

FREE

# School News

Education + Communication = A Better Nation

**Covering the Newport-Mesa Unified School District**




Volume 11, Issue 65


June–September 2015

## Superintendent's Annual Character Awards Recognition

2015




*Jacob Switzer*




*Back Bay  
High School*

TRUSTWORTHINESS

2015




*Anuare Magana*




*Costa Mesa  
High School*

RESPECT

2015



*Jose Avonce*



*Newport Harbor  
High School*

RESPONSIBILITY

2015




*Paige Hardy*




*Corona del Mar  
High School*

FAIRNESS

2015



*Morgan Miller*



*Estancia  
High School*

CARING

2015




*Celia Quijivix*



*Early College  
High School*

CITIZENSHIP

Please see page 3 for Superintendent Navarro's message.



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## SUPERINTENDENT



**Dr. Fred Navarro**

### Character Awards Recognition

Six Newport-Mesa Unified seniors were surprised in their classrooms this week with the announcement that they had been chosen for the district's character awards program.

Superintendent Fred Navarro visited students at each of the district's high schools — Costa Mesa, Newport Harbor, Corona del Mar, Early College, Estancia and Back Bay — to share the news.

The goal of the program, which is now in its third year, is to identify six seniors district-wide who represent the six pillars of character: trustworthiness, respect, responsibility, fairness, caring and citizenship.

We truly have a wealth of incredible students, and it's gratifying to annually recognize a few of them with our character-counts designations.

Jacob Switzer, Back Bay HS — Trustworthiness  
Anuare Magana, Costa Mesa HS — Respect  
Jose Avonce, Newport Harbor HS — Responsibility  
Paige Hardy, Corona del Mar HS — Fairness  
Morgan Miller, Estancia HS — Caring  
Celia Quijivix, Early College HS — Citizenship

The six students will be honored at the Board of Education meeting on June 9. At this same meeting, last year's recipients are invited to attend and pass forward the torch and share their first year graduate experiences. To commemorate the honor, