double digit growth, including Adams, Rea, and Sonora Elementary Schools at the top of the list.

Seeing our lower grades have steady growth is a testament to our intentional efforts and supports at the elementary level. We are pleased to see our investments having positive results and will continue toward accelerating the progress through middle and high school.

Comparisons to 2018 Assessments

When compared to last year's data, 25 schools show growth in students meeting or exceeding ELA standards, with a districtwide growth of more than three percentage points. In math, 19 schools show growth, with a districtwide growth of two percentage points.

While statewide assessments provide valuable information about overall student progress and areas for improvement, they do not provide a holistic view of student achievement. The California School Dashboard provides a more detailed view of performance, based on multiple factors, beyond state testing results. These factors include graduation rates, suspension rates, chronic absenteeism and college and career readiness, as well as local indicators such as implementation of academic standards, parent engagement and the local climate survey.

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City of Newport Beach



Newport, Together

The City of Newport Beach (City) is preparing to update its General Plan, a document that provides the framework for decision-making regarding the future management and growth of our community. In advance of the General Plan Update, the City has launched a community engagement effort, called Newport, Together, to share information and listen to and learn from Newport Beach citizens about what they like about their city and what they would want to change.

Diane Dixon
Mayor

Newport, Together is designed to bring together people with varying perspectives, to facilitate dialogue, uncover shared values, and translate those values into the building blocks for the future General Plan Update. It is the City's priority to incorporate viewpoints and ideas from all areas of Newport Beach in this process.

The outreach events are underway and the City will host a number of opportunities for community members to participate. The Newport, Together listen and learn process is led by the General Plan Update Steering Committee that was appointed by the Newport Beach City Council earlier this year. For more information, please visit www.newporttogether.com. I hope you will participate and help us to shape the vision for the future of our community.

Newport Beach Fire Department

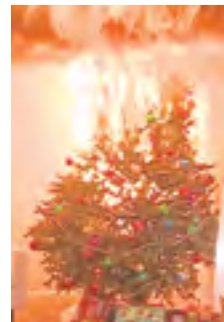


Jeff Boyles
Fire Chief

Holiday Safety Tips

The holidays bring many additional fire hazards with exterior/interior lighting, trees, and cooking. We would like to give you a few safety tips to stay fire safe during the holiday season:

- Inspect holiday lights each year before you put them on your tree.
- Throw away light strands with frayed or pinched wires.
- Always unplug Christmas tree lights before going to bed or leaving your home.
- Water your Christmas tree every day. Keep your Christmas tree at least 3 feet away from heat sources like fireplaces, radiators, space heaters, candles, and heat vents.



Make a home escape plan that includes different scenarios where the fire could start. It is always better to train ahead because your life can depend on it.

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Kay Coop
Founder/Publisher



As this year comes to a close I'd like to thank you for including *School News* among your reading choices.

We are always mindful and grateful to our men and women in the armed services.



Our next issue is February 5, 2020.

Merry Christmas and Happy Holidays
from the *School News* staff!



School News



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Happy Holidays*



Edward Nelson, President

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Vaping: What Parents Need to Know

According to the National Institute on Drug Abuse, vaping is now the most commonly used form of tobacco among youth in the U.S.

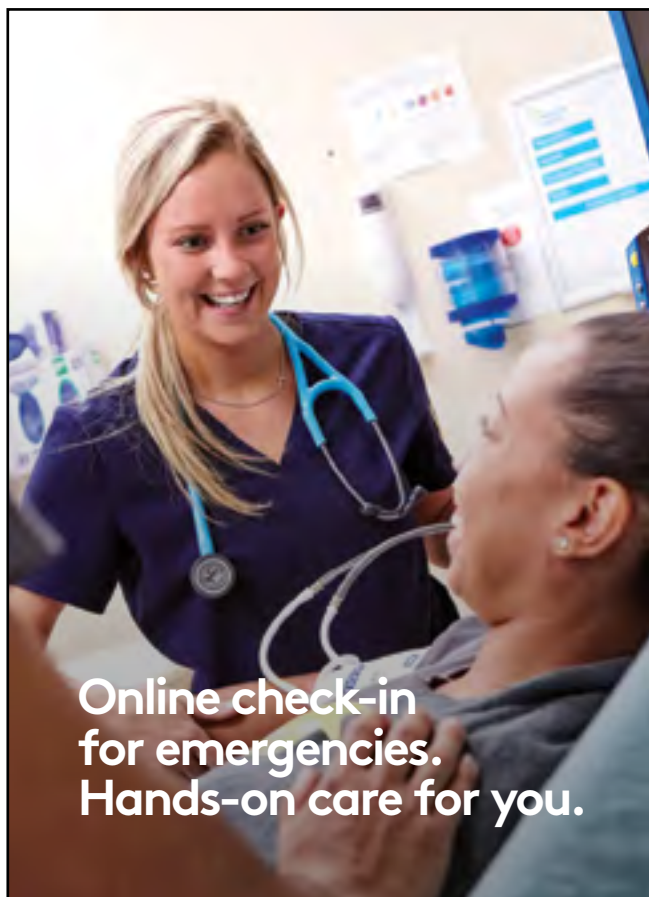
Vaping is the act of inhaling and exhaling an aerosol, which typically contains nicotine, flavorings and other chemicals, through battery-operated electronic cigarettes. These devices can look like a cigarette, cigar or pipe, as well as a USB stick or small phone; and they are known by many names: e-cigs, vapes, mods, e-hookahs, and juuls.

Nicotine, which is inhaled while vaping, is an addictive drug. In young adults, nicotine can affect brain development related to attention and learning. Other risks include mood disorders and inability to fight impulses that may harm oneself or others. The added chemicals also affect the lungs and can cause disease and breathing problems. Teens using electronic cigarettes are more likely to start smoking other tobacco products including cigarettes, which are also known to cause death and disease.

What are the signs of vaping?

- Lower caffeine intake.
- Dehydration and/or nose bleeds.
- Changes in appearance and/or behavior.
- Electronic cigarette packaging or online purchases.
- The smell of unusual scents, such as chocolate cake, when these items are not around.
- Use of lingo, such as “atty” (atomizer), in conversation, text messages or on social media.

Discuss and educate your children about vaping, explain the long-term effects and be a good role model. It may also help them to hear the risks from a medical professional. To talk to an expert, call 800-QUIT-NOW (800-784-8669).



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A COMMUNITY BUILT ON CARE

Adams *Elementary (K-6)*

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



**Stacy
deBoom-Howard**
Principal

Friday Flag Decks

We love our All-Star Flag Decks on Friday!! During Friday Flag Decks we get to celebrate students who are showing positive Character Traits, who are meeting their Accelerated Reading goals, do our schoolwide S.T.A.R. Chant (Safety First, There and Ready, Act

Responsibly and Respect Everyone) and see our student leaders shine as they lead us through each activity.

November is a time to remind ourselves 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 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

The American Dolphins Broadcasting Club

We are very proud to have started the first-ever Andersen Dolphins Broadcasting Club this school year. Our mission is to create a program that will link students, teachers, parents and the community, and also serve

as a venue to share and showcase student work. Here our students in the fifth

and sixth grades meet each week to produce broadcasts that are shared with our classrooms and parent community.

Andersen Elementary takes pride in offering a wide variety of student leadership roles, and so it was very important to find a method of news broadcasting that would allow for maximum participation. This is very exciting, because over 60 students now have the opportunity for hands-on experience in producing weekly broadcasts. The students

have a variety of job roles too, such as anchor, co-anchor, camera operator, production manager, special reporter, meteorologist, video production, and editor.

We are certain to learn a lot during our first production year, but one thing is for sure. Our students will be developing strong life skills for their futures.



Back Bay/Monte Vista *High School*

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



Mike Wagner
Principal

A Great Year

Exciting events are happening on the Back Bay and Monte Vista campus!

Selected juniors and seniors recently went on two field trips to visit Golden West College and Orange Coast College. Our students took a tour of the two campuses and learned about the various courses and career

programs that they offer. The students enjoyed visiting each school, and they also learned a great deal about their specialty programs.

Our campus also had another successful blood drive working with the Southern California Blood Bank. We surpassed our goal of 27 units of blood and obtained 37 units, which will save 111 lives. Way to go, students and staff!

The Compass Program also partnered with the O.C. Animal Shelter in a community service project that accepted donations for bedding, food, treats, and grooming supplies. Thank you to all of the students and staff members who participated. We are off to a great year!



Donating blood, saving a life.

California *Elementary (K-6)*

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



Ryan Longacre
Principal

Halloween Hoot

Every October, our school community comes together for our annual Halloween Hoot. This PTA-sponsored event is an opportunity for parents, students, and staff to enjoy some of the pleasures that make fall such a great time of year, including creative costumes, carnival-style games, great food, a cavernous haunted house, and spirited conversation.

Students earned prize tickets at the ring toss, catapult, corn hole, and several other games. For those with a less competitive spirit, facing painting and our photo booth did the trick. For parents, though, the annual costume parade was definitely a highlight. We had transformers, pirates, fairies, and even some special appearances by Woody, Jasmine, the Tooth Fairy, and Pikachu.

Fall is a time to enjoy bounty, give thanks, and set goals for the coming year. We are thankful to have the support of our amazing parent community, and we look forward to the exciting work ahead.



Staff, parents, and students mingle, play carnival-style games, and enjoy great food as part of our annual Halloween Hoot.

College Park *Elementary* (K-6)

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



Thank You, PTA!

Each Wednesday the students at College Park participate in our school's Running Club. During lunch time they run around our field with the goal of completing four laps, or roughly one mile.

Rich Rodriguez
Principal

This weekly activity is a great opportunity for our students to dedicate themselves to physical exercise while also participating in an activity that will build school spirit and camaraderie. At the end of the year the students are also recognized for these individual accomplishments along with their classroom achievements. Many students also use this physical training as a launching pad to train for the Newport Beach City Track Meet.

This year we are very excited to be using a digital lap scanner that has been provided by our PTA. This new addition is taking our Running Club to the next level. We are truly appreciative of our amazing PTA and their great support, and are looking forward to a fantastic year with our Running Club!

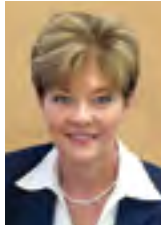


Corona del Mar *High School* (7-12)

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

Sparkle Team

By Marciea Ball, Faculty

Anyone who has attended a Corona del Mar High School pep rally or varsity football game knows to expect something extraordinary.

There is a moment just after the announcers or emcee shouts, "And now...put your hands together for CdM

Sparkle!"—the moment is filled with a resounding cheer that resonates in the hearts of all who get to watch.

Moderators Nicole Fusaro and Morgan Beckman explain that the Sparkle Effect is a national organization that was started in 2009. CdM became a part of the organization in 2015 and was the 123rd school to join. There are currently over 220 teams from 31 states and 10,000 students involved! This year, the Pep Squad members that became CdM's Sparkle captains—Sofia Dougal, Macie Budde and Maya Paul—work most closely with the Sparkle members as they coordinate and lead practices.

"The most important parts of this program are the relationships, the laughter and the fun we have with each other," Sofia said in an interview.

This year, there are 12 Sparkle members, which is a blossoming number and their largest yet. The students in Sparkle work with the 44 members of CdM's pep squad.

"For many of our students, this is one of their only collaborative sports teams they can participate with as athletes," moderator Nicole Fusaro said. "The holiday rally is one of their favorites, as they get to perform with football players. These are boys that they not only admire but also have built very special relationships with."



The mission behind the Sparkle effect is one that CdM shares: "To ignite a social inclusion revolution by empowering students nationwide to create spirit teams that bring together students with and without disabilities in equal measure and on equal footing."

