

School News



Covering the Newport-Mesa Unified School District

Volume 16, Issue 88

www.SchoolNewsRollCall.com

February / March 2020

NMUSD Students Care



Woodland Elementary students give back - please see page 22.
In this issue you will read many articles of acts of kindness by NMUSD students.

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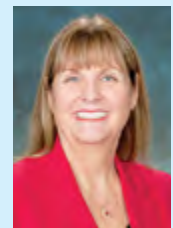
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Education + Communication = A Better Nation

MemorialCare Miller Children's & Women's Hospital Long Beach

Raising a Heart Healthy Family



David Chun, M.D.,
*Pediatric Cardiologist
MemorialCare
Miller Children's &
Women's Hospital
Long Beach*

Making time to raise a heart healthy family can seem overwhelming, but a few simple lifestyle changes can help keep the entire family's hearts in the best shape. With childhood obesity rates higher than ever, it's important to encourage your children to live a heart healthy lifestyle to improve their overall health and decrease their risk for heart disease, high blood pressure and obesity later in life.

Tips to keep a healthy heart top of mind for your family:

- Encourage children to join in on planning and preparing meals to create fun, creative, heart healthy snack/meal ideas.
- Choose lean proteins such as skinless chicken, turkey or fish, and try incorporating plant sources of protein, such as beans, lentils, soy beans or tofu.

- Limit sugary sodas, juices and sports drinks.
- Keep a family calendar to plan out the week's family activities and plan for active weekends at the local park or beach and play active games.
- Encourage healthy eating and exercise habits for non-aesthetic reasons, such as overall physical, mental and emotional well-being.

When your infant, child or teenager is diagnosed with a heart condition, he or she will require specialized, cardiac care to meet his or her individual needs. The Children's Heart Institute at MemorialCare Miller Children's & Women's Hospital Long Beach is one of the few programs in the region that provides comprehensive cardiac care for children throughout adulthood.

For more information about the growing Children's Heart Institute, visit millerchildrens.org/GrowingHearts or call 800-MEMORIAL.

2801 Atlantic Ave., Long Beach, CA 90806
800-MEMORIAL • millerchildrens.org/GrowingHearts



Hudson, 5-months-old,
Children's Heart
Institute Patient

Our specialty:

**Cardiac
Intensive Care**

Hudson's specialty:

**Growing as Big
as an Elephant**

At 1-week-old, Hudson's pediatrician detected a heart murmur and referred him to MemorialCare Miller Children's & Women's Hospital Long Beach, where he was diagnosed with a ventricular septal defect, a hole between the heart's chambers. As Hudson grew, the hole also grew and Dr. Shaun Setty performed open-heart surgery to patch the hole. After receiving specialized care in the new Cardiothoracic Intensive Care Unit under the guidance of Dr. Constantinos Chrysostomou, Hudson is growing as big as a mighty elephant.



MemorialCare™
Miller Children's & Women's
Hospital Long Beach

800-MEMORIAL
millerchildrens.org/GrowingHearts



Kay Coop
Founder/Publisher



Happy New Year!

We are celebrating 20 years publishing *School News* and that includes 16 years publishing the NMUSD *School News*.

During the 20 years curriculum has changed in ways never imagined with the biggest change being technology. Gone are the blackboards, white chalk and erasers. Mentioning the 3 R's would bring a puzzled look and might be mistaken for Reduce, Recycle, Reuse. Discussing STEAM with anyone older than 60 would conjure up images of a train or an iron, but the younger generation would instantly visualize test tubes and robotics. We have changed the format of most of our publications to glossy cover booklet, but our mission never changes: Education+Communication=A Better Nation. The one constant has been the focus on academics. It is a privilege to publish the excellence from the classrooms. Thank you for continuing to enjoy *School News*.

Our next issue is April 15, 2020.



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SUPERINTENDENT

Human Relations Task Force (HRTF)



Dr. Fred Navarro

In April 2019, Newport-Mesa Unified School District (NMUSD) partnered with Orange County Human Relations to lead the district's Human Relations Task Force (HRTF). Orange County Human Relations facilitated 12 meetings among the group, which included students, parents, staff and community members.

The HRTF was tasked with developing recommendations to the NMUSD Board of Education to create a greater level of cultural understanding and acceptance that appreciates and celebrates the diversity throughout our community.

Nearly 200 people participated in the first meeting, which included an exercise where all members noted topics of interest and issues of concerns on a "Thought Wall." During the remainder of the meetings, HRTF members formulated key themes and topics from the "Thought Wall" to create four sub-committees to address key topics and formulate recommendations to the Board of Education. The HRTF recommendations were presented at the July 16, 2019 Board of Education meeting. See the HRTF news feed, <http://web.nmusd.us/hrtf>, for meeting summaries.

District staff reviewed the recommendations and developed the 2019/20 HRTF Implementation Plan (found on the HRTF news feed - <http://web.nmusd.us/hrtf>). The University of California, Irvine (UCI) Dr. Teresa Neighbors will assist NMUSD in evaluating the effectiveness of the action items in the implementation plan.

In addition to the HRTF meetings, monthly Community Workshops were also hosted and included the following topics:

- April 2019 – Anti- Bias Training (OCHR)
- May 2019 – Becoming An Ally (ADL)
- June 2019 – How Do You Treat The (Religious)
- Other? (Interfaith Network)
- July 2019 – Everyday Restorative Justice (NMUSD)
- August 2019 – Health and Safety of LGBTQ Youth (OCHR)
- September 2019 – Conflict Resolution & De-escalating Conflict (OCHR)
- October 2019 – Unpacking Antisemitism (Jewish Federation & Family Services)

The HRTF will continue to meet throughout the 2019/20 school year on a bi-monthly basis and updates will be shared through the HRTF News Feed. <http://web.nmusd.us/hrtf>

Fountain Valley Regional Hospital and Medical Center

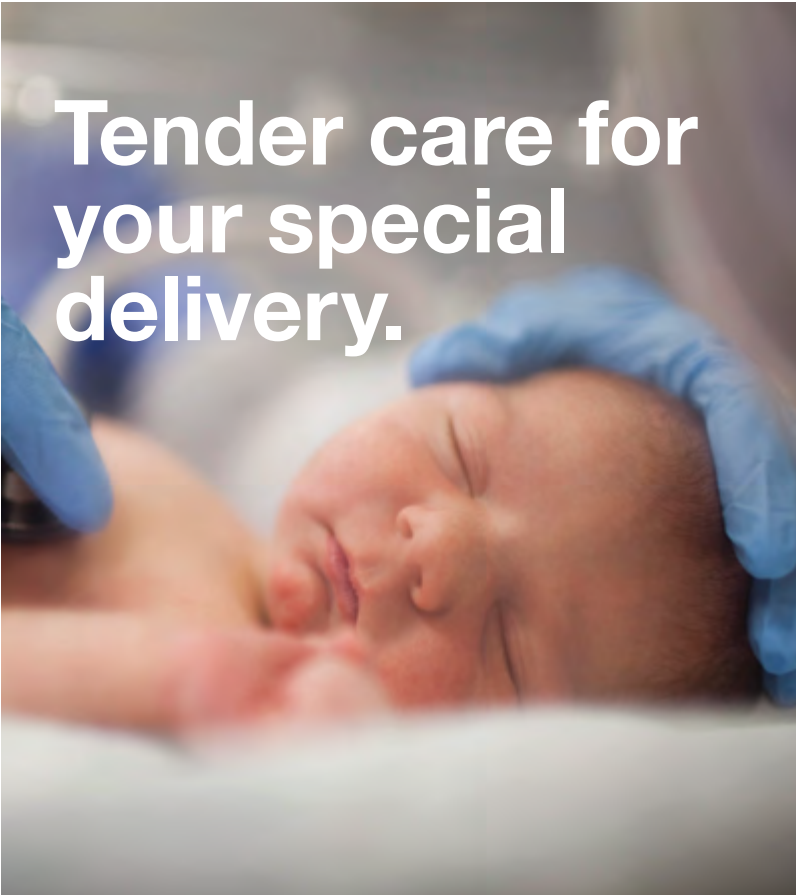
17100 Euclid St., Fountain Valley, CA 92708 • 714/966-7200 • www.fountainvalleyhospital.com

Six Ways to Prevent the Flu

Getting the flu can be more than a miserable experience. Complications can include bacterial pneumonia, ear or sinus infections and worsening of chronic conditions such as asthma, diabetes or congestive heart failure. The Centers for Disease Control and Prevention recommends a flu shot for anyone 6 months of age and older. In addition, practice six health habits to help protect yourself and others:

1. Keep your distance. Stay away from people who are sick. And if you are ill, stay home.
2. Cover your nose and mouth. If you sneeze or cough, cover yourself with a tissue or the crook of your arm if a tissue isn't nearby.
3. Avoid touching your mouth, eyes and nose. Germs are everywhere – computer keyboards, elevator buttons and door handles are just a few of the places they can be found.
4. Wash your hands frequently. Use soap and water and scrub for at least 20 seconds. If soap and water aren't available, an alcohol-based hand sanitizer is an alternative.
5. Stay as healthy as possible to keep up your immune system. Eat a balanced diet, drink fluids, get plenty of sleep and be physically active. As much as possible, manage stress.
6. Keep a clean environment. Flu virus can live for up to 48 hours on surfaces.

When you feel ill, it may be difficult to know if you have the flu or just a cold. Both are viruses, but the flu is worse than a cold. Your doctor may run a test to be certain. Take care of yourself and stay well!



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When plans for delivery don't go as planned, peace of mind for quality care goes to the top of the list. Fountain Valley Regional Hospital has a Level III Neonatal Intensive Care Unit (NICU), so your baby can receive a higher level of care for prematurity, illness or many other conditions. Most importantly, we know that there's more to care than medicine. There's compassion. Attentiveness. And a healthy dose of kindness.

See us at FountainValleyHospital.com



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A COMMUNITY BUILT ON CARE

Orange County Department of Education

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



Dr. Al Mijares
Superintendent

The Federal Census Bureau

In just a few months, you'll be asked to participate in one of democracy's most considerable responsibilities — and it shouldn't take more than a few minutes of your time.

As mandated by the U.S. Constitution, the federal Census Bureau conducts a nationwide population count once every 10 years. This is one of the few national activities the

American public does together. It's also easy, confidential and critically important to our students and their communities.

Along with establishing the number of congressional seats and electoral votes for each state, census data serves as the basis for deciding how approximately \$900 billion in federal funds are spent annually, impacting education, housing, public safety and other vital services.

These anonymous statistics also enable local governments to make highly consequential decisions about public safety, including staffing police and fire stations, and they help school districts plan for enrollment shifts.

Meanwhile, businesses rely on census data to open stores, offices and factories that generate new jobs. Real estate developers use these figures to construct new houses and revitalize aging neighborhoods. Residents use the census to support community initiatives.

Despite all that's at stake, our state is expected to lose about \$1,950 per person in annual federal funding as a result of undercounting. But a number of organizations are working to offset those losses by generating awareness in advance of the 2020 count. OCDE is among them, offering workshops for educators along with a social media campaign to help drive home some important points.

For example, we want to spread the word that the 2020 census will be easier than ever. Orange County families will be asked to respond starting in March, and the process should take about 10 minutes. In-person visits will only be made to households that don't respond online, by phone or by mail.

See OC DEPT OF ED • Page 10



STUDENT STRESS & ANXIETY

A gentle approach to helping students with anxiety & depression

"Removing barriers to student success"

KATERINA SORRELL, MA, PPSC, Clinical Counselor
National Board Certified, State Licensed, LPCC #4909

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Heidi B. Starnes, DDS, MS
1401 Avocado Avenue #210
Newport Beach, CA 92660
(949) 720-8145

City of Newport Beach



Will O'Neill
Mayor

Newport Beach's Year of the Volunteer

Newport Beach has been awestruck lately by the sweeping vistas of snow-capped mountains on one side with the pristine beaches on the other. There is no shortage of divine artistry.

I contend, though, that the most beautiful aspect of our City is the way our residents give back to their neighbors near and far.

Our librarians' mission of education and access to knowledge is supplemented by the Friends of the Library, the Library Foundation, the Young Adult Advisory Council, and Newport/Mesa Proliteracy. Our schools are better off thanks to volunteer coaches, PTA members, and room parents.

This will be the "Year of The Volunteer" in Newport Beach.

I have challenged each of my Council colleagues to celebrate five groups or individuals at City Council meetings throughout the coming year. We will host at least 35 mini-celebrations of some of the best that our City has to offer.

If you know someone who you think ought to be recognized for their contribution to our City, tell me about it. Let's celebrate!

Will O'Neill is Mayor of Newport Beach and can be reached at woneill@newportbeachca.gov.

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

Newport Beach Fire Department



Jeff Boyles
Fire Chief

Appliance Fire Prevention

Did you know that some of the leading fire causes are common home appliances? It is important to follow the recommendations in user manuals to prevent fires. Here are some fire prevention tips for appliances in your home:

- Small appliances should be plugged directly into a wall outlet
- Unplug small appliances when not in use
- Do not use a clothes dryer without a lint filter
- Clean the dryer's lint filter before and after each cycle



Your Newport Beach Firefighters recommend having smoke detectors throughout the house to receive notification of a fire in the incipient stages. Purchase fire extinguishers to suppress small fires, but always remember to call 911 to ensure there are no hazards on site.

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

Newport Beach Public Libraries



Liz Aaron
Children's Librarian,
Newport Beach
Public Library

It's a Match! Movies and Books

This winter movie theaters are showing exciting new interpretations of some classic tales. Stop by your local Newport Beach Public Library to check out the books and the movies on Blu-ray or DVD!

The Snow Queen— The inspiration behind *Disney's Frozen* came from *The Snow Queen*, a fairy tale by Hans Christian Andersen published in 1844. New this year is *Frozen II*, released last November.

Little Women — This is the beloved story of the March sisters: Meg, Jo, Beth, and Amy, as they grow up and discover themselves. Author Louisa May Alcott first published the story in 1868. The new movie was released in theaters last December.

Dr. Dolittle — Hugh Lofting won the Newbery Medal in 1923 for *The Voyages of Doctor Dolittle*, the adventures of a doctor who can talk to animals. Robert Downey Jr. stars in the movie, *Dolittle*, released this January.

Mulan — *The Ballad of Mulan* tells the story of how Hua Mulan disguised herself as a man to take her father's place in the army. This poem originally comes from China in the 5th or 6th century! Disney's new live-action feature will come out on March 27.

Peter Rabbit — Beatrix potter first published *The Tale of Peter Rabbit* in 1902. It continues to be one of her best-loved books. Watch for more fun coming to theaters on April 3 in *Peter Rabbit 2: The Runaway*.

Beyond movies and books — After you check out your favorite movies and books at your local library, stay for one of our fun programs! You can see our calendar of events at <http://www.newportbeachlibrary.org/calendar> for exciting craft programs, storytimes, Sensory Play Saturdays, building with interlocking blocks, and more at our four NBPL locations.

Reminder: Closures — All NBPL locations will close for President's Day on Monday, February 17 and for Easter on Sunday, April 12.

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





Dan Stefano
Fire Chief

Earthquake Awareness

February is Central U.S. Earthquake Awareness Month. But earthquakes can happen at any time, and while they can happen anywhere, areas at higher risk for Earthquakes include California. CMFR encourages everyone to prepare year-round in the event of an Earthquake.

What you can do to get started:

- Practice Drop, Cover and Hold On
- Secure heavy items in your home
- Create a communication plan
- Make a supply kit, inclusive of enough food and water for three days

Additionally, you can attend community outreach training events. CMFR invites you to attend the Community Emergency Response Team (CERT) Training, scheduled for Friday, February 21 through Sunday, Feb. 23, 2020.

For more information, please visit www.ready.gov. For more information about CERT, visit: www.costamesaca.gov

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

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.

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.

Teen Poetry Contest in April – Visit or call for more details

Weekly storytimes on 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.

OC Public Libraries www.ocpl.org
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



Katrina Foley
Mayor

Energy and Sustainability Efforts

Costa Mesa governs with innovation in mind. Last year we created a new position and in January we officially hired Salem Afeworki, the city's first Energy and Sustainability Services Manager.

Her top priority is to advance the Costa Mesa City Council goals around critical energy and sustainability efforts to make our city more energy-efficient, resilient and proactive in dealing with the emergency of climate change.

Faced with an uncertain climate future, with raging wildfires and some of the hottest recorded temperatures in history, we will need more people like Ms. Afeworki. Our bright young students in the Newport-Mesa Unified School District can help shape the future through STEM-based studies. A recently-announced partnership with EF Education First offers five of Costa Mesa's brightest high school students a chance to take part in a STEM competition and study abroad with experts and opportunities to witness successful climate action plans.

Finally, I want to urge you all to add Monday March 9 to your calendar. We are planning a great event to commemorate International Women's Day at Café Sevilla in Triangle Square. Hope to see you there. For more info go to www.costamesaca.gov

RAISED ON ROCKVIEW

Rockview Family Farms proudly serves schools throughout Southern California. Choosing local means fresh, delicious, and nutritious milk for your family! Dairy and dairy-free options now at a store near you.



Adams *Elementary (K-6)*

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



**Stacy
deBoom-Howard**
Principal

Science and Engineering

Our All-Star Science and Engineering Lab is buzzing every week. This is where Mrs. Meiring leads lessons on building bridges, race cars, parachutes, life cycles, magnetic pulls/pushes, Ozobots, and more! It is amazing to watch our students work in collaborative groups, solve problems, and challenge themselves to think like an engineer and scientist.

We are also excited this year to be continuing with Project Lead the Way (PLTW) and Mrs. Harmon. Our sixth-graders have been working with the robotics and automation module of the engineering portions, and our fifth-graders will be working on a module called "Infection Detection," which is part of the biomedical science portion of PLTW.

