

FREE

School News

Education + Communication = A Better Nation



Covering the Newport-Mesa Unified School District

VOLUME 10, ISSUE 57

www.SchoolNewsRollCall.com

FEBRUARY / MARCH 2014



Dr. Al Mijares
Superintendent
Orange County
Dept. of Education

Nurturing Healthy Minds

Sylvia is 13 years old and in the eighth grade. She was often sad and angry and felt confused. She did not have close friends and other students would tease her. Her teacher noticed that

something was wrong and consulted the school counselor. Sylvia's family was notified, and the school was able to provide resources and support.

Sylvia's challenge is not a rare situation. Between 20-25% of children in the U.S. experience symptoms of emotional distress, such as depression, anxiety, eating disorders, and substance abuse. From 2000-2005, 3.22 million youth, ages 7-17, were treated for depression; this is more than double the number from the previous five years.

In order for students to be successful in school, they need to be healthy mentally, emotionally and physically. Youth who have problems in these areas are more likely to have high rates of absenteeism and to drop out of school. The annual financial costs for treatment, including lost productivity, are staggering.

Educators, families, and community members have a role to play in cultivating wellness and encouraging school and life success for our youth. We can do this by learning how to decrease the stigma associated with mental health issues, build knowledge about mental health risks and protective factors, increase awareness about the signs and symptoms, and offer resources and support to students and families.

To nurture youth resilience, mental health, and well-being, the Orange County Department of

Skills for Life



Costa Mesa High School cheer team.

By Dr. Phil D'Agostino, Principal
Costa Mesa High School 9-12 Grade

The 2013 American School Spirit Award has gone to the Costa Mesa High School cheer program. This is a prestigious award that has named Costa Mesa as the top cheer program in the United States!

The CMHS cheer team won this award in 2009, and is the only school in the country to have won it twice. The team was recognized for its spirit, cheer skills, community service and academics. The students will receive their award in Orlando, Florida in February, and also be featured in *American Cheerleader* magazine and on ESPN.

Every high school community believes that athletics and co-curricular experiences are an essential part of our educational system. These activities allow our students to learn lessons through participation in sports. This can contribute to the development of life skills such as being a team player, knowing how to effectively communicate with others, understanding the importance of values like sacrifice and commitment, and working towards a common goal.

Studies show that involvement in sports and co-curricular activities can contribute to the development of more mature, responsible and academically oriented students. We are extremely proud of our cheer program, as well as the other athletic and co-curricular programs at Mesa!

Newport-Mesa Unified School District Board of Education



Karen Yelsey
President



Martha Fluor
Vice President



Judy A. Franco
Clerk



Dana Black
Member



David L. Brooks
Member



Walt Davenport
Member



Katrina Foley
Member

See OC DEPT. OF ED. • Page 18

Inside: Schools pages 6-14 • English Language Learners page 3 • School Health Services page 4 • FV Regional Hosp. & Medical Center page 5 • Dist. Transportation, Nutrition Svcs. page 14 • AHA for Kids pages 15-18 • Costa Mesa Library Foundation page 16 • Newport Beach Public Library page 17 • Contests pages 14 & 16



Newport Orthodontics
& Children's Dentistry

Where You Can Achieve Your
"Best Smile Ever!"

Orthodontics for Adults & Children
Dentistry for Infants, Children & Adolescents

Invisalign® for Teens & Adults · Incognito® Hidden Braces

On-Site Digital X-rays & Full Records

K-12 Dental Check-ups

A Modern, Fun, & Friendly Environment!

COMPLIMENTARY INITIAL
ORTHODONTIC EVALUATION



MONICA MEEKAY, DDS
Diplomate American
Board of
Pediatric Dentistry



HEDI KERMANI, DDS, MDS
Diplomate American
Board of Orthodontics
& Dentofacial
Orthopedics



JUDY GILLARD, DDS
Diplomate American
Board of
Pediatric Dentistry

949.640.5050

2515 Eastbluff Dr. • Newport Beach, CA 92660

BestSmileEver.com



Kay Coop
Founder/Publisher



This issue has several informative articles on the subject of being healthy mentally, emotionally and physically. The School Health Services article on page 4 discusses the new Immunization Law and Nutrition Services on page 14 discusses the importance of fruits and vegetables.

The individual school articles bring us up to date on the classroom focus and it is evident the new year is off to a great start.

February is Dental Health Month. Be sure to enter our Word Search Contest on page 16.

School News

Education + Communication = A Better Nation

www.schoolnewsrollcall.com

Covering the
NEWPORT-MESA UNIFIED SCHOOL DISTRICT

FOUNDER/PUBLISHER: Kay Coop
562/493-3193 • kay@schoolnewsrollcall.com

ADVERTISING SALES:
562/493-3193 • Fax: 562/430-8063

CONTENT COORDINATOR: Barbra Longiny

GRAPHIC DESIGNER: Meshel Negrete

COPY EDITORS:

Lisa Brock, Kate Karp & Anna Zappia

CONTRIBUTING CARTOONIST:

Netragrednik by Neta Madison



You can now
launch our
Web APP to your
SmartPhone from
our web site

SCHOOL NEWS ROLL CALL, LLC
P.O. Box 728, Seal Beach, CA 90740
562/493-3193

www.schoolnewsrollcall.com
Copyright © 2006, School News Roll Call, LLC
Reproduction in whole or in part without written
permission is strictly prohibited unless otherwise stated.
Opinions expressed by contributing writers and guest
columnists are their views and not necessarily those of
School News Roll Call. This publication is privately
owned and the right is reserved to select and edit content.
The Newport-Mesa Unified School District does not
endorse the advertisers in this publication.



MesaWater
DISTRICT

**FREE
ASSEMBLY**

For 5th Grade
Classes in
Mesa Water's
Service Area!

FREE ASSEMBLY
WATER EDUCATION PROGRAM

- **FREE in-school assembly for 5th Grade Students at schools in Mesa Water's service area;**
- **Learn about the importance of water, where water comes from, and why we need to be more efficient water users;**
- **Taught by Discovery Science Center teachers;**
- **Meets State Curriculum Requirements.**
- **Call 714.913.5030 to schedule your assembly.**

MesaWater.org

Educating and Education for Parents



Karen Kendall
Director

Our board of education and the state of California have as a major goal to be partners with parents in the education of their children. Therefore, we have myriad parent-education programs in N-MUSD that focus on the needs of parents of our English learners. We have so many programs that we have differentiated between parent-education programs that educate parents about how to be effective, and parenting programs, which help parents with point-of-need issues and concerns.

Our parent-education programs include programs such as Communication and Technology, Bullying, Cyberbullying, Internet Safety, Communication and Technology, Grade-Level State Standards, Domestic Violence, High School Graduation Requirements, Drug/Alcohol/Gang Prevention, Child/Teen/Adult Abuse and School Attendance Laws. Many of the programs are offered in either English or Spanish, and many involve other agencies such as hospital community-health programs, the Parent Institute for Quality Education, special education, Human Options, the district attorney’s office, and the Newport Beach and Costa Mesa police departments.

We also offer parenting-education programs such as the 10 Education Commandments for Parents, Developmental Assets, Parent-to-Parent Program, Parenting Wisely Teens, Common-Sense Parenting and Stop the Cycle. Again, programs are available in either English or Spanish, and again, we partner with community groups such as the O.C. Health Care Agency, Boys Town California and the O.C. Latino Educational Attainment Initiative to bring these programs to our parents.

Parent education is a major focus for N-MUSD!

Parent education
is a major focus
for N-MUSD!

UCLA Extension

explore.
experience.
expand.

Pathway

For Students with Intellectual & Developmental Disabilities

Our Post-Secondary 2-Year Program Offers:

A college experience with expertly trained staff

Growth in academics, career exploration & transition to independent living

A supportive environment

Federal Financial Aid & Scholarships Available

Learn more. Visit uclaextension.edu/snPathway or call (310) 794-1235.

14568-13

STARNES
ORTHODONTICS

can give you

The Smile You’ve Always Wanted!

Incognito® Hidden Braces • Invisalign® for Teens & Adults • Clarity® Clear Braces • Traditional Metal Braces • Comprehensive Early Treatment • Personal Attention and Tailored Treatment

We offer flexible financial arrangements!

Heidi B. Starnes, DDS, MS

1401 Avocado Avenue, Suite 210
Newport Beach, CA 92660
(949) 720-8145



School/Behavioral Problems Teen Issues/Bullying

Temper Tantrums	Low Self-Esteem
Anxiety • Depression	Bed Wetting
Conflict Resolution	Co-Parenting
Communication Issues	ADD/ADHD

Social Skills Group for Young Kids

949.235.7606

www.Parenting-Teenagers.com

Suzan Aldimassi, M.S., MFT #40245
Licensed Marriage, Family & Child Psychotherapist,
 ASCH Certification in Clinical Hypnosis

1000 Quail St. Ste. 175, Newport Beach, 92660



SCHOLARSHARE

CALIFORNIA'S 529 COLLEGE SAVINGS PLAN

scholarshare.com | 800.544.5248







Please see our
ad on page 19.

Experience ★ Quality ★ Access Guarantee



Serving O.C. for 35 Years



Zacharia Reda MD, FAAP, FCCP
 Newborn and Pediatrics
 Pediatric Pulmonary & Critical Care

L.M. Feingold MD, FAAP
J.A. Rothman MD, FAAP
Ferdinand Del Mundo MD, FAAP
Christine Kornu MD, FAAP
Elsa Fernandez MD, FAAP
William Holm MD, FAAP
 Pediatric Endocrinology

Angela Gagliardi MD, FAAP

Primary Pediatric & Adolescent Care

- ★ Same Day Appointment Guaranteed by B.C. Physician
- ★ After Hours, Weekend & Holiday Care
- ★ Voted by their peers as "Top Doctors" in OC & America
- ★ 24/7 Board Certified Physician Coverage

Specialists Trained In:

- ★ Pediatric Emergencies & Critical Care
- ★ Pediatric Asthma & Pulmonary Care
- ★ Pediatric Endocrinology & Diabetes
- ★ Growth Disorder & Weight Control
- ★ Pediatric & Adult Sports Medicine
- ★ Fitness Evaluation & Injury Prevention
- ★ Nutrition Evaluation



Dr. Reda recognized by his peers and the Orange County Medical Assoc. in his field as one of the TOP DOCTORS in OC and Southern California.

Call today for a complimentary consultation to meet with one of our physicians.

949-644-0970

SPECIALISTS IN PEDIATRICS AT HOAG AND CHOC HOSPITALS
 All our Physicians are Board Certified by the American Board of Pediatrics.

FASHION ISLAND OFFICE
 1401 Avocado St., Suite 802
 Newport Beach, CA 92660

HOAG OFFICE – NEW LOCATION
 1640 Newport Blvd., Suite 210
 Costa Mesa, CA 92627

HUNTINGTON BEACH OFFICE
 17822 Beach Blvd., #373 / 374
 Huntington Beach, CA 92647

www.newportchildren.com

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

New Immunization Law AB2109



Merry Grasska
RN, MPH,
FNP-C
Coordinator

Most students at school are immunized, but some are not. The decision to vaccinate or not vaccinate is one that belongs to the parent or guardian of the child and is made on the child's behalf. I'd like to believe that we all want what is best for children. No matter what your opinion is about immunizations, a new law regarding immunization exemption is in effect.

Assembly Bill 2109 amends Health and Safety Code section 120365 and became effective January 1, 2014. Parents now seeking exemption from immunizations for their child are required to provide the school with a new more detailed form signed by the parent and the healthcare practitioner. The law specifies the type of healthcare practitioner that may sign the attestation and it may not be signed more than 6 months prior to when the student first becomes subject to the immunization requirement as a condition of school admission. This new legislation requires the healthcare practitioner to provide families with information about the benefits and risks of vaccination. The form, more information and resources may be found on the NMUSD Health Services website at http://nmusd.ca.admin.schoolloop.com/cms/page_view?d=x&piid=&vpid=1221711389686. Additional information is available at www.shotsforschool or you may wish to visit the OCDE Health and Wellness website at www.ocde.us/health. Click on the AB2109 link. As always, the school nurses and Health Services staff are available to answer questions and respond to concerns.

The decision to vaccinate or not vaccinate is one that belongs to the parent or guardian of the child and is made on the child's behalf...No matter what your opinion is about immunizations, a new law regarding immunization exemption is in effect.



22461 Antonio Pkwy. | Rancho Santa Margarita, CA 92688 | 949.207.3266
 2075 San Joaquin Hills Rd. | Newport Beach, CA 92660 | 949.760.9222
 26831 Aliso Creek Rd. | Aliso Viejo, CA 96831 | 949.382.1909

MORE THAN URGENT CARE- 5 STAR TOTAL CARE

- ✓ Walk-In Care and Family Wellness
- ✓ Board Certified Physicians
- ✓ Open 7 Days a Week and Major Holidays
- ✓ On-Site Lab and Digital X-Ray
- ✓ State-of-the-Art Facility

"Our Passion is Your Wellness"

WELLNESS

SCHOOL PHYSICALS
 FAMILY WELLNESS
 IMMUNIZATIONS
 VACCINATIONS
 ALLERGY TESTING
 OBAGI FOR ACNE
 SCREENINGS

IMMEDIATE CARE

STOMACH PAIN
 COLD AND FLU
 INFECTIONS
 FRACTURES AND SPRAINS
 UPPER RESPIRATORY
 THROAT ISSUES
 HEAD PAIN



Register for Your Next Visit Using **ZipPASS**
Get in line, anytime!

WWW.MARQUEMEDICAL.COM

RSV Infections



Kenneth Kim, M.D.
Medical Director,
Pediatric ICU

Almost all children have a respiratory syncytial virus (RSV) infection by their second birthday. In most cases RSV causes only minor cold-like symptoms. Some children may develop more severe infections that require hospitalization.

RSV is spread through infectious respiratory secretions that are inhaled or passed through direct contact. The virus also can live for hours on toys or door handles. The peak RSV season starts in the fall and ends in the spring.

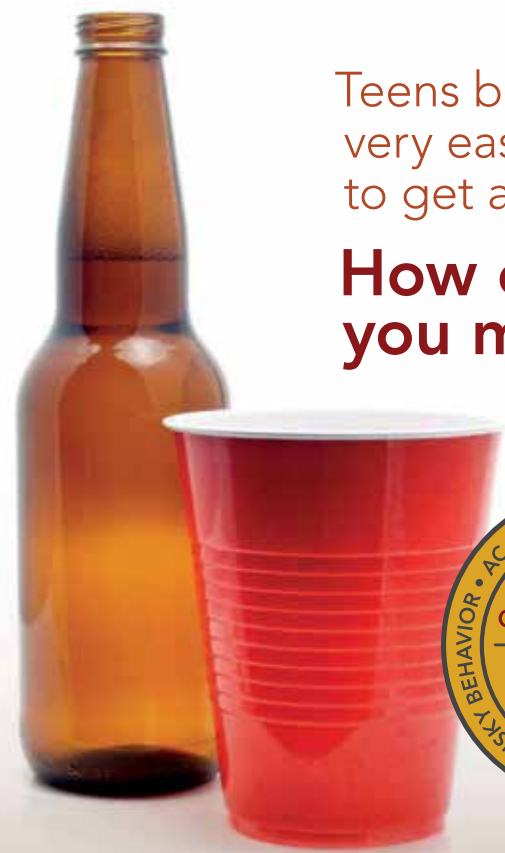
Signs of RSV usually appear about 4-6 days after exposure to the virus. Older children typically have a runny nose and decrease in appetite. Coughing, sneezing and a low-grade fever may develop 1-3 days later. The only signs of RSV in very young infants could be irritability, decreased activity, and problems with breathing. Full recovery from RSV takes about 1-2 weeks.

Severe cases of RSV can lead to infections such as bronchiolitis and pneumonia. Hospitalization may be necessary for infants who require intravenous fluids, supplemental oxygen, suctioning of mucus from the airways, or a breathing machine to ease breathing. Antibiotics may be administered for bacterial complications.

Children at increased risk for developing severe cases of RSV include:


- Infants under 6 months old
- Babies under 1 year old born prematurely or with congenital heart or lung disease
- Children with weakened immune systems from a medical condition or treatment

There is no specific treatment or vaccine for RSV. Symptoms can be relieved by creating moist air to breathe, sitting in an upright position, drinking fluids, avoiding exposure to cigarette smoke, and using saline nasal drops or over-the-counter pain relievers to reduce fever and relieve a sore throat. A medication called palivizumab may be prescribed for children at increased risk for serious complications from RSV. The drug does not stop RSV infections, but it can prevent severe cases from developing.




Teens believe it is very easy for them to get alcohol.

How easy do you make it?



Think before providing alcohol to anyone under 21.



Visit ncaddoc.org for more information.
Funding provided by the Orange County Healthcare Agency—
Alcohol and Drug Education and Prevention Team (ADEPT)

ER WAITING IS NO FUN.

check-in online.
fountainvalleyER.com



THE SMARTER WAY TO ER.

At Fountain Valley Regional Hospital & Medical Center, we understand that waiting in the ER is no fun. That's why we're offering an online check-in service at fountainvalleyER.com to reserve your time online and comfortably wait at home. It's quick, easy and you'll be seen by a healthcare professional within 15 minutes of your scheduled time.



Fountain Valley Regional
HOSPITAL & MEDICAL CENTER

POWERED BY **InQuicker**

Adams *Elementary (K-6)*

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



Gabriel DelReal
Principal

Holiday Music Program Success!

Adams Elementary School held a school-wide Holiday Music Program, “It’s the Most Wonderful Time of the Year” on Friday, December 20th. The first show featured third, second, first, kindergarten, and pre-K students. The second show showcased the fourth, fifth, and sixth graders who performed in the Orchestra, as well as singing their holiday musical numbers. Giovanni Vindel, a sixth grader, did a marvelous job as the M.C. The students cheerfully performed Christmas and Hanukkah songs for the excited families. The multi-purpose room was overflowing with families who came to watch! The Music Program was a huge success, thanks to the Music Director, Mrs. Bridget Duffin who always does an amazing job.



Second grade students performing holiday music.

Back Bay/Monte Vista *High School*

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



Debbie Lucker-Davis
Principal

Getting Back on Track

Back Bay High School students are into the second trimester and most have completed 25 credits this year. By using a trimester system of three 60-day periods, students can earn an extra 15 credits per year. This is enough to help them transition back to their home schools for graduation.

Why do students go to Back Bay Continuation High School? There isn’t one good answer because there are so many reasons. Topping the list is the fact that students lose credits. Sometimes it’s homework that overwhelms them; sometimes it’s their poor use of time. Some of our students make poor choices about

attendance to hang out with friends. Some have serious trauma their families, ranging from severe illnesses to deaths, adding additional stress to their busy lives. Sometimes it’s as simple as getting off track by hanging around the wrong friends or struggling with depression. The task of making up credits while still maintaining grades to stay on track can be overwhelming.

That’s where Back Bay and Monte Vista Independent Study fit in. Monte Vista caters to students who need to work full time to support a family, pursue a sport or career outside of school, or care for a baby. The course work in Monte Vista is designed to prepare students for four-year colleges.

If you feel one of these schools can benefit you, please give us a call. Our goal is to support you to graduation!

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

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



Dr. Shannon Bray
Principal

Partnership with Pacific Symphony

Andersen Elementary School has a partnership with the Pacific Symphony as a Class Act School. We are proud to have had this opportunity to partner with the Pacific Symphony for several years as we continue our goal of exposing our students to the arts. We believe this experience will enhance student learning by integrating the arts into other subject areas. This partnership will also create opportunities for students to achieve 21st-century skills and foster creativity.

Our professional musician, violinist Dana Freeman, has given our students a Kick-off Prelude Assembly introducing them to the theme and composer of the year. Following the assembly, our school’s musician will return to give every classroom lessons to explore this year’s jazz theme through the music of George Gershwin. The entire school community is invited to our Family Night in April featuring Dana Freeman and other musicians from the symphony. Kindergarten and first-grade students experience an interactive assembly incorporating the music of George Gershwin with singing, dancing and movement. Students in second through sixth grades enjoy a field trip to Segerstrom Center for the Arts to hear the entire Pacific Symphony play an exciting concert featuring the music of George Gershwin and further explore the theme. Our culminating event held in June is the Bravo Assembly, where our students share what they have learned about George Gershwin, his music, and jazz through presentations of art, dance, song, and music.

California *Elementary (K-6)*

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



Matthew Broesamle
Principal

Students Become Computer Scientists

Code.org, the non-profit dedicated to promoting computer science education sponsored a nationwide campaign calling on every K-12 student in America to join an “Hour of Code.” The initiative asked schools, teachers and parents across the country to help introduce more than 10 million students of all ages to computer programming during Computer Science Education Week, December 9-15, 2013. During this Computer Science Education Week, California Elementary students in grades kindergarten through sixth grade learned how to code and proceeded to write 17,000 lines of code during their hour of coding.



Sixth grade students working during their hour of code.

Be sure to enter our Word Scramble Contest on our web site www.schoolnewsrollcall.com

College Park *Elementary (K-6)*

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



Julie McCormick
Principal

Culture and History

College Park Elementary School's PTA recently hosted our third annual Family Fiesta Night. There was food, face-painting, raffle prizes, and even a piñata. Our parents cooked up all kinds of delicious foods, such as homemade tamales, tacos, and horchata for all to enjoy. Each grade level put together a prize basket, which was then raffled off to the lucky ticket holder.

Students in fourth, fifth and sixth grades participate in the California Walk Throughs. A Walk Through is an engaging and interactive educational presentation of standards-based history



curriculum through literacy and the arts. It's an unforgettable in-school field trip. The program is facilitated by an animated and trained presenter who guides up to 36 students through historical events using dynamic, student-friendly stories and activities. Games, music, and dramatic activities encourage participation and comprehension of the curriculum.

This has become an annual activity that younger students look forward to.

Costa Mesa *High School (7-12)*

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



Dr. Aaron Peralta
Principal
7-8 Grade



Dr. Phil D'Agostino
Principal
9-12 Grade

Skills for Life

Please see our story on the front page.

Are you looking for this for the contest on page 14?



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

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



Guy Olguin
Principal
7-8 Grade



Kathy Scott
Principal
9-12 Grade

Youth and Government

By Steve Messenger, Youth and Government Advisor

The Corona del Mar Youth and Government delegation joined students from Estancia and Newport Harbor at the Second Training and Elections Conference at Camp Roberts. All told, close to 2,500 high school students from across the state participated in the conference affectionately known as "Bob II." Our delegation, led by president Irish Burns, were looking to add to their already-impressive total of appointed and

elected leadership positions as well as to prepare for the Model Legislature next month in Sacramento.

The NCdM delegation is the largest in the state, with 177 delegates, and is well on its way to earning the coveted designation of Delegation of Distinction for the second straight year. Six teachers from CdM will accompany the group, along with school board member Judy Franco and six other adult advisors, several of them former delegates. When the delegation travels to Sacramento in February, they will be working in the actual state capitol facilities, including the Senate and Assembly Chambers and the Supreme Court building. We will also have the pleasure of welcoming new CdM principal Kathy Scott, who will be traveling to Sacramento for the first time to watch our delegates participate in this amazing government simulation.



- Weekend classes (only two weekends per month)
- Degree completion in as little as 16 months
- Undergraduate credit for prior learning
- Small classes
- Affordable degree, financial aid available
- Classes begin in January, May, and September

BS in Human Services with concentrations in:

- Early Childhood Education
- Youth Development and Leadership
- General Studies in Human Services

MS in Human Services with concentration in:

- Organizational Management and Leadership

Visit us online or call to take part in our next Information Session.

SPRINGFIELD COLLEGE
SCHOOL OF HUMAN SERVICES
SOUTHERN CALIFORNIA CAMPUS

17542 East 17th Street, Suite 200, Tustin, CA 92680
Tel. (714) 368-0630 or (888) 316-5111, springfieldcollege.edu/shs



Davis *Magnet (K-6)*

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



Christy Flores
Principal

Bring Your Parent to School Day!

On Wednesday, January 29, the Davis Magnet School campus was bustling with learners of all ages at our Curriculum Day and STEM Expo!