Costa Mesa High 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

The Entire Student

As our first quarter of fall 2019 comes to a close, we are providing schoolwide events to create meaningful opportunities to promote school culture and climate and for students to discover ways to get involved.

Middle School Rally is a great way to build school

spirit and for students to see various student groups displaying their hard work and dedication. High school extracurricular events are another way to provide positive space for students. Recently, our high school had a pre-game gathering in which ASB sponsored hot dogs, chips and an assortment of games.

Costa Mesa Middle/High School continues to focus on the supports of the entire student and providing additional meaningful opportunities for student connection. Recently, our climate and culture were recognized in our WASC Accreditation visitation, in which the visiting committee acknowledged the positive work at Costa Mesa High School in building a sense of school connection for our students.



Davis Magnet (K-6)

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



Christy Flores
Principal

Socktober

On October 31, the Davis Magnet School celebrated "Socktober" originally started by *SoulPancake* and *I am Kid President*. The purpose of the celebration was to collect new socks to be donated to local families experiencing homelessness. Socks are the most needed and most under donated item for people experiencing homelessness.

The Davis Magnet School PAL (Peer Assistance Leadership) student group organized the campaign, with a culminating "Crazy Sock Day" for all students and staff. The Davis community collected over 668 pairs of socks that were then donated to Project Hope Alliance. Project Hope Alliance supports families in Newport-Mesa experiencing homelessness.

Thank you to our community for your participation and to our PAL student leadership group for your kindhearted leadership.



Early College *High School (9-12)*

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



Dr. David Martinez
Principal

Important Events

Early College High School (ECHS) held its first Information Night for prospective new students and their parents on November 21. This event was for students who wish to apply for the upcoming 2020–2021 school year. Families that missed this event can participate in two more ECHS Information Nights at our site on January 30, 2020 and February 27, 2020 from 6:30–7:30 p.m. in our multipurpose room.

ECHS applications will be available on our website at <https://earlycollege.schoolloop.com> as early as January 1, 2020 for current eighth-graders and high school students who are considering a transfer. Students and families can also pick up hard copies of the application at their middle schools or at our front office beginning on January 13.

The early action deadline is March 13, 2020, with the regular deadline set for May 1, 2020. If you have questions, please call (714) 424-7990 Mondays–Fridays from 8 a.m. to 4:30 p.m.

We also held our third annual College Application Success Campaign Event on November 26, celebrating every senior in the Class of 2020 who submitted at least one college application. We held a luncheon in the early afternoon in their honor, welcoming their parents and distinguished guests from our school district, the Orange County Department of Education, University of California, Irvine, California State University, Fullerton, and Coastline College. While the seniors completed their applications, ninth- through 11th-graders took part in panel breakout sessions to learn how to prepare for college.

Finally, our ninth-graders recently hosted our annual Environmental Issues Fair at the Back Bay Muth Interpretive Center. This event was the featured project-based learning event for our freshman class. This project, which they had been working on for a few months, focuses on research, analysis, and problem-solving conclusions to address a variety of environmental issues experienced by our local and global communities.

Eastbluff *Elementary (K-6)*

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



Cheryl Beck
Principal

Kindness Through Literature

Our Red Ribbon Week was a huge success! Eastbluff Students, staff and community participated in a huge Red Ribbon Campaign. The week was dedicated to the theme of “Be Kind, Be Aware, Be You!” and 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 the students posted on their classroom doors. Our PTA provided healthy breakfast-food choices before school. Students were involved in many activities such as wearing red, signing healthy choices pledges, and walking to school with several Newport Beach police officers on Wednesday.

Mrs. Beck read *We’re All Wonders* by R.J. Palacio to classrooms. This story is about an ordinary boy with an extraordinary face. His big message to our students was “I know I can’t change the way I look. But maybe, just maybe, people can change the way they see.” This story really taught us that we are all special and unique and to treat one another with kindness.

Another book read to some upper-grade classrooms was *One Drop of Kindness* by

Jeff Kubiak. The message of this story is that kindness can come easily to some, but for others, it can be a struggle. The main character, Gus, was going through hard life challenges. This story taught us that one drop of kindness is all it takes to fill a heart with love. That kindness can be a ripple effect and change the world.

These activities really complemented our kindness theme, John Wooden’s Positive Schoolwide Behavior System, character development, and how we fill one another’s “buckets” with positive words and actions! We are so proud of our Eastbluff Students!



Horace Ensign *Intermediate (7-8)*

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



Michael Sciacca
Principal

Enrichment and Intervention Opportunities

Ensign continues to expand the elective offerings available to our students. Over the last 4 years Ensign has doubled the elective options for students in both 7th and 8th grade. This year alone we have introduced film studies, drama and reading support options. Ensign strives to balance our enrichment and intervention electives to ensure we are able to meet the needs of all of our students.

In addition to electives offered within the school day, Ensign has also created a robust menu of enrichment and intervention opportunities offered before and after school. With 25 clubs, 11 sports programs and a plethora of tutoring options, Ensign students are able to participate in a variety of experiences that contribute to their middle school learning journey.



Culinary Club

Estancia *High School*

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



Michael Halt
Principal

College Application Campaign

Estancia High School held its second annual College Application Campaign in November. All seniors applied to at least one post-secondary institution during their English courses on November 4 and 5.

Seniors were assisted with the completion and submission of their applications by Estancia's counselors and English teachers, representatives from the Universities of California, California State Universities, and community colleges, and representatives from school-connected organizations, including Save Our Youth and College Bound. Estancia's PTSA also participated in the event.

To show school-wide support, the English hallway was decorated by our Associated Student Body, and our staff wore college shirts on the campaign days. Prizes were also handed out.

College Application Campaign is a national effort to increase the number of first-generation college students pursuing higher education. The effort occurs during the school day to ensure that students receive support in the navigating the complex college-application process.



Seniors applied to UC, CSU, private colleges, and local community colleges.