PLTW is well established now at Estancia High School and TeWinkle Middle School. Our hope is that by introducing it in the elementary grades, the younger students will continue with PLTW as their elective in middle and high school.



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

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



Dr. Shannon Bray
Principal

Music Enriches Children's Lives

Music is a magical gift we nourish and cultivate in our Andersen students. There is a growing body of convincing research that supports the importance of and benefits of music in education. All of our students participate in music at least once a week in upper grades and every other week in primary grades with music teachers, Mr.

Hacker and Mrs. Edmunds. In addition, our orchestra students meet twice a week and our Andersen Rock Band meets weekly.

We held our "Caroling with Kindness" winter music program where all of our students delighted their families with singing while our orchestra and rock band entertained a captivated the audience. Andersen is thankful for the opportunity to enrich our children's lives with music!



Back Bay/Monte Vista *High School*

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



Mike Wagner
Principal

Our Campus Cares!

Our school culture is one of giving and promoting kindness. We recently partnered with a local organization in which our school volunteered to donate 500 cans of corn to be filled in food baskets and then donated to over 1,000 local families living in Costa Mesa.

I am proud to announce that between both Back Bay and Monte Vista High Schools, we collected over 700 cans of corn! I am so proud of our students and staff members who helped give back to our community!

One of our generous community partners also catered a holiday lunch for the entire student body. Students enjoyed a great meal of street tacos with all the trimmings, chips and salsa, sweet treats, and many prizes.

We are off to a smooth beginning in this new year, and had our Veterans Day assembly at our school last month. Many exciting activities are coming our way!



California *Elementary (K-6)*

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



Ryan Longacre
Principal

Learning with Robots

What are the benefits of using remote-controlled, motorized robots? For seven weeks, sixth-graders collaboratively tackled this question in a manner that required problem-solving, trial-and-error design, creativity, and persistence.

Dealing with hazardous waste is a real issue we as a society face. Students were challenged to design a remote motorized vehicle that could safely move waste from one location to another. To meet this challenge, students worked in teams to learn how motors, sensors, and other robotic parts functioned.

Using trial and error, they then began building and testing various designs. In a final culminating activity, design teams were given two minutes to safely move simulated hazardous waste to a designated safe zone. Sensors on the robots evaluated how well students were able to maneuver through a dangerous environment and safely deliver waste.

This activity was challenging, highly engaging, and, based on the conversations and energy of the students, extremely fun!



Sixth graders work collaboratively in teams to design a remote motorized vehicle capable of moving "hazardous waste" from one location to another.

College Park *Elementary (K-6)*

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



Rich Rodriguez
Principal

Recess PALs

This year, College Park has mobilized a group of about 40 incredible fourth-, fifth-, and sixth-grade students to serve in our Peer Assistance and Leadership (PAL) program. During their morning recess periods, our College Park PALs are actively supporting positive social emotional learning, as well as kind and cooperative behavior among our students.

The PAL students were trained with strategies on how to facilitate kind and cooperative play, and how to develop healthy student interaction within a variety of different activities. One day a week during our morning recess these teams of PAL students are assigned to facilitate a variety of different activities with their younger peers, such as soccer, ring toss, arts and crafts, bubbles, chalk, and board games.

The program has been a great success, and we are very proud of all of our PAL students. They continue to make College Park an amazing school!



Three of our 6th Grade PALs
Alejandro Partida, Adrian Calderon, Sophia Harris

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

Student Voices

By Marciea Ball,
Language Arts Teacher

It is common for students on a high school campus to feel they have no outlet for input, no manner or method to inspire or be a catalyst for change in areas they find problematic. On the campus of Corona del Mar High

to gather fair, critical, grassroots feedback about what students perceive to be CdM's biggest problems.

The process moved from surveys and faculty/staff meetings to the introduction of Student Voices. This is a still-developing program that is centered on students taking the lead to enact change. Student surveys identified and ranked important issues they see on campus. Those ranked highest in priority have become the topics of each monthly meeting that is facilitated by faculty and counselors but led by students. There are six teachers and six counselors involved and about 95 students that meet each month.

Jen Gerjets, counselor at CdM, gets to be involved in these meetings each month. "These kids are far more willing to expose and discuss true problems than we thought, and far more willing to problem-solve, too," she said. "They want change, they come up with ways to do it; now we are waiting to see how much grit they truly have to put it all into action. It is a very exciting time to be part of CdM's community."

School, the administrative team empowered students and faculty to be the change they want to see. Mrs. Scott took a few faculty and student representatives to a Challenge Success conference where the team started the mission outlined by Challenge Success as "being partnered with a coach to create action plans for implementation of best practices in curriculum, assessment, homework, school schedule and building a healthy school climate." Following the conference and many meetings on campus, the administration began surveying the student body, hoping

mandatory. But it's more than that. It's a way for all of us to participate in our democracy, ensuring that Congressional representation and taxpayer-funded resources are distributed equitably over the next decade.

Orange County students and families count. Now let's make sure they're counted.

OC DEPT OF ED • From Page 5

Another point worth noting is that any information collected by census-takers is confidential and can only be used for anonymous statistical purposes. In fact, every census employee takes an oath to protect your personal information for life.

Completing the census is easy, it's confidential and it's

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

Educating the Whole Child

As the first semester of 2019 comes to a close, we want to recognize our efforts to provide school-wide activities that promoted community service, creativity, and the gift of giving.

For example, our ASB hosted a Pasta-thon competition between our third-period Middle School teachers to collect pasta and sauce to donate to Caterina's Club. The mission of Caterina's Club is to provide access to nutritional food, stable housing, and job training for youth.

The Middle School ended up raising 590 pounds of pasta and sauce for Chef Bruno! Our visual and performing arts department also helped to spread holiday cheer with a Zone Mesa Wonderland featuring various elementary, middle, and high school performances.

Our CMHS Madrigal Band and Choir had over 30 performances for the holiday season. As the semester winds down, we are grateful for these student contributions both inside and outside the classroom. They demonstrate a commitment to growth, refinement, and reflection.