Curriculum Day has become an annual event at Davis Magnet School. It allows parents to join their children at school for the whole day to observe and participate in the learning experience. Each class follows their regularly scheduled day, but with parents included in the learning activities.

Our parents were able to listen to small groups of students read, observe keyboard skills in the computer lab, and make hypotheses in the science lab. Curriculum Day also gave them the opportunity to witness our expert teachers in action as they guided their students through close reading lessons, or modeled strategies to solve math problems. Parents were not excluded from recess, either! Basketball, soccer and tag games were fun for both adults and students.

During this busy day our parents and students also made time to visit the MPR, where there were multiple tables set up to display projects from the annual STEM Expo and Invention Convention. Individual students and families also created various projects to display in the fields of science, technology, engineering and math.

A few of the projects included information about the human circulatory system, the life cycle of plants, and engineered inventions. Our parents enjoyed seeing how learning is accomplished in 21st century classrooms, and were able to experience outstanding instruction side-by-side with their children. It was another successful Curriculum Day!

Eastbluff *Elementary (K-6)*

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



Cheryl Beck
Principal

Battle of the Books

Every Wednesday morning from September through March at 7:30 a.m., 28 Eastbluff Elementary School fourth- and fifth-graders gather for an amazingly energetic discussion. The Battle of the Books (BOB) is a wonderful program for which students read 20 books from a pre-selected list.

This year's books have range from a story about a 13-year-old football player who wants to win a million dollars to help his family and a friend who is going blind and the tale a boy with a disfigured face who shows amazing courage as he enters school for the first time at the age of 10 to a book about a family who escapes from Afghanistan and arrives in America just before 911 and faces prejudice and the horror of a little girl left behind and three girls who finally meet their mother who is a member of the Black Panthers in Oakland in 1968. These books cover a wide range of literature from fantasy to coming of age to true historical events.

In January, we had an Eastbluff competition among our four teams. The students conferred within their groups, and their leaders answered the given questions with the correct title and author. Watching their excited and eager faces as they collaborated on each answer made us realize how hard they had worked toward their reading goal. We are so proud of them!

Our culminating activity will be the Battle of the Books competition in March, where our students will compete against five private schools from Orange County.

Are you looking for this for the contest on page 14?



Early College *High School (9-12)*

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



Kathy Slawson
Principal

UCI Partnership

The University of California at Irvine has formed a partnership with Early College High School that is clearly benefitting ECHS students. The UCI Outreach Program has been providing Early College High School students with valuable information regarding the UC application process and how to make the best impression on the admissions committee. Presentations covering the general application process, how to write a personal statement, and financial aid are delivered by representatives who are part of the UCI admissions committee, and they have been extremely beneficial for our students interested in applying to four-year colleges.

The partnership with UCI has also allowed students to take UCI math courses and participate in tours of the campus. Students enjoy the opportunity to tour the campus to get a feel for what a UC campus is like. The UCI math courses provide credit for high school graduation in addition to transferable college credit to University of California and California State University campuses and private colleges. College representatives are impressed when they see college credit on student transcripts and award additional points in the scoring of their applications.

ECHS student earn an average of 35 semester college credits prior to high school graduation. This not only provides students with significant savings in overall college tuition but it also gives ECHS students a solid advantage in the very competitive-college application process.

Horace Ensign *Intermediate School (7-8)*

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



Dr. Gloria Duncan
Principal

The New Debate Team

By Christian Yassa, Writer, Seabee Buzz

New to Ensign this year is a debate team that competes within Orange County. During their preparation meetings the team selects various topics and discusses how they will be able to debate them. The members also discuss different ways to improve their debating skills.

On Sunday, October 27, Ensign's team participated in a competition-level debate. Several schools came together and were randomly placed into teams of three. There were three chosen topics. One was called "NSA surveillance: Does it do more good or more harm?" The second was, "Smartphones and tablets are antisocial." The third topic was, "University education should be free."



Twenty minutes before the teams debated the students were told which side of the debate they were on, proposition or opposition. Each team rushed to formulate three arguments they would use. During the debate they tried to prove that their points were right and the other team was wrong. Our Ensign participants did great at their first debate!

Estancia *High School (9–12)*

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



Kirk Bauermeister
Principal

Eagles Soar at Virtual Enterprise Trade Show

In December, five students enrolled in Estancia's new ROP Virtual Enterprise course and traveled with their teacher, Gina Gonzalez, to Bakersfield to participate in the 15th Annual California International Virtual Enterprise Trade Show. Over 1,000 students representing over 100 schools from California participated.

The show's purpose was for students to showcase their virtual businesses. Estancia's was Eagle Eye Security, which specializes in selling home and small-business surveillance equipment and accessories. The students traded their virtual products with other virtual businesses and competed in a variety of categories, including best business plan, best company catalog, best salesmanship, best website, best trade show booth and best billboard advertisement.



Marisol Davila, John Santoyo, Melissa Juarez, Yani Lopez, and Ishanami Ahuatzí-Munoz.

Our team won third place in the Best New Booth category out of 20 participants, eighth place in the Best Company Catalog category and ninth place in the Salesmanship category out of 100 participants. The students also received an award for Business Professionalism.

Harbor View *Elementary (K–6)*

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



Todd Schmidt
Principal

Where the Arts Thrive

In this day and age, many schools are seeing cuts in their art programs; however, at Harbor View, our arts program is flourishing! First, we are fortunate enough to not only have an award-winning choir and a great music program but we are also in our 19th year of partnering with a local symphonic orchestral company through the Class Act program. Here, students get an opportunity to develop an appreciation for classical music and composers. Our students will get to see a concert here at school and even watch an orchestra perform at a performance-arts center!

Another great program that has become a tradition at Harbor View is Art Masters. Here, students learn about a different artist and style each month in an interactive and informative lecture. They then get hands-on experience in two studios in which they apply what they learn to art projects in the style of the artist. Not only do we have credentialed art teachers but parent volunteers also get the chance to participate in this extraordinary hands-on experience! Art is alive at Harbor View!

Heinz Kaiser *Elementary (3–6)*

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



Dr. Deborah Granger
Principal

A Great Start to 2014!

Kaiser Elementary School students and staff met January with a bang! The first flag deck of 2014 included the inauguration of Kaiser's new school-wide student recognition program, "Kaiser Shining Knights." Students were recognized for academic excellence and school service before an audience of peers and parents. They later received window clings for their parents' cars, privilege cards, and certificates.

Sixth-graders headed up to Arrowhead Ranch for a week of science camp. Mrs. Cynthia Blackwell, a fourth-grade teacher and esteemed faculty member, received word that not only was she Kaiser's Teacher of the Year, she was one of the Newport-Mesa Unified School District (N-MUSD) Teacher of the Year finalists! Everyone at Kaiser is holding their breath for the final determination.

Shortly thereafter, Mrs. Lori Sheppard received a special envelope containing the letter congratulating her on being recognized as an N-MUSD Superstar! Because of Mrs. Sheppard's above-and-beyond efforts, the school library is a space filled with special activities and care—not to mention books!

These special events and notices followed a very special ending to 2013, in which Mrs. Slezak and Mrs. Clark joined forces to sponsor a Spark of Love event in which their students gave up the traditional holiday party and did chores at home to earn gifts to give to children less fortunate than themselves. Firefighters visited Kaiser with a fire engine for students to explore, and there was plenty of pizza to go around!

Kaiser looks forward to continuing with this banner year!

Killybrooke *Elementary (K–6)*

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



Dr. Lorie Hoggard
Principal

Extension of Learning

The shift to the Common Core State Standards is underway at Killybrooke School. An example of this shift is an upper-grade unit developed by district teachers that focuses on character comparisons and their reaction to challenges related to weather and natural disasters.

For this unit, students read the exciting novel *Into the Firestorm: A Novel of San Francisco 1906*, as well as informational articles related to that period. Students used different texts to build knowledge and learned how to cite evidence to support their analysis, reflection, and research.

According to teacher Alma Copenhefer, students were fascinated to read about the San Francisco earthquake. The students were excited to read everything they could find related to the science of earthquakes and that period of history. It was impressive to see the high quality of student interactions to extend their learning and the creativity shown in their culminating presentations.