Harbor View *Elementary (K-6)*

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



Carol Furman
Principal

Jog-A-Thon

The Harbor View Parent Faculty Organization recently held its annual Jog-A-Thon to raise funds to support a number of exciting activities! As we do every fall, the students of Harbor View gathered on the field to run, jog, and walk to provide more music, science, technology, art, and physical education programs at our school!



As luck would have it, the weather provided a challenge, as it was 90 degrees on Jog-a-Thon day, but many parent volunteers helped keep our students hydrated and healthy while out on the field! The Newport Beach fire and police departments both came to show support for our runners, as well! Overall, it was a great day of exercise to support our wonderful PFO and the amazing opportunities for students at Harbor View School!

Heinz Kaiser *Elementary (3-6)*

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



Dr. Deborah Granger
Principal

Starry Knights!

It was a perfect night for stargazing! We had just “fallen back,” and darkness arrived early. The moon was bright, and both Saturn and Jupiter were visible on the horizon. Mr. Brazelton, AP astronomy and physics teacher at NHHS, was Kaiser’s Stargazing Night’s guide to the universe.

While Mr. Brazelton oversaw the telescopes, 37 of his students served as assistants extraordinaire! Over 300 students and families thoroughly enjoyed making light-up constellations with Kaiser’s STEM teacher, Mr. Hunter; playing with robots with Mr. De Vusser; learning about eclipses, phases of the moon, and even how the days of the week got their names from NHHS student instructors; and checking out the moon’s craters, Saturn’s rings and Jupiter’s stripes with Mr. Schinhofen and Mr. Brazelton.

Kaiser is so fortunate to have such a generous and involved community of teachers and families. The sky’s the limit!



Killybrooke *Elementary (K-6)*

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



Dr. Lorie Hoggard
Principal

Maintaining Steady Growth

2019 marks the fifth year in a row that Killybrooke Smarter Balanced Assessment (SBAC) scores reflect high levels of achievement and sustained growth. The 2019 scores indicate that 74.36% of students in grades three through six met or exceeded standards in English language arts (ELA) and 70.71% met or exceeded standards in mathematics.

At Killybrooke, we are proud of our diverse and vibrant community of learners. Our subgroup scores indicate that our student groups are performing at impressive levels when compared to the percentage of students meeting or exceeding standards within the larger systems and geographical regions. This data indicates that our strategies are making a difference to ensure that students across our diverse subgroups are thriving in their development of academic skills.

Killybrooke is a No Excuses University School, with a commitment to every child having a rigorous and enriched

educational experience. The social-emotional development of students is equally as important to us. Our staff is talented, caring and dedicated to ensuring that every child succeeds. We are committed to providing a safe and positive environment. In 2019, we received a silver medal from the California PBIS Coalition for our Positive Behavior Intervention and Supports system.

Over the past several years, Killybrooke staff has engaged in extensive professional development to ensure a high level of alignment between the Common Core Standards, classroom instruction and assessments. The Killybrooke staff is proud of our pattern of sustained growth and is dedicated to furthering this growth through expert classroom instruction, a caring school environment, academic- and social-research-based supports, and continued efforts to engage our supportive parent community.

The 2019–20 school year is well underway, and while we celebrate our recent achievement gains, we are also fully immersed in our commitment to continual progress and building a legacy of academic success for the Killybrooke community.

Abraham Lincoln *Elementary (K-6)*

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



Dr. Kristin DeMicco
Principal

Developing Positive Relationships

Our sixth-grade Peer Assistance Leaders (PALs) have been busy this year! From helping out in the lunch line and primary recess, to facilitating discussions about the five-part apology with their fifth-grade peers, our PALs have been committed to being positive role models on campus.

Equipped with orange vests and positive signage, the PALs remind students to walk through the quad, to maintain calm bodies in line, and to keep their voices down when

traveling through common areas and near classrooms. They teach the primary students how to play games like handball and four-square at recess. They also develop positive relationships with our youngest students in need of additional positive attention.

The PALs have become an integral part of our Tier 1 PBIS system, and they are doing their part to contribute to our theme this year of, "Kindness: It's a Lincoln Thing!" We are so proud of our sixth-graders for stepping up to make a positive difference at Lincoln. A special thank-you goes to our PAL advisors Ms. Querantes and Mrs. Davidsson for guiding us in this important work.



Mariners *Elementary (K-6)*

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



**Matthew
Broesamle**
Principal

Kindness like Confetti

In October, during the weekly flag deck, Mariners Elementary launched its Kindness Club. Staff discussed the mission and purpose of the club, and students from our student government read quotes to inspire all our students

to show kindness throughout the day

Members of the club will meet

monthly to discuss ways in which they can spread kindness like confetti around campus. The group, which is organized and led by a group of staff members, had their first meeting in late October to plan activities and ideas that will promote acts of kindness around campus and recognize students for their kind acts toward others. Staff members have kindness cards that are presented to students

who are “caught being kind,” and the names will be read weekly at flag deck to recognize all the great deeds that are being done by our Marlins.

At Mariners, we are proud to continue our focus of educating students on the importance of treating everyone with respect and kindness. Go Marlins!



Newport Coast *Elementary (K-6)*

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



Somer Harding
Principal

Jog-a-Thon

October ushered in another successful Jog-a-Thon, thanks to the Newport Coast Elementary School PTA. Children were excited and ready to run for their very best times and distances to support our school.

The day started out very warm, part of an unseasonably warm week, but we were grateful for the ocean breezes that picked up by about 10 a.m. to give our runners some relief. All of the students, Transitional Kindergarten through sixth grade, took their turns on our field, which was decorated with many balloons and a nice-sized track to do their running.

Many parents were on hand with water spray bottles to keep kids cool and a water station that was very attended. Our disc jockey kept the inspiration high with fun music and announcements. Teachers joined in the fun, some running and some walking, keeping their students company. Our mascot, Charlie, was out on the field too, being sure to keep that school spirit up.