Davis Magnet (K-6)

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



Christy Flores
Principal

Practicing Empathy

Could a greater miracle take place than for us to look through each other's eyes for an instant?
— Henry David Thoreau

Understanding others' perspectives has been a huge focus point this year at Davis Magnet School as we explore our school-wide theme—empathy. Students and staff have been participating in a variety of learning opportunities to demonstrate empathy toward others.

Additionally, Davis parents have had the opportunity to learn and participate in two different book clubs revolving around the book *UnSelfie* by Dr. Michelle Borba. Participants meet once a month to discuss a chapter with fellow parents and our principal, Mrs. Flores, or they participate in an online monthly book chat. Resources, strategies, and ideas are shared to help instill and model empathy for our students.

The Davis Ducks continue to do well in the classroom, but we are also busy demonstrating empathy and spreading kindness! #davisduckspride



Early College *High School (9-12)*

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



Dr. David Martinez
Principal

Viewing History

ECHS students returned from our winter break to start the second semester in January. This second semester, as we typically launch in December before we head into our winter break, features the Living History Program coordinated by Denise Weiland. Veterans from as far back as World War II visit with our students to share their firsthand experiences while they served to defend freedom.



Early in December, the veterans spoke with our seniors in a small-group format in our MPR during their American Democracy classes. The veterans then come back in February, March and April to speak to our World History and U.S. History classes on a selected Friday in each of these months to share their perspectives. On February 21, all ECHS 10th- and 11th-graders will be visiting the Museum of Tolerance.



Eastbluff *Elementary (K-6)*

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



Cheryl Beck
Principal

Ready, Set, Gold!

Our fifth-grade students are so fortunate to have been chosen by the organization Ready, Set, Gold! and partner with former swimming Olympian Kristy Kowal. Kristy Kowal won the silver medal in the 200-meter breaststroke at the 2000 Summer Olympics in Sydney. She has an amazing life story of perseverance and grit to share with our students! She will be visiting each fifth-grade class once a month now through April to help students set goals to be more active and make healthy eating choices!

The goal of the program is to both better prepare our students in their fitness needs and implement better healthy habits that will last a

lifetime! Our first meeting was a huge success! Students set goals, were actively engaged in doing warm-up exercises, and then played games with Coach Kowal.

We are so excited to be a part of Ready, Set, Gold, have the opportunity to work with Olympian Kristy Kowal, and see the positive results in our students' lives!



Horace Ensign *Intermediate (7-8)*

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



Michael Sciacca
Principal

Ensign Focus on Equity

The Ensign staff is prioritizing student equity as an area of continued growth. We have been working with students, parents and community organizations to examine ways in which our school can better promote equity and inclusion for all students. Specifically, we have been focused on transgender students, English language

learners and students from low income families. Ensign is having honest conversations with ourselves, identifying institutional systems that do not promote equity and actively combating those deep-rooted practices. Recently experts in the topic of transgender students spoke with our PTA, staff attended our zone equity forum in a local neighborhood and administration participated in a “grading for equity” professional development. Moving forward, Ensign is committed to continuing our fight to promote equity for all students.

Estancia High School

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



Michael Halt
Principal

Kindness Matters

Estancia High School’s Acts of Random Kindness (ARK) Club has been actively working to promote a culture of kindness on campus. ARK strives to make high school a little more pleasant by conducting uplifting campaigns, activities and projects.

In September, ARK coordinated the Start with Hello campaign and promoted Suicide Prevention Month. In October, ARK partnered with Estancia’s Link Crew program to promote World Mental Health Day and Unity Day. In November, ARK

covered the campus with flyers and posters promoting N-MUSD’s Kindness Week and wrote postcards to Estancia staff members to express their thankfulness. In December, ARK handed out hundreds of candy canes to students. ARK also recognizes a certificated teacher and a classified staff member each month for the support and encouragement they provide students.

ARK plans on celebrating International Day of Acceptance in January, National School Counseling Week and Patrick’s Purpose in February, Say Something Week in March, Autism Awareness in April, School Lunch Hero Day, Teacher Appreciation Day, School Nurse Day, and Mental Health Awareness Month in May.



Members of ARK recognize Mr. Jon Williams, Social Science Teacher at Estancia High School.

Harbor View *Elementary (K-6)*

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



Carol Furman
Principal

Inaugural Spelling Bee

Harbor View School recently held its inaugural spelling bee for all sixth graders! This spelling bee is the prerequisite event for any students to advance to the Scripps National Spelling Bee, held in Washington, D.C. each May.

Our sixth grade students worked hard to study and practice the format of a spelling bee in preparation for the big day! Mr. Gabe del Real served as our guest pronouncer, and after 1 ½ hours of intense competition,

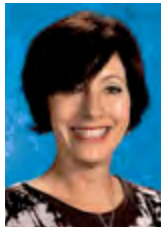
Henry Courtney was crowned the champion with the word “linguist”. Henry, along with Daniel Gallegos-Diaz and Alex Park, will represent Harbor View at the Orange County Spelling Bee on February 24th. Best of luck to these amazing spellers as they vie for an opportunity to compete at the national level!



Mr. Gabe del Real, Coordinator of K-12 Curriculum and Instruction for NMUSD, Alex Park, Henry Courtney, and Daniel, Gallegos-Diaz, winners of the Harbor View inaugural spelling bee!

Heinz Kaiser *Elementary (3-6)*

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



Dr. Deborah Granger
Principal

Gaga for GaGa Ball!

Have you heard about the latest playground craze? Kaiser students have fallen in love with GaGa Ball, thanks to the collaborative efforts of our PFO, aspiring Eagle Scout Jeffery Dangl, and our school district, Kaiser students now can be spotted

swatting the ball and leaping in the “pit” daily during recess and lunch. As Kaiser continues to emphasize kindness and special opportunities for students, GaGa Ball provides the perfect opportunity for Knights to have loads of fun while practicing great sportsmanship. I’ve even spotted students and

families playing GaGa Ball on the weekends! Character developed in the “pit” extends to persevering in the classroom, taking items to the lost and found (without being asked!), and actively encouraging inclusion of students with special needs. We are off to a great 2020 with GaGa Ball!