Abraham Lincoln *Elementary (K-6)*

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



Carrie Gammel
Principal

Thinking Beyond Recycling

Lincoln's Green Team has been busy teaching students to think about trash and the greater impact of our behaviors on the environment. More specifically, the school is focusing on reducing waste disposed of at school.

One way to accomplish this goal has been the No Trash Tuesday campaign and education on waste-free lunches through Lincoln's PTA. Every Tuesday at lunch, Green Team Members find students with a lunch brought from home that is totally free of waste. The classrooms compete for participation, and at every Flag Deck, the winning classrooms are awarded the Green Trophy for a month.



The No Trash Tuesday competition has helped to raise awareness at Lincoln about waste-free lunches and making change. The message to students and families is to go beyond just recycling and focus education on thinking, caring and changing habits.

Mariners *Elementary (K-6)*

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



Pam Coughlin
Principal

Special Stories

Family histories have been passed down orally from generation to generation for centuries. So in December of each year, our sixth-grade students are required to do an oral history report as part of their writing, research and social studies curriculum.

Each student chooses a person to interview who is at least 50 years older than themselves. Their subject can be a relative, neighbor, friend or acquaintance. The written report has to have evidence of good narrative writing that incorporates topic sentences, sentence variety, complete paragraphing, figurative and descriptive language, and a rich vocabulary.

On December 20, all of the interviewees who so kindly shared their lives with our students were invited to our Oral History Tea. Each student introduced their special guest at this event and gave them a copy of the written report of their history. At the completion of the presentations the students and their guests attended a reception in the school's courtyard.



**Teacher, Cass Powell,
and student David Calvillo.**

Newport Coast *Elementary (K-6)*

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



Dr. Duane Cox
Principal

Meeting Each Student's Needs

Newport Coast Elementary School (NCE) has spent the last six years implementing a culture of professional learning communities (PLC). This exciting work has brought about tremendous improvement in API scores, as the school has earned a 943 API. As a PLC, we embrace high levels of learning for all students for both the reason the school exists and the fundamental responsibility of those who work within it.

When students do not learn a skill, teachers engage in "learning CPR." Learning CPR is urgent and directive instruction that occurs when the learning is most needed. The instruction is targeted to address the skill area where the child has need, and this instruction is provided by the most appropriate teacher.

NCE is proud of the hard work of each teacher and staff member and the success of our students. The focused attention of each teacher to meet the needs of our students in a coordinated fashion has resulted in students learning at high levels.

Go NCE Coyotes!

Newport Heights *Elementary (K-6)*

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



Kathleen Jaquin
Principal

Celebrating Kindness

During the month of January Newport Heights is participating in a month of celebrating kindness.

Our month will culminate with Kindness Week during the week of January 27. During the month students will be reading books and articles about kindness and acts of kindness. Each class will create a kindness quilt that will be displayed on campus. During Kindness week students will be giving compliments, writing letters to members of the armed forces, donating books for a shelter, make friendship bracelets during their recess for the children at Orangewood, and reading their kindness writings at Flag Deck. Newport Heights will be joining schools from across the country that celebrating kindness as part of the Great Kindness Challenge. Last year 111,844 students participated in the great kindness challenge and we are excited to a part of the growing movement.



Newport *Elementary (K-6)*

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



Rich Rodriguez
Principal

Nature Center Field Trip

In November, third graders from Newport El took a fantastic field trip to the Shipley Nature Center. The Nature Center is 18-acres of California Native Habitat located in Huntington Beach Central Park. Shipley Nature Center partners with Inside the Outdoors, a unique and hands-on environmental education program administered by the Orange County Department of Education. Students were in groups of 10 with a docent who walked them through the outdoor Nature Center exploring and participating in a variety of activities. They traveled back in time to discover the lifestyle of local Native Americans. Students twined plant material to make string, created music using authentic instruments, hunted and learned how the Tongva (Gabrielino) and Acjachemen (Juaneno) used plants as food, shelter and medicine. This interesting and interactive field trip supported our third social studies curriculum.

Are you looking for this for the contest on page 14?



Brace Yourself for a Beautiful Smile!



Newport Beach • Ladera Ranch

Barkate Orthodontics Proudly Supports Our Local Schools and Dedicated Teachers!



When You Imagine Their Future...

Imagine a Beautiful Smile!



Newport Beach

2131 Westcliff Drive, Suite 200
Newport Beach, CA 92660

(949)722-9010

Ladera Ranch

800 Corporate Drive, Suite 260
Ladera Ranch, CA 92694

(949)365-0700

www.BarkateSmiles.com

Hal Barkate, DDS, MSD
Orthodontic Specialist
UCLA Faculty & Lecturer



We Offer **invisalign®**
start smiling more

Newport Harbor *High School (9–12)*

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



Sean Boulton
Principal

Australia Education Exchange

Newport Harbor High School (NH) has launched the Australia Education Exchange Program with Werribee Secondary College (WSC) from Wyndham, Costa Mesa's sister city near Melbourne. Both NH and WSC are International Baccalaureate schools and their cities' original high schools.

Recently four Australian students and two teachers, while living with host families from NH, spent three weeks absorbing school and local culture, exploring assigned educational topics, and comparing educational systems. They had the unique opportunity to experience the world beyond their comfort zone while discovering that "The World is Our Classroom." Highlights included a pep rally at NH and touring Newport-Mesa schools in a yellow school bus. The group met with city officials from both Newport Beach and Costa Mesa, plus the district's superintendent, administrators and School Board trustees, and gave presentations to the Newport-Mesa Schools Foundation and the PTA.

Newport Harbor students will have the opportunity to become youth ambassadors to Australia this summer and, in turn, will learn about and experience life and education in the land down under.



Pomona *Elementary (K–6)*

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



Megan Elsten Brown
Principal

Students Meet High Expectations

Pomona Elementary believes in kids. Our kids amaze us every day as they meet the high expectations we set for them, think up creative and new ideas, and demonstrate excellent character. In December, Pomona partnered with Team Kids, and our students banded together to help others. Pomona kids collected canned food for the hungry, sent money to the Philippines, and wrote hundreds of thank you letters to the soldiers overseas. The Team Kids experience culminated in a carnival put on entirely by, you guessed it, the kids! Our students raised over \$800 to donate to CHOC hospital, their favorite charity. Pomona's amazing youth

demonstrate that our future is in good hands, and although we are sending them out to a world full of unknowns, we are confident that they are up to the challenge.

Paularino *Elementary (K–6)*

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



Amy Nagy
Principal

A Class Act School

The Frieda Belinfante Class Act Partnership is Pacific Symphony's flagship youth education program. Class Act serves as an entry point to other symphony activities for students, parents, and teachers, encouraging participants to further explore their interest in music with Pacific Symphony. Each year students form a relationship with a new Pacific Symphony musician through activities, including classroom lessons, ensemble performances, assemblies, and concerts.

This year, our students will explore the theme of "Jazz" through the music of George Gershwin. In January, we kicked off the event with a very engaging prelude assembly. Students were introduced to the theme and composer of the year through storytelling, instrumental performance, and active involvement. The staff also worked with a musician from the symphony to learn about activities that can be used in the classroom throughout the year. In addition, our school's musician returns for classroom lessons, going into more detail about the year's theme and composer. In March, a free evening concert will be held for our school's community. The year will end with an interactive music experience for kindergarten and first-grade students and a youth concert at Segerstrom Center for the Arts for students in second through sixth grades.

The program is funded through a generous grant from a philanthropic foundation, generous gifts from additional foundations, corporations, and individuals, and our very own PTA. We are excited and grateful to be participating for a second year!

Everett A. Rea *Elementary (K–6)*

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



Dr. Kalim Rayburn
Principal

Learning through Service

After the great success they had last year, Rea again conquered the Team Kids Challenge this year. The Team Kids Challenge empowers students to take a leadership role in their schools and inspire others through school-based service projects that benefit the local community.

At Rea, students are encouraged to be capable, talented and intelligent. Our students are also preparing for college, and so the spirit of community service is a big part of what will prepare them for life after high school.

This means Rea is working hard to contribute to our community. Over a recent five-week challenge, our students created get-well cards for the children at CHOC, Thanksgiving placemats for a local senior center, and holiday cards for our troops overseas.