Our 2019 Jog-a-Thon is in the history books! Many thanks to all for their energy, enthusiasm, and support!



Newport *Elementary* (K-6)

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



Amanda Estrada
Principal

Escape Room Fun

Newport Elementary School held its second annual Family Literacy Night. Upon entering our multipurpose room, families were given their mission: Snappy the Shark had locked them in the school and they had to escape!

Students worked through five different challenges that required using various literacy skills. If they successfully completed the challenges, they were able to crack the code, which opened a lock box. After unlocking the box, they received a prize. Then they took a photo in the photo booth—just like at a real escape room. Families also got to enjoy a pizza dinner.



We had a great turnout for this fun, academically focused family event! One of the staff members who volunteered time to host the event commented, “I loved seeing parents helping their children work through the puzzles and encouraging them to not give up.”



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Newport Harbor *High School* (9-12)

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



Sean Boulton
Principal

A Collaborative Effort

This year's second show of the season was the musical *25th Annual Putnam County Spelling Bee*. This show is a “wonderfully entertaining Tony Award and Drama Desk award-winning musical following a fictional and eclectic group of six middle schoolers vying for the spelling championship of a lifetime. While candidly disclosing hilarious and touching stories

from their home lives, the ‘twens spell their way through a series of (potentially made-up) words, hoping never to hear the soul-crushing, pout-inducing, life un-affirming “ding” of the bell that signals a spelling mistake.”

Joe D'Aquino, the NHHS Theater Department's program director, tapped Chris Ramirez to direct and Sara Lundsford to choreograph the show. Mr. D'Aquino shared that, “Chris and Sara had expressed their interest in working together, and so when the opportunity arose, I offered and they jumped at it! And the rehearsal process has been a great experience for our students because of their collaboration.”

Out of the production's eleven performers, five were new to the NHHS theater program. It was a great show!

Newport Heights *Elementary (K-6)*

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



Terri Clarke
Principal

Outdoor Science Camp

In late October, seventy sixth-grade students and three teachers embarked on a journey to the Three Oaks Arrowhead Ranch in Pinecrest for our annual Outdoor Science Camp.

For many students, this was their first experience away from home and family. But any sense of nervousness quickly disappeared as they participated in activities from the Strawberry Peak Hike (the toughest hike, but every student made it up the hill), to the Independent Night Hike (where the students learned about echo-location and night vision).

Upon their return to our school, the students expressed that, "It was amazing! It was so much fun and I want to go back!" One student exclaimed, "It was the best time ever. I miss it!"

Mrs. Dolan, our sixth-grade teacher who attended the event with her students, shared how, "Science Camp was an amazing experience for both the students and teachers. When you get the students out of their element it is amazing how much they can accomplish together."



She added, "Children who never hung out and talked were suddenly bonding over an activity, helping each other be successful and building each other up. The collaboration and communication that I watched happen over four days was incredible. The kids really transformed before my eyes. They were responsible, accountable, kind, and had a growth mindset about accomplishing any goal that was given to them. I can't wait to go again!"

Our students' and teachers' overall feelings were memorable. It was a once-in-a-lifetime experience.

Paularino *Elementary (K-6)*

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



Dr. Amy Nagy
Principal

Social and Emotional Learning

In addition to providing our students with academic instruction and support, we are incorporating social and emotional learning (SEL) into our teaching.

CASEL defines SEL as, "The process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions."

We believe these skills are as important as academics! Because of this, our teachers are making mindfulness teaching/practice a part of their daily routine. All teachers are using the Second Step curriculum to promote the social-emotional development, safety, and well-being of children.

We also promote kindness, gratitude, and empathy through classroom monthly book chats led by the principal, and positive message Thursdays where we make our intentions visible by wearing a positive message on our t-shirts. Paularino is a great place to learn!



Pomona Elementary (K-6)

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



Cindy Pedroso
Principal

Making Their Mark

It is hard to believe that the first month of school has already gone by. School is in full swing, and we are already celebrating the great work that is happening here at Pomona Elementary.

Students are recognized monthly at Flag Deck for displaying exceptional character traits. These students are not only recognized and celebrated in front of their peers but are also given a special Pomona spirit shirt to proudly wear.

In addition, we continue to focus on building a culture of kindness. Each classroom teacher read *The Dot* by Peter H. Reynolds, which showcases the theme of inviting and encouraging all students to make their mark. All Pomona students “made their mark” by making their own dots and displaying them in the Multipurpose Room.

We are looking forward to participating in many activities that promote kindness throughout the year as well as continuing to recognize the great work our students are doing each and every day.



Everett A. Rea Elementary (K-6)

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



Dr. Duane Cox
Principal

History Comes Alive

Rea Elementary School recently participated in the California Weekly Explorer program. Our fourth-grade students had a Walk Through California, the fifth-graders had a Walk Through the American Revolution, and our sixth-graders had a Walk Through Ancient Civilizations.

Our students were able to experience this remarkable program because of the strong commitment of our PTA. This program is

designed to allow the students to actively participate in a rich retelling of history. Through story telling, games, and drama, history comes alive!

The program requires that our students take roles, prepare a costume for the day, and practice their lines. Through a great deal of preparation among our teachers, students, and parents, the day comes together in an amazing way. It looks like part school play, part game show, and an ideal hands-on learning experience!

These assemblies leave a lasting impression on our students. They truly make history come alive.



Sonora *Elementary (K-6)*

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



Mia Dodge
Principal

Eagle Pride Flying High

By Mary Manos, Interim Principal

As the interim principal at Sonora School, it has been my extreme pleasure to work with such a dedicated and supportive staff, wonderful PTA, caring parents, and students eager to learn. Parents, students and teachers come together at our weekly Eagle Rally to share morning news and activities.

The student council leads the Pledge of Allegiance and the school creed. Then we discuss our character focus for the month. Our focus for the month of October was being respectful. Students were encouraged to always treat others with respect, to be tolerant of differences, and to be kind.