Life’s sunny in the GaGa Ball pit at Kaiser!

Killybrooke *Elementary (K-6)*

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



Dr. Lorie Hoggard
Principal

Expanding Learning!

Killybrooke School has been named a 2020 California Distinguished School by the California Department of Education. Killybrooke earned this honor for its high academic achievement and positive learning environment.

One of the many things that makes Killybrooke an exceptional school is the variety of ways we engage students in learning and enrichment opportunities, including during after-school hours. Our extended day programming provides an opportunity for students to expand upon the outstanding educational program provided during the school day. When the 3:05 p.m. bell rings at Killybrooke, it signals the end of the formal school day and the beginning of exciting after-school programs. Students in the Pacific

Chorale Academy program rehearse for upcoming performances at school and at community events. Killybrooke students participate in the Ranch program at Centennial Farm to learn about farm gardening, leather crafts and livestock.

Killybrooke students love expanding their horizons with after-school arts, language and athletics. Our PTA sponsors a wide array of enrichment programs including Spanish Club, Talent Show and Pilot Cup Soccer. Students who need more time and support to reach proficiency in core academics attend the SOAR and Project Excel programs, which provide additional small-group instruction. Project Kidz Connect and the City of Costa Mesa ROCKS programs provide after-school care until 6 p.m. each school day with engaging programs like art classes and basketball team.

We are proud of the wide array of high-quality after-school programs we offer to engage, inspire, and equip students to be successful, well-rounded students!

Abraham Lincoln *Elementary (K-6)*

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



Dr. Kristin DeMicco
Principal

Our Students have a Dream

Our school-wide theme at Lincoln Elementary School this year is "Kindness... It's a Lincoln Thing." We are so fortunate that our librarian, Mrs. Anderson, continues to find ways to weave our theme into everything she does in the library. From reading mentor texts about our Positive Behavioral Interventions and Supports (PBIS) focus areas to featuring books about kindness in

library displays, Mrs. Anderson is sharing a love of reading and kindness each day.

In celebration of Martin Luther King Jr. Day, Mrs. Anderson read an abridged version of Martin Luther King Jr.'s "I Have a Dream" speech, and she shared YouTube sensation Kid President's video about his dreams for our world. She then asked students to create speech bubbles about their dreams to make our world a better place.

We are so proud of our students for spreading peace, kindness and love throughout the planet.



Mariners *Elementary (K-6)*

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



Matthew Broesamle
Principal

Changing Lives

Mariners is always looking for opportunities to give back to the community.

Each year around the holidays our PTA sponsors a program called "The Giving Tree." Mariners students who make up a local Daisy Troop help promote this amazing program, one which gives to our local families in need, as well as supports other schools throughout the community.

Each day leading up to the holidays this Daisy Troop, along with help from parent volunteers, brings the Giving Tree out for the arrival of our students and families. The result is amazing! Our school's generosity this year has allowed us to provide gifts to many more families than we had originally anticipated, and also provide for some needy families at other schools.

We are so grateful for these opportunities to teach our students about the power of giving, and how kind gestures can change the lives of others in powerful ways.



Members of Mariners Daisy Troop promoting The Giving Tree

Newport Harbor *High School (9-12)*

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



Sean Boulton
Principal

Past Touches the Future

In January, NHHS began a series of trips and was afforded the opportunity to visit the Museum of Tolerance in Los Angeles. Cultural hate crimes, the impact of the Holocaust has had on the world, and the deep effects that bigotry has had on many lives throughout history comes to life there. Our trips to the Simon Wiesenthal Center are more

than just field trips; our visits to the museum are life experiences not to be forgotten.

One of our teachers, Mrs. Weitz, is Jewish, and she gave us a reflection of what the trip meant to her.

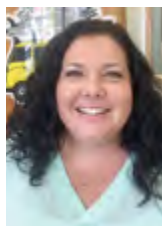
"While touring the museum, led by a docent whose parents were both Holocaust survivors, I experienced a myriad of emotions," she said. "Sorrow, despair, rage, and hope—yes, hope—were feelings emoted during our two-hour tour. Yet by the end of tour, I felt hopeful. I was able to have meaningful conversations with young people who are the future. Our students are amazing—they do have morals and integrity. They have a sense of right and wrong, and I am hopeful for their future."

NHHS looks forward to going back to the Museum of Tolerance throughout the rest of the school year, as this year, all sophomores and juniors will be going.



Newport *Elementary (K-6)*

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



Amanda Estrada
Principal

Sharing with Others

At Newport Elementary School, we encourage our students to care for their community. During the holiday season of giving, they showed that in a big way!

Our student council organized a food drive for a local food bank. Students donated more than 1,200 boxes of macaroni and cheese! Before making the donation, all the students gathered for an assembly, where

Mr. Nguyen showed them the giant domino display with the macaroni and cheese boxes.

Several of our classes worked together to "adopt" a family from Share Our Selves (SOS) for Christmas. Students did chores at home to earn money to donate. Then the teachers and families met at a local superstore to purchase items from the families' wish lists. Back at school, students wrapped up all the toys, clothes, bicycles, and gifts for the families. It was great for students to see how they can impact their community!

Newport Coast *Elementary (K-6)*

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



Somer Harding
Principal

Class Act!

We are starting our year getting excited about participating again with the Class Act program offered through our local symphonic orchestra! Each year, students are treated to some lessons provided by one of the professional musicians from the orchestra, with a particular focus on a particular composer. This year should prove to be very exciting for our students because

the composer presented will be John Williams. It seems there wouldn't be a person on earth not familiar with his music from movies such as *Star Wars*, *Superman*, *E.T.*, the Indiana Jones movies, *Home Alone*, or the theme music from the Summer Olympics or NFL Sunday Night Football.

He is considered by many to be the greatest film composer of all time. I know that children are going to be very excited to learn more about his artistry.