The whole experience culminated with a student-led carnival that raised \$408 to benefit the OC Humane Society, the charity that was voted upon by the students.



Sonora *Elementary (K-6)*

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



Christine Anderson
Principal

Celebrating the Arts!

Sonora students are fortunate to have two art-residency programs this year. Melanie Stimmell and Markus Tracy, both master teaching artists from a major performing-arts center, are working with third- and fourth-graders for two eight-week sessions.

Ms. Stimmell is working with third-graders in the art of 3-D Italian street painting, focusing on creativity, fun and exploration of the visual arts! Students discover the process of formulating eye-catching 3-D paintings while developing techniques of design and color to create astonishing artworks that synthesize

math and visual-art skills.

Mr. Tracy is working with our fourth-graders in the art of community murals. Students learn the elements of art and principles of design so that they can create school-mural projects. Students learn how to use visual arts as a tool for civic engagement in an understanding of cultural diversity, past and present histories, economic concerns and conflict resolution.

Students also have the wonderful opportunity to receive semimonthly art classes from one of Sonora's artist parents, Tracy Taber, who is volunteering two days per week to provide art classes for our students. This is the first time we've had a yearlong art class offered to all students. We can't thank Ms. Taber enough for donating her time and expertise for all students have the opportunity to learn visual arts.

Our culminating community event will be Evening of the Arts in March. Contact the school by phone for more information .

Whittier *Elementary (K-6)*

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



Scott Wilcox
Principal

Whittier's Got P.R.I.D.E.!

Wednesday, January 8th was a unique day at Whittier School. Students entered campus this fine morning to find a 'virtual auditorium' had been created on the blacktop.

Later that morning, grades kindergarten through sixth filed down the main aisle of the virtual auditorium to their designated sections. The entire student body was then greeted by our principal, Mr. Wilcox who then

introduced our new school mascot. An enthusiastic, life-size, plush dolphin trotted out to lead the students in our very first Whittier P.R.I.D.E. rally! Mr. Wilcox, students, and staff all wondered, "Who was that mysterious, spirited person in the dolphin suit?"

All queries were put aside, though, as everyone's attention was taken by the fantastically peppy cheers of our 6th Grade Cheer Squad (artfully coached by mentor cheerleaders from NHHS). Pride!, Respect!, I am going to college!, Determination!, Excellence!

The chant could be heard throughout the campus and beyond. All staff and students respectfully repeated the P.R.I.D.E. cheer with pride, determination and excellence!



A committee formed from Whittier staff members spearheaded the P.R.I.D.E. campaign as a vehicle to promote a common foundation of excellence for the Whittier Community.

School spirit is off to a great start at Whittier Elementary!



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

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



Kira Hurst
Principal

Trojan Pride

By Nessa Osso and Laurel DiLorenzo, 7th Grade students

TeWinkle has two new murals! A local company sponsored the project as part of their community artistic outreach program. Their professional painters and many TeWinkle students helped to design and paint it. The mural represents what the school is known for, such as, academics, sports, and the arts. It was finished before Winter Break.

The second mural is painted on two sides of the gym. It can be seen as you drive by the school. It has a realistic and ancient-looking Trojan. The staff voted on this design and the painter made the mural on the gym very artistic. It is almost finished. Both murals show our school spirit and the entire TeWinkle community is proud of these new additions.



Victoria *Elementary (K-6)*

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



Dr. Linda Tenno
Principal

Outdoor Education

Our Victoria Elementary School sixth-graders traveled to Arrowhead Ranch in Lake Arrowhead this month for four days of Outdoor Science School. During our fun-filled stay, we learned exciting concepts about astronomy, earth science, and zoology.

Each day at camp was filled with songs, activities, hikes, and games. Students loved the night hike under the stars, where we studied the constellations. The courage walk during the night hike challenged students to use their understanding of nature as they explored the wilderness.



Chandler enjoyed hiking with his friends each day. Kenia loved the experience of the night hike in the wilderness. Tony loved getting to know the counselors, and he thought it was cool how they told stories and sang to the students. Melia enjoyed spending time with her friends. Cole enjoyed learning more about science and the environment.

Victoria's visit to Arrowhead Ranch created memories that will last forever!

Wilson *Elementary (K-6)*

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



Dr. Julie Perron
Principal

Wildcats are Leaders

Wilson students are excited with their Student Council Representatives this year. We finished our canned food drive and have moved on to a fundraiser for our library. Our student council representatives has also begun to not only make announcements at our Wildcat Assemblies and Flag Decks, but they have developed scripts regarding character traits and they perform mini skits at each assembly. Their January skit was about loving reading and supporting the library. February and March have focused on respect issues on campus. What we find so endearing about our student council officers is that they take their role on campus very seriously, while still enjoying being students and collaborating with each other. Our Wilson Wildcats are leaders!

District Transportation

2985-A Bear St., Costa Mesa, CA 92626 • 714/424-8903

2014 Transportation Updates



Pete Meslin
Director

This article will depart from our usual approach of providing an in-depth discussion on a single issue or two. Instead I'd like to share some short updates which might be of interest to you.

The Transportation Department recently accepted delivery on eight new Compressed Natural Gas (CNG) buses. These buses were largely paid for by grant funding from the South Coast Air Quality Management District (SCAQMD). That brings our total number of CNG buses to 37. In the next few months, we will be receiving our first all-electric school bus. Funds for the purchase of this bus, which uses ultra-clean emission technology, comes

from the Environmental Protection Agency and SCAQMD.

We are proud to announce that the winner of the Transportation Classified School Employee of the Year is Alejo Ortiz, one of our vehicle and equipment mechanics. Al will now be competing with other transportation employees from throughout the county for county recognition. He hopes to follow in the footsteps of Kim Large, a district dispatcher, who won the 2013 Orange County top transportation employee recognition.

Our veteran bus pass office assistant, Sylvia Voss, has recently retired after 10 years with our department. We'll miss her and will have a new office assistant in place soon.

Recently I was asked to serve on the School Transportation National Standards Writing Committee, which will be revising and adopting national standards for school transportation.

Also, you might notice some minor construction around the front of the transportation offices. The entryway is getting a "face-lift" to improve accessibility for our customers.

Contest!!

March is Read Across America month.
Dr. Seuss' hat is hidden three places in this issue.
When you find it, email the **page numbers** to:

Kay@schoolnewsrollcall.com
(Please put NMUSD in the subject line)

Our contests are sponsored by
Dr. Hal Barkate
Barkate Orthodontics

Your entry must be received by March 15, 2014.
From the correct entries, we will draw a winner to receive
a \$20 gift certificate redeemable at Barnes and Noble.



Woodland *Elementary (K-2)*

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



Lauren Medve
Principal

Foreign Exchange Students

During the month of January, Woodland had some very special visitors thanks to the efforts of Newport Harbor principal, Mr. Sean Boulton. Foreign exchange students from Sydney, Australia, interested in the teaching profession, spent part of the morning touring the Woodland campus. Principal Medve gave the visitors a tour of the Woodland campus and was excited to see how impressed they were by everything they saw. The exchange students showed special interest in the school's focus on John Wooden's Pyramid of Success, the instructional strategies used in the classrooms and the Kinder "Garden." What a fine group of young adults they were. Thank you, Principal Boulton, for this opportunity!



Nutrition Services

2985-A Bear St., Costa Mesa, CA 92626 • 714/424-5000 • www.nmusd.us/depts/ns/resources_parent.php

Fruits & Veggies on the GO!



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

By Erica Hernandez dietetic intern from CSULB

Our lives move so quickly throughout the day that sometimes, we barely have enough time to eat. We grab the nearest thing to keep us going. Unfortunately, most of the foods that we grab and go are high in sodium, sugar and calories. So, what can we grab that's fast and healthy? Here are three ideas to fit healthy choices into busy schedules.

1. Keep Persian cucumbers, carrots, celery sticks and other vegetables on hand in bite-sized pieces. Eat them with peanut butter or another type of nut butter. Hummus made from garbanzo beans, or other bean dips, Greek yogurt, a homemade dressing with spices and olive oil are great alternatives to store bought salad dressings.