At the end of the month, each teacher fills out a good character certificate for one student who is recognized at the Friday rally. The names of students who are recognized are also written on eagles, which fly high in the office.

Sonora Eagles are college bound, so we end the rally every Friday with a different class presentation and enthusiastic college cheers from selected classes.



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

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



Dr. Dipali Potnis
Principal

Performing with Estancia

TeWinkle Middle School students had the opportunity to perform with Estancia High School students on October 25th! Mr. McFadden has been working

incredibly hard with students and giving them performance opportunities that are not only exciting, but help build a cohesive program within the Estancia Zone. Students had an amazing time performing and showed great confidence in front of the audience. We look forward to more opportunities where

our Trojans get to learn and work side-by-side our high school students. We are excited for them to engage in these experiences now, so that they can soar as Eagles!



Victoria *Elementary (K-6)*

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



Dr. Aaron Peralta
Principal

Día de los Muertos

At the heart of almost everything we do is our amazing parent community. We are so thankful to have an awesome group of parents who work to build community each October with our annual Fall Festival.

This year's theme, "Día de los Muertos," was a meaningful cultural celebration that brought our student, parent and staff communities together for fun, food and games and to raise funds for our amazing Parent-Teacher Association. It's one of the highlights of the school year, and we had a record turnout this year. Our second-grade students even created pumpkins that looked like their favorite characters from books they had read!

We are excited to have so many different cultures represented at Victoria and for having an opportunity to bring everyone together in a fun way to celebrate the diversity that makes us who we are—we are Victoria! Go Voyagers!



Whittier *Elementary (K-6)*

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

Annalisa Schwartz, Interim Principal **Padres en Acción**

I am thrilled to be joining such an excellent staff, amazing students, and welcoming community at Whittier Elementary School as the interim principal for the remainder of the 2019–2020 school year.

Through the support of a local health advocacy organization, Whittier has been able to offer Padres en Acción for the past five years. Padres en Acción engages parents as active volunteers and advocates in their children's lives. Parent volunteers are trained and then give their time during recess and lunch to provide structured play activities for our students.

During Red Ribbon Week, our parent volunteers went above and beyond to support our students and promote

healthy options. Activities included scooter boards, hula hoops, soccer, music, and parachutes. Students were engaged in and excited about these unique opportunities.

Padres en Acción has become an integral part of the Whittier family. Go, Dolphins!



Wilson *Elementary (K-6)*

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



Jennifer Heckert
Principal

Making Great Choices

The Wilson Elementary School Wildcat students, staff, and community kicked away drugs during our annual student council-sponsored Red Ribbon Week in October. During the week, students took the Red Ribbon pledge to stay drug free, showed their drug-free spirit by participating in creative days to encourage students to remember to stay drug free, and had the opportunity to engage in a classroom door-decorating contest.

One of the highlights of the week was our PTA-sponsored visit by the nationally recognized soccer freestyler performance group the Futboleros. The Futboleros encouraged students to set goals for their future, work hard, persevere, and have fun!

Students and staff had the opportunity to watch the Futboleros perform amazing tricks, learn new skills, and even challenge the them to a game of soccer!

The Wilson Wildcat community was filled with positive thoughts and great energy on this very exciting day!



Woodland *Elementary (K-2)*

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



Tiffany Lewis
Principal

Social Emotional Learning

Research shows that Social Emotional Learning (SEL) not only improves academic achievement, but it also increases prosocial behaviors, such as kindness, sharing, and empathy; improves student attitudes toward school; and reduces depression and stress among students.

At Woodland School, we realize the importance of setting up our young students for future success. In addition to our character education program, which utilizes Coach John Wooden's Pyramid of Success, we have implemented a program called Second Step, which teaches social skills for learning empathy, emotional management, and problem solving.

In support of this program and our continued focus on literacy, I read *The Invisible Boy* to each classroom during the month of November. This story is about a boy who feels invisible; nobody ever seems to notice him or include him in their groups,

games, or parties. It is a wonderful story about how small acts of kindness can help children feel affirmed and allow them to flourish.

Teaching students kindness and empathy at this age will have lasting positive effects.



School Health Services

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



Merry Grasska
MPH, FNP-C,
RN
Coordinator

Stress and the Holidays

The holidays are typically fun family times when we gather and celebrate traditions. However, stress can be the result of changes in family routines and schedules. Parents often wonder how they can maintain their family's health, minimize stress and enjoy the holiday season. The American Academy of Pediatrics has some recommendations that may be helpful. Here are five things you can do:

1. Stick to routines as much as possible, including mealtime and sleep schedules. Adequate nutrition and rest are important for both children and adults.
2. Be present. Slow down and enjoy the moment you are experiencing. Focus on what you are doing now and do one thing at a time. Life can be quickly overwhelming when we create lists of things we need to accomplish and on top of it try to multi-task.
3. Parents need to care for themselves to be well for their children. Children and teens are affected by their parent's well-being. When parents cope with their stress it helps children to learn to handle stress also.
4. Avoid the pressure of gift giving or overspending. Gifts are fun and the point is to show someone you care not how much you spend or the size of the gift. Help your children create cards with a sincere expression intended for the recipient.
5. Spend meaningful but relaxing time with your children. Explore with your children the wonders of the holidays you are celebrating. Share your culture and family traditions so children are engaged and understand the reasons behind the celebrations. This could be time reading, storytelling, baking, making decorations, a traditional trip to the park, and the like.

Bottom line is that your health matters and will make a difference for your children. Have a wonderful holiday season.

Nutrition Services

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

www.nmusd.us/depts/ns/resources_parent.php



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

Discovering Seasonal Produce

By Aga Gallagher, BA, Nutrition Intern

Fall is a great time to include seasonal vegetables in our diets. What are some ways to get more of them? By building meals with fresh produce from farmers markets and grocery stores, or when our students eat school breakfasts and lunches at Newport Mesa Unified School District. Did you know that one of the overall goals at NMUSD

Nutrition Services is to provide meals with

fresh produce that comes from the farms around us?