The Class Act program provides children lessons on a composer and also a concert, performed right here at school for all children and their families to attend. Students grades in grades two through six will also get to travel and see the full orchestra at a performance during the school day. After all of this, students will create their own performances by grade level, inspired by the work of John Williams. These performances will be shared for all students to see how this composer inspired their schoolmates.

With such a popular, familiar composer, I anticipate that we will have some very creative presentations to look forward to in June!

Appliances—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.

VACUUM	STOVE	COMPUTER
DRYER	FAN	JUICER
DISHWASHER	MIXER	SKILLET
FRIDGE	BLENDER	KNIFE
HEATER	COMPACTOR	CLOCK
MICROWAVE	RADIO	
OVEN	CROCKPOT	

Congratulations to Wendy Ochi
Winner of our December Word Search Contest!

Entries must be received by March 15, 2020

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

Compliments of Barkate Orthodontics

www.BarkateSmiles.com

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

Newport Heights *Elementary (K-6)*

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



Terri Clarke
Principal

A Chance to Shine!

Newport Heights Elementary students shined bright in the school play, *Annie, Jr.* Sixty 5th and 6th grade performers, 10 crew members, including NHES alumni, and 20 parent volunteers spent three months preparing for their debut.

Students dazzled on-stage as they sang and danced in the musical numbers, many

performers shared that their favorite parts of the show were those where the whole ensemble were onstage together! Now that the curtain has been drawn on this latest performance, students are sharing how much they miss spending time outside of school together, singing, dancing, acting, and just hanging out.

Congratulations to our whole cast, crew, and volunteers of *Annie, Jr.* for a show well-done!



Paularino *Elementary (K-6)*

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



Dr. Amy Nagy
Principal

How We're Distinguished

Paularino is proud to be one of four NMUSD elementary schools recognized as a California Distinguished School. Paularino was selected because they have demonstrated significant gains in narrowing the achievement gap. Multiple factors are considered for this recognition, such as a school's performance and progress on the state indicators as specified on the California School Dashboard.

The practice highlighted as contributing to Paularino's success is the Reading Our Way to College (ROWTC) program. ROWTC integrates No Excuses University Systems, Accelerated Reading, and Positive Behavior Interventions and Support (PBIS) practices. English language arts scores on state testing have increased by 21% over the past five years. Students meeting or exceeding grade-level reading scores on district assessments have increased by 17.94%. The improvements reflect the hard work of staff and students as well as the support Paularino receives from parents and community members!

Paularino is a great place to learn!



Pomona *Elementary (K-6)*

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



Cindy Pedroso
Principal

Fall Highlights

Our school was full of activities during the month of December. Students in kindergarten through the sixth grade held their annual Holiday Music Concert under the direction of Mr. Ken Brody. The students did a wonderful job of showcasing their musical talents, from recorders to an incredibly talented sixth-grade violinist. Mr. Brody did an amazing job preparing all of our students

for these performances, and our families gave it rave reviews.

As we move into the new year, our preschool students are busy learning about their community. Ms. Heather Casey's students worked on their engineering skills using a variety of wood pieces to build homes. This STEM activity allowed her students to become creative problem-solvers, and to use their critical thinking skills as they worked on their designs. These students are off to a great learning start, and will soon be ready for kindergarten.



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

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



Dr. Duane Cox
Principal

Everyone Plays Something!

Rea Elementary School had a wonderful holiday music performance prior to winter break. Did you know that the Newport Mesa School District provides music instruction to every child in kindergarten through sixth grade?

Our K-3 students focus on vocal music and rhythm instruments, while third-grade students play recorders. Students are gradually introduced to various instruments throughout their time in elementary school, including woodwind, brass and strings. Our fourth-through-sixth-grade students continue their focus on music theory as well as participate in ensembles similar to those at the middle school and high school level. Rea is particularly proud of our Shark and Ukulele bands.

Let's all work together to support the performing arts, and please attend the Rea Sharks performances at flag decks, evening concerts and the Estancia Zone concert!



Sonora *Elementary (K-6)*

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



Mia Dodge
Principal

Haus of Improv

Sonora Elementary third and fourth graders have been having a fun time learning with the Haus of Improv!

Through our partnership with the Segerstrom Center for the Arts, we have the Haus of Improv come to our campus several times throughout the school year to

work on improvisational techniques, theatrical skills such as voice, gestures, and character development. Most recently, students were working on tableaux vivants (living pictures), similar to what you would see if you've been to the Pageant of the Masters.

The improvisational acting skills students acquire help to develop and cultivate their creativity, collaboration, and communication skills. Most of all they are having fun!



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

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



Dr. Dipali Potnis
Principal

Australian Delegate Program

Estancia High School students engage in the Australian Delegate program, where students from Australia are hosted by families within our community, and later, Estancia students have the opportunity to go to Australia. TeWinkle students benefit from this because the Australian students visit our school, and our Trojans learn about the geography, culture, and social

aspects directly from our visitors. AVID and ASB students participated in games and trivia, tried Australian "lollies" and Vegetmite, and asked questions on topics that they were curious about. This experience not only allows students to learn about the traditions and culture of another country, but it also empowers them to take on the role of global citizens – to have a better understanding of themselves, and also one another. We believe that the more students have the opportunity to know learn one another's names, faces, and stories, they more appreciation they will have for themselves, and each other.



Whittier *Elementary (K-6)*

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

Annalisa Schwartz, Interim Principal Team Kids

Whittier Elementary students partnered with Team Kids to make an impact within Costa Mesa and raise awareness of local and global areas of need. Team Kids is a nonprofit organization focusing on empowering students to make positive choices both at school and in their community. Weekly, our Student Council members met with a Team Kids coach to discuss topics pertaining to Whittier students. Student Council members learned new ways to expand their leadership skills on campus and also discussed global concerns, specifically in the areas of homelessness, hunger, literacy and the environment.

At Whittier, our students participated in the Team Kids Challenge, a five-week program to raise awareness and donations to help the less fortunate. In partnership with the Costa Mesa Police Department, students collected art supplies and donated them to a local children's foundation benefiting children with cancer. They made cards focusing on kindness and donated them to a senior center. They held a food drive and donated canned goods to local homeless families. They completed their challenge with a culminating carnival where ticket sales were donated to the fires in Australia.

Whittier students made a wonderful impact on those in need in Costa Mesa and also utilized their global awareness to support environmental concerns in another country. We are so proud of our Whittier Dolphins!

Victoria *Elementary (K-6)*

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



Dr. Aaron Peralta
Principal

Worldwide Acts of Kindness

We launched “Choose Kind (It Matters)” in September to encourage kindness towards one another. Since then it has been amazing for us to see our students actively seek opportunities to do something kind for others!

In December we participated in a special “Twelve Days of Kindness” campaign. Each day for twelve days our students were tasked with doing different activities. This included “Clean your room without being asked” and “Care for local shelter animals this holiday by bringing gently used towels.” We also had, “Make a card to spread holiday cheer to those serving in the military.”

Our students made dozens of cards for senior citizens, police officers, and active duty military. We were thrilled when we received a photo of U.S. Air Force personnel in the Middle East enjoying the holiday cards that our students had made!

It is an amazing thing to see the small acts of kindness that started here at Victoria having such an impact (literally) around the world.



Wilson *Elementary (K-6)*

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



Jennifer Heckert
Principal

Wildcats Spread Cheer

The Wilson Wildcats celebrated the holiday season during our annual Holiday Festival in December. The event is co-supported by our community partnership with a neighborhood house of worship and the Wildcat PTA. Wilson families and students engaged with staff and volunteers in festive activities during the afternoon celebration of joy and giving.

Families and students created holiday ornaments, decorated cookies, and enjoyed hot chocolate, champurrado and pastries. Participants also had an opportunity to make memories with photos with Santa Claus and a member of a local service organization and also take part in a service-learning project to make toiletry bags for community members who are homeless. Several holiday gifts were also raffled off.

The Wilson Wildcats are very grateful for the community partnerships that support our school and help facilitate positive relationships and engagement. We look forward to a year full of continued love and kindness in 2020!



Woodland *Elementary* (K-2)

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



Tiffany Lewis
Principal

Students Give Back!

Students in Mrs. Vincent's 1st Grade class decided to do something for those in need in our community during the

holidays. With the help of some amazing parents, students collected donations of soap, shampoo, combs, socks, toothbrushes, and other personal care items. The students placed them in individual bags to be delivered to Share Our Selves.

In all, students put together over 100 hygiene packages! The students enjoyed working together and the heartwarming feelings that come when we give back to our community.



Early Childhood Education

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



Michelle O'Neill
Coordinator

Going on a Nature Walk

The students at Wilson Preschool were excited to participate in a fun nature walk across campus. The preschool team at Wilson consists of Ms. Macy, our teacher; Ms. Karla, our teacher assistant; and Mrs. Zonia, our student assistant. We

have two preschool sessions, morning and afternoon, during the school day.

The students were excited to partake in a nature walk with all of their preschool peers across campus. During the nature walk, the students held their own bags to gather the leaves they saw. The walk was enriched by a language arts focus. The students were asked to engage in conversations with their peers about their favorite leaves.

Ms. Macy extended the leaf project the next day by having the students retrieve the leaves from their bags and create leaf collages using glue and paint brushes. The students were excited to hang their beautiful collages in the classroom.



School Health Services

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



Merry Grasska
MPH, FNP-C, RN
Director

At the Front Lines

School nurses and health assistants are at the front lines when it comes to keeping schools healthy. During winter months, the health office is busy providing care to sick children. This time of year, there is typically an increase in colds and flu-like illnesses throughout the county, including in schools. On occasion, schools experience increased absenteeism due to student illness.

One function of the school nurse and the health assistant is to prevent the spread of transmissible disease at school. The health office staffs at our individual school sites monitor attendance and student illness. Nurses follow public health guidelines and work closely with the health department whenever there is an unusual increase in student illness and when there is communicable disease at school. Be assured that families will receive notices when there are health concerns that affect the school community.

Families can help keep schools healthy by notifying the school when children are ill and keeping sick children home until well. Nurses know cold and flu symptoms may last beyond the acute and infectious period, and some children are ready to return to school even with a lingering cough. Please reach out to your school nurse with any health concerns, especially if you are not sure when your child should return to school after an illness. Our school nurses are available to give you guidance.

The school health staff is part of your child's education team and helps to support a healthy school experience for all students.

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

Why Physical Activity?

*By Pam Williams, MPH, RD
Nutritionist, Nutrition Services*

Our bodies need to move. One sure way is to mix a little walking in our day to help keep our bodies fine-tuned for good health. What are some benefits of adding physical activity to our routine?

1. Aerobic activity can get our blood pumping and help deliver needed nutrients to all parts of the body, including the brain. It helps our bodies release needed hormones to help support our overall health and the brain. Generally, anything good for the heart helps support brain health.

2. Physical activity can help control sleep pattern and behaviors. Stretching and relaxing exercises can help us relax, slow down at night and get to sleep.
3. Moving more can help improve focus on a school lesson, and may positively change attitudes and behaviors in the classroom.

Other benefits such as healthy bones, heart, heart, weight and lungs, may also impact a healthy brain. This helps improve academic performance.

How much physical activity do we need? According to the Center for Disease Control, youth ages 6 – 17 years old should get a minimum of 60 minutes of moderate to vigorous physical activity every day. Adults should get about 150 minutes of moderate to intense physical activity or 75 minutes of intense physical activity each week.

What are some ideas to get started?

1. Walking after a family meal and walking to school can get our hearts pumping. Perhaps choosing 1 – 2 days a week for family strolls can motivate everyone to stay active.
2. Walking with other families in the neighborhood can make it a fun outing for the children.
3. Walking at the local mall can keep the family dry during rainy days.

This new year, commit to fitting physical activity into the schedule so that family members stay healthy.

School News



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562/493-3193

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CONTENT COORDINATOR: Barbra

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Gerald Villaluz and Emily Ung

COPY EDITORS:

Lisa Brock, Kate Karp &

Anna Zappia

SOCIAL MEDIA: Nancy Lueder

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