2. Adding dry or fresh fruits like cranberries, apples, dates, and other fruits to a nut mixture creates an easy to eat, tasty snack, packed with fiber, protein, and vitamins.

3. Use whole fruits and vegetables in a smoothie. This provides a cup full of nutrients and fiber, and can be taken on the go. Frozen fruits such as berries and vegetables like broccoli can be used if fresh vegetables are not available.

So why not try some of these suggestions and find out what works best for busy schedules. Making fruits and vegetables a priority to every meal or snack will help meet recommended amounts each day and provide energy needed to get through busy days.

LOS CAB

SUMMER SPORT CAMP

714.546.8560 x 200
CALL NOW FOR MORE DETAILS!

happy,
healthy
& active
loscab.com

17272 Newhope St.
Fountain Valley, CA 92708

JUNE 23RD - AUGUST 29TH 2014

- 2 WEEK SESSIONS
- HALF AND FULL DAY AVAILABLE
- AGES FOUR TO THIRTEEN
- ASK ABOUT OUR 2 FOR 1 DISCOUNT! ENDS 5/31/14

ACTIVITIES INCLUDE:

SWIMMING, RACQUETBALL,
BASKETBALL, TENNIS,
ARTS & CRAFTS, KARATE,
VOLLEYBALL & MORE!



Math Reading
Confidence

FREE Registration* with this ad

Kumon of Costa Mesa - Northeast
890 West Baker St., Ste. 250, Costa Mesa, CA 92626
714.754.7474

*Valid at this location only. Limited time offer. See Center for details.

©2013 Kumon North America, Inc. All Rights Reserved.

KUMON®

MATH. READING. SUCCESS.

kumon.com 1-800-ABC-MATH

Portal Languages.com

(714) 979-1655
1500 Adams Ave., Suite 200
Costa Mesa, CA 92626

Your Neighborhood Language School

- Group & Private Lessons
- Kids & Adults
- After School Language Programs At School Sites
- Free Demo Class
- 100% Native Speaking Teachers
- 14 Different Languages

www.portallanguages.com
costamesa@portallanguages.com



SUMMER CAMP AT THE J

CAMP YELADIM for preschoolers

CAMP HAVERIM for grades TK-11



NEW! TRAVEL CAMP for grades 6-11



Register now for lowest rates!



OPEN TO THE PUBLIC

FOR MORE INFORMATION call (949) 435-3400 or visit www.jccoc.org/jcamps/
Merage JCC of Orange County • 1 Federation Way, Irvine 92603 • www.jccoc.org



Award Winning Preschool Programs



Developmentally Appropriate
Integrated Judaic Curriculum

In the Beginning 3-15 months
Parent-Toddler 15 mo.-2.5 yrs.
Preschool 2.0-5.0 yrs
Transitional Kindergarten 4.9-5.5 yrs.

Half day, Plus Day (9.am.-3 p.m.)
Enrichment Classes Available

(949) 644-6563

www.tby.org

1011 Camelback St., Newport Beach, CA 92660

Lic. # 300603987

Costa Mesa Library Foundation

P.O. Box 2864, Costa Mesa, CA 92628 • www.costamesalibraryfoundation.com

New Year–Old Libraries

By Gayle Spinks, Foundation Member

A new year, and yet, still old libraries. But maybe things are going to change. New people have expressed an interest in working with the city to enhance our existing libraries. The most obvious library, and the only that would work, is the Dungan Library. There is a tremendous amount of space available and it is possible that the existing facilities could physically encompass all of the things that we would like our new library to have—without sacrificing the Neighborhood Center.

Some have asked what happened to our long-standing sign across from the police station. After almost a decade of planning for that site, it was finally determined that the site would never be able to accommodate a central library, or at least the size that is needed, that would update our library services to meet the needs of our ever growing city. Since the Master Plan was completed in 2000 it has become apparent to all that it is now outdated and a new Master Plan needs to be done. Since the original Master Plan clearly showed our severe library deficits over a decade ago we can only imagine what a new Master Plan will reveal. Time to find out.

For more information, visit our website.

Come see a sneak peek of the 400+ camps offered this summer in Newport Beach.

CITY OF NEWPORT BEACH
RECREATION & SENIOR SERVICES DEPT

phone: 949-644-3151 www.newportbeachca.gov/recreation

Please see our ad on the back page.

Good Dental Health

Word Search Contest

Entries must be received by March 15, 2014
From the correct entries one name will be drawn to win
a \$20 gift certificate redeemable at Barnes & Noble.

Contest sponsored by Dr. Hal Barkate
Barkate Orthodontics

- | | | |
|-------------|-------------|--------------|
| Breads | Eggs | Milk |
| Brushing | Examination | Nutrition |
| Cereals | Fish | Orthodontist |
| Checkup | Flossing | Pediatric |
| Daily | Fluoride | Sugar |
| Dairy | Fruits | Tooth |
| Dentist | Guidelines | Vegetables |
| Development | Healthy | Water |
| Diet | Meat | Whole grains |

Congratulations to Jeremy & Joakim Tysor
Winner of the Sophie 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 subject line)

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

Newport Beach Public Library

1000 Avocado Ave., Newport Beach, CA 92660 • 949/171-3800 • www.newportkids.org

Our Sweet, Creative Programs



Evelyn Rogers
Children's
Librarian

This month, the Newport Beach Public Library plans some sweet crafting programs along with some special friends you can meet. So, get out your calendar and plan to be creative at the library!

On Tuesday, Feb. 11 at 4 p.m., both the Central Library and Mariners branch will be hosting Valentine craft programs. Create Valentines and other crafts that are sure to make your heart happy!

Meet some special neighbors in Our Big Back Yard on Wednesday, Feb. 12 at 3 p.m. at the Corona del Mar branch.

Encounter animals of North America from the deserts to the mountains, and learn about protecting and preserving wildlife.

It's not too late to make Valentine's Day crafts on Thursday, Feb. 13 at 3:30 p.m. at the Balboa branch. Stop by the Balboa branch and craft a Valentine for someone special!

Calling all princes and princesses! Join in the fun at the Once Upon a Time Fairy Tale Craft Club on Wednesday, Feb. 26 at 3 p.m. at the Corona del Mar branch.

From fairy tales to...superheroes! Are you ready to leap tall buildings in a single bound? If so, join us at the Balboa branch for an afternoon of superpowered activities on Thursday, March 6 at 3:30 p.m.

It's Origami Yoda time! Stop by for crafts and activities based on the popular book series on Tuesday, March 11 at 4 p.m. at the Mariners branch.

Get ready for the Paper Airplane Launch on Wednesday, March 12 at 4 p.m. at the Central Library! We'll learn how to fold and fly paper airplanes.

To learn more, visit our website!



Girls Incorporated
Youth & Family Center
1815 Anaheim Ave.
Costa Mesa, 92627

**Full Day
Camp During
President's
Week!**

**Open 7:30am-6pm
Feb. 18 – 21, 2014**

Girls Inc. celebrates
“Introduce a girl to
Engineering Day”
and a full week of
themed activities, field
trips, friends, and FUN!

Limited space available.
Contact us today for
more info and to reserve
your daughter's spot!
Call or email at
(949) 646 – 7181 or
kharnish@girlsinc-oc.org

Kinder – 6th grade
Ask about Transportation!

**After School • Summer
Camp • School Holidays**

**Homework, STEM,
Leadership Development**

www.girlsinc-oc.org

Girls Incorporated of Orange County



**Register for Summer
Camp by April 30th &
Receive Up to \$150
Off Per Month!**
*(PC007 new enrollments only)

REACH HIGH PLAY HARD Summer Camp 2014



Are you ready to reach high and play hard this summer? Summer Camp at the YMCA is a fun, action-packed adventure filled with sports and outdoor activities, field trips and specialty clubs!

June 23th–Aug 29th from 7am–6pm

- Movies & Service Learning Project
- Clubs like Cooking, Art, Photography, Sports & More
- Character Development
- Licensed, Full Day Program
- Full Time or Part Time
- Weekly/Monthly Rates
- Inclusion Support for Special Needs

**Financial Aid
Available**
The Y. So Much More™

RESERVE YOUR SPACE TODAY!

DAVIS YMCA
MARINERS YMCA

(714) 549-1882
(949) 548-6770

START SUMMER EARLY!