What are some of the seasonal vegetables available to us? Market stands are filled with colorful vegetables. Winter squashes such as pumpkins, butternut squashes, acorn squashes and delicata squashes are readily available. Dark, leafy greens such as arugula, kale, collard and chard are also found in markets. They are full of flavor and nutrients such as vitamin A, Vitamin C, B vitamins and fiber.

And they are simple to prepare! Spaghetti squash baked with olive oil, Parmesan cheese and Italian seasoning is a great addition to dinner. Acorn squash will satisfy every sweet tooth when it is baked with butter and cinnamon and sprinkled with a little brown sugar. Cut-up pumpkin is delicious either roasted or mixed into some of our favorite soups.

Creating delicious, healthy meals are only one benefit of including fall-produce diets. Here's another benefit: buying locally helps support our economy. It also allows us to meet and greet farmers and develop relationships with them. They are a great source of information on how our food is grown. They may also help us choose the freshest, most flavorful and most nutritious foods that take less travel time to get to our tables.

Seasonal produce is abundant this fall. Take some time to explore fresh produce and try something new. They might be the best-tasting dishes of the season.

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Early Childhood Education

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



Michelle O'Neill
Coordinator

Making Potions Using Science

We are excited to have the opportunity to offer three state and two specialized academic instruction preschool classrooms at Pomona Elementary. This gives all of our students the opportunity for social and academic learning. Part of our commitment calls for the classrooms to work together in creating fun, hands-on science experiences.

In fact, Pomona Preschool is committed to creating hands-on science experiences for all of its students. Recently, Ms. Casey and Ms. Mans utilized vinegar and baking soda to generate a fun chemical reaction of purple foam in their classroom science activity. The preschool students called this project "Making Potions." The students absolutely loved how they also had the chance to participate in a group project with their peers from a different classroom.

Ms. Casey and Ms. Mans continue to increase their efforts in promoting social emotional learning in their classrooms. The goal is to teach our preschoolers traits like empathy, emotional management, and problem solving. The students for instance had to use their problem-solving skills and work together to make the purple foam potions during the science centers.



Gardening Terms –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, 2020

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

Thank you

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SOW BUG	SEEDS
FENCE	PRUNERS

R	Q	Q	Z	D	G	F	J	O	H	S	X	S	F
L	E	V	O	H	S	W	I	I	C	M	M	V	E
F	V	Z	F	N	R	D	E	B	U	Z	L	K	K
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A	U	F	V	G	E	R	V	X	X	J	C	T	S

Manhar's Book Review



Manhar M.

Doing Homework

Homework Hassles (Ready, Freddy!—Series 3) by Abby Klein

I was recently introduced to the book series of “Ready, Freddy!” and this is my favorite book so far. This book focuses on what happens when you don’t

do your home assignments in a timely fashion. Freddy Thresher, a first grader, goes through a big problem when his teacher wants the class to do reports on nocturnal animals. He couldn’t find an animal until the last moment. He went overboard with his research and got himself into trouble. The book includes exciting twists and turns in the story. The conversation of Freddy and his friends reminds me of my own conversations in the class. I couldn’t stop reading the book to find out if Freddy completed his assignment on the due date. I also learned the value of friends and family through this book.

Manhar M. is in First Grade. Manhar likes science, math, coding, traveling, hiking, reading about world news and spending time in building robots from Legos.



Richard's Book Review



Richard J.

A Journey To Healing

Savvy by Ingrid Law

This is an award-winning book. Mibs Beaumont, who is about to turn 13, is the main character of the story. In the Beaumonts family each person gets a Savvy on their 13th birthday. A Savvy is a special magical talent. Her brother Rocket can create hurricanes, her grandpa can move mountains, and Mibs is excited to get her Savvy. But as Mibs is looking forward to her birthday her father gets into a car accident and ends up in a coma. Mibs is heartbroken, as her Mom and brother Rocket leave to take care of him in the hospital 90 miles away, leaving Mibs and her siblings in the care of their neighbor, the pastor. Mibs sneaks into a leaving bible van to hitch a ride to the hospital to see if her savvy is the ability to wake people up. She doesn't know that 2 of pastor's kids and her two siblings follow her onboard. After many events, big and small, they all reach their destination. Mibs finds out what her Savvy is, and all the people in the van help one another and heal each other's problems. They eventually go their separate ways, all changed for the better. I liked the genuine relationship they develop and the kindness they show to each other. I enjoyed this book and it's satisfying ending and I rate the book 5 stars out of 5!



Richard is a curious 5th grader. His favorite subjects are math and P.E. He likes to play sports with his friends, read funny books and watch nature documentaries. He likes writing book reviews because he hopes they will interest other kids to read these books.


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Ethan's Review



Ethan H.

Who are They?

Found is the first book of the series *The Missing*. It is about two boys named Jonah and Chip who are regular kids in the 20th century. When Jonah and Chip

start getting mysterious letters in the mail, they set out on a quest for clues to answer the question, “Who are we?” They discover many secrets and learn that people from the future are coming to get them. Will Jonah and Chip learn who they truly are before time catches up to them? I loved his book because it's full of surprises! I would recommend it to anyone who is interested in time travel and mysteries.



Ethan H. is a fourth grader. He likes science, reading, history and physical activities like soccer and basketball.

Newport Beach Public Libraries



Celebrate the Holidays at NBPL

Are you looking for fun, FREE activities to enjoy with children this holiday season? Look no further than these special winter events at Newport Beach Public Library.

Liz Aaron
*Children's Librarian,
Newport Beach
Public Library*

Wrappin' Up 2019 Crafts: Make holiday gifts for family and friends! Come to the Balboa Branch and share the gift of creativity as we make crafts inspired by the winter season. Remember to make one for your teacher, too! Wednesday, December 18, 3:30-4:30 p.m. at the Balboa Branch Library.