Spring Break Camp (April 7–11)

**Can't wait for Summer Camp?
Preview Summer at our Spring
Break Camp!**

- Walking Field Trips
- Bounce houses
- Wheel Days
- BBQs & more!



YMCA OF ORANGE COUNTY | ymcaoc.org/camp

Distracted Driving Kills



Karley Cable

“Distracted Driving is the leading cause of all fatal accidents which are the #1 killer of all young people ages 16-34” -NTSB
Wilson High School student, and brand-new driver, Karley Cable, (16) has formed a new non-profit organization: The M.A.D. Movement=Making/A/Difference. “It’s a group of socially-conscious artists using their talents to make the world a better place.” She created a website: <http://themadmovement.weebly.com> and is working on her first big project: A ‘Don’t Text and Drive/It Can Wait’ awareness campaign being sponsored by Verizon, AT&T and several local businesses.

As a brand new driver, Cable was very upset by two horrible accidents that occurred in her neighborhood over Memorial Day weekend last spring. Seven teens were tragically killed due to distracted driving just days before their high school graduations.



“Every time I’m in the car, I see people texting and driving. I also see how quickly an accident can happen. I wanted to make people aware of how dangerous it is. I’m hoping to get every new driver to take the pledge not to text and drive.”

Cable rounded up the support from her friends on Wilson’s Advanced Dance Team who are also all new drivers, as well as several talented film makers from Orange County High School of the Arts and produced a powerful video piece showing the dangers of distracted driving by using music and dance to convey the important message in a creative new way. “The piece is very powerful and different from other distracted driving videos out there. It will hopefully make the audience think before they grab their phones in the car. It’s been a lot of fun to work on and very special since all of us involved in creating the video are new drivers ourselves and we have all taken the pledge not to text and drive.”

The video short, titled “ALMOST THERE” was shot in early September in Long Beach. A screening reception was recently held at the historic Art Theatre and participants had the opportunity to view the finished product on the big screen. The video has been entered into several prestigious film festivals and will be shown this summer in conjunction with the national “IT CAN WAIT” campaign.

Cable is a junior this year at Wilson High School where she is an honor-roll student, Link Crew Leader, former Varsity Cheerleader, and member of the Advanced Dance Team. Outside of school she is excited to be interning at Nordstrom South Coast Plaza where she is on the Fashion Board. She also continues to pursue her acting career. This summer Cable won a prestigious Discus Scholarship for students excelling in academics, arts, and community service. In 2012 she was a national “KOHL’S KID’S WHO CARE” scholarship winner and ABC-News named her a “Cool Kid” volunteer winner and ran her story. When Karley was just 12 years old she wrote, photographed and published her first book: *Raisin, A Doggie’s Tale*, “The Story of How I went from Dumb-Dog to Tail-Waggin’ Tutor” (Amazon Books) The story is based on her real-life experiences adopting her Pug dog, Raisin, and training him to be a therapy dog who works with children having difficulty learning to read. The book won several awards and got the attention of Oprah Winfrey, Regis & Kelly, and an invitation to the White House where President Obama received an autographed copy. The book continues to generate funds for various animal shelters and rescue groups. Cable recently completed her second book, a YA novel, *Blood, Sweat & CHEERS!* which should be released next summer. She also has plans to adapt it for a TV pilot. Cable made her professional singing debut at age 4 when she was invited to sing the National Anthem at the Hollywood Bowl. She has appeared in numerous ads and commercials for Disney, Macy’s, Sprint, Nationwide Insurance, Mattel and many others. TV shows and movies include: 8 Simple Rules..., Arrested Development, Fired-Up! and Frostbite. She has also done many professional musical theater productions including: The Sound Of Music, The Wizard of OZ, ANNIE, and Phantom of the Opera. She hopes to receive a scholarship to attend college at USC or NYU so she can continue pursuing her career while earning her degree. <http://themadmovement.weebly.com>

Inspire Your Kids to Achieve Greatness!



Susan D. Marshall

This past month I had the privilege to be on the campuses of both UCLA and UCI for some advanced coursework. I loved it! Just being there made me want to be a part of it. It also made me remember and realize just how important it is to start talking to our children about college by the time they are 5 years old.

Everywhere I looked people were engaged. There were some young scholars in middle school taking summer courses. Other students were studying with laptops, some sitting in groups and working on projects. I laughed when I watched a student walking backwards on a campus tour telling jokes to the incoming freshman and their parents.

Young children were following their parents. Each had books and their own work to do. It made me remember just how important it is to have our children begin experiencing the “college life.”

It used to be a few decades ago that a high school degree was essential. Now a college degree is the norm in the workforce. Many times a master’s or advanced designations are required.

It may seem like college is a long way off. Unfortunately, it will be here faster that you can imagine. Most parents can’t believe how fast the years have passed and they are not emotionally or financially prepared to send their children off to college. Spending time on campus will make it a reality for everyone. The most important thing you can do is to weave college into the fabric of your lives. If you have children in grade school; go see competitions, a play, a game. Spend time on the campus playing softball or hanging out. Just being there will give your child a vision. College will become a part of their vocabulary. Your children will become inspired. Give them a vision of going to college someday. It isn’t if you go to college, but when you go to college.

Susan both educator and advisor specializes in college planning. She helps families save for and pay for college. If you have questions you would like answered in a future article contact her at Susan@College4Less.com or on her Web site at www.college4less.com

OC DEPT. OF EDUCATION • From Page 1



Dr. Al Mijares
Superintendent
Orange County
Dept. of Education

Education leads a K-12 Student Mental Health Initiative. This initiative is part of a statewide effort funded by Proposition 63 and the California Mental Health Services Authority (CalMHSA) through the California County Superintendents Educational Services Association (CCSESA). The Orange County initiative focuses on prevention and early identification of youth mental health issues. The initiative provides services and conducts demonstration projects including:

- Training for school staff in prevention and identification of student mental health issues; fostering positive school climate to support academic, social and emotional development; and reducing stigma associated with behavioral health challenges
- *Eliminating Barriers to Learning through the Early Identification of Student Mental Health Issues* train the trainer program
- Collaborating across agencies to enhance mental health services for foster youth
- Providing access to information on age-appropriate, culturally relevant, evidence-based mental health programs, strategies, and resources
- Providing local referral resources and information for parents, educators, and the community
- Providing stress management education for teachers and students
- Developing an online school climate survey for middle school students to gather and assess indicators of student stress, anxiety, and depression

These efforts can prevent and reduce the risk of mental disorders, support the social and emotional health of students, and effectively place students on the path to college and career readiness and success.

For additional information, visit www.ocde.us/healthyminds. To access resources that promote the mental health and wellness of students, visit www.regionalk12smhi.org.

eGIFTING MAKES IT EASY TO SHARE.

Share a brighter future with the child in your life.
Do it easily—by e-gifting with ScholarShare, California's 529 college savings plan. You can open a new account or contribute to an existing one; the reasons are as simple as 1, 2, 3:

- Tax-advantaged contributions
- Account owner retains control of the assets
- Age-based portfolios

Go to **scholarshare.com** to share your eGift today.



SCHOLARSHARE

CALIFORNIA'S 529 COLLEGE SAVINGS PLAN

scholarshare.com | 800.544.5248



Consider the investment objectives, risks, charges and expenses before investing in the ScholarShare College Savings Plan. Visit ScholarShare.com for a Plan Disclosure Booklet containing this and other information. Read it carefully. Investments in the Plan are neither insured nor guaranteed, and there is a risk of investment loss. TIAA-CREF Tuition Financing, Inc., Program Manager. The ScholarShare 529 Twitter and Facebook pages are managed by the State of California. C12797

CAMP NEWPORT

SUNDAY,
MARCH 23, 2014

EXPO

6:30 AM

FASHION ISLAND

IN FRONT OF REGAL CINEMAS

at the

NEWPORT-MESA

SPIRIT RUN

Race for the Schools



SURF



SOCCER



SCIENCE



ART

Come see a sneak peek of the 400+ camps offered this summer in Newport Beach.



CITY OF NEWPORT BEACH

RECREATION & SENIOR SERVICES DEPT



phone: 949-644-3151

www.newportbeachca.gov/recreation