Noon Year's Eve Celebration: Can't stay up late but still want to celebrate? Say goodbye to 2019 and ring in the New Year with Newport Beach Public Library! Come to the library for our Noon Year's Eve Celebration with crafts and fun as we count down to noon. All ages welcome. Tuesday, December 31 starting at 11:30 p.m. in the Central Library Children's Room.

A Little Dynasty Chinese Children's Orchestra:

Celebrate Chinese New Year with an authentic musical experience the whole family will enjoy. A Little Dynasty Chinese Children's Orchestra is Southern California's first and only children's Chinese instrument orchestra. The musicians, ages 5-13, play an exciting repertoire of Chinese and Western classic, folk, and pop tunes that will delight audiences of all backgrounds, ages, and tastes. Seating is on a first-come, first-served basis. Saturday, January 18 at 2 p.m. in the Central Library Friends Room.

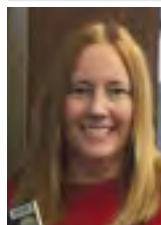
More! Remember to check our calendar of events at <http://www.newportbeachlibrary.org/calendar> for exciting craft programs, storytimes, Sensory Play Saturdays, building with interlocking blocks, a visit from our Newport Beach Animal Control and more at our four NBPL locations.

Reminder: Closures

All NBPL locations will close at 1 p.m. on December 24 and 31. All locations are closed December 25 and January 1. Please check www.newportbeachlibrary.org for your branch's holiday hours.

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
949/644-3075

Costa Mesa Public Libraries



Kristina Jones
*Branch Manager,
Costa Mesa
Donald Dugan
Library*

Books are just the beginning!

Costa Mesa libraries are here to serve you! We are part of OC Public Libraries – a system of 32 branches.

Costa Mesa Donald Dugan Library!

Features include a children's library, 2 study rooms, 2 community rooms, Teen Room, Laptop Kiosk (borrow a laptop from us!) and much more.

Our library has many programs this season:

Homework Help Center: Our volunteers will assist students in grades K – 5. Call us for the latest hours.

STEAM programs: Join us for fun programs featuring science, technology, engineering, art and math.

Teen programs: Crafts, movies, game days.

Weekly storytimes: Mondays, Tuesdays and Thursdays.

Come visit our Costa Mesa Libraries for computers, books, programs, and Teen & adult volunteer opportunities. Our eLibrary offers many online programs.

Costa Mesa Donald Dugan Library
1855 Park Avenue, Costa Mesa, CA 92627 • 949/646-8845
Mesa Verde Library
2969 Mesa Verde Drive, Costa Mesa, CA 92626 • 714/546-5274
OC Public Libraries www.ocpl.org

Orange County Department of Education

200 Kalmus Drive, Costa Mesa CA 92628 • 714/966-4000 • www.ocde.us



Dr. Al Mijares
Superintendent

Educators across the country are increasingly focusing on the health of students, and for good reason.

Along with our commitment to the overall well-being of young people, there is clear scientific evidence linking student health to academic achievement. According to the Centers for Disease Control and Prevention, risky behaviors — including early sexual activity, violence and substance

use — consistently correlate with poor grades and lower educational attainment.

In short, healthy kids make better students, and better students are more likely to become healthy, successful adults.

This principle has been central to the advancement of health education, which over the last two decades has evolved to become much more comprehensive and evidence-based. California has been a major driver of this effort, developing Health Education Content Standards in 2008 and, more recently, adopting the Health Education Framework to help educators teach these standards.

Before we go further, it's probably worth taking a moment to revisit California's health education standards.

Available online, they essentially describe health concepts and skills that students should possess in six content areas: nutrition and physical activity; growth, development and sexual health; injury prevention and safety; alcohol, tobacco and other drugs; mental, emotional and social health; and personal and community health.

Naturally, the standards vary greatly by grade level. For example, they say first-graders should be able to explain why sleep and rest are important for growth and good health. Students in grades seven and eight should be able to analyze the nutritional value of different foods and identify ways to increase daily physical activity. High schoolers should be able to demonstrate assertive communication skills to resist pressures to use alcohol, tobacco and other drugs.

Grounded in scientific research, these standards encourage all students to make healthy choices and avoid high-risk behaviors. And now their implementation will be assisted by the "Health Education Framework for California Public Schools," which was approved by the state Board of Education in May 2019 to provide instructional guidance for educators.

As with all frameworks, state funding has been allocated to create professional learning opportunities and resources, and the California Department of Education has appointed OCDE to facilitate the statewide committee that will develop these tools and trainings. This committee includes other county offices of education, universities, state health agencies and the California PTA.

Healthy students, healthy schools and healthy relationships should be the shared goal of educators, parents and policymakers across California, and the Health Education Framework marks an important step.

Far from extraneous to academics, the investments we make today in health education have a direct impact on student learning and will empower young people to make well-informed decisions, contributing to a lifetime of good health.

Common Sense Media

Is the Internet Making My Kid Socially Isolated?



For some kids who are shy, not very secure socially, or simply interested in a topic their real-world friends aren't into, the online world can be a lifesaver. Some kids feel emboldened to experiment creatively, meet new people, pursue their interests, and try new things in a way they wouldn't feel comfortable doing in person. Your kid also may just be going through a phase or may not talk about his or her "real" friends.

But, if your kids are unable to make friends at school or through groups, if they can only find happiness online, and if they pursue the online world to the exclusion of in-person relationships and experiences, you might need to intervene. Even though today's kids socialize a lot online, they actually prefer face-to-face interactions. Consider whether these issues point to underlying issues that may

have nothing to do with being online but might be signs of depression, being bullied, or other offline issues, and, of course, seek outside help if necessary. Also be aware that kids whose social lives revolve around the online world can be led into risky situations. Make sure your online-oriented kid understands that people can misrepresent themselves online, and that they should never give money, photos, or personal information to or meet anyone that they've only had contact with online.

The Child Mind Institute contributed to this article. Learn more at childmind.org.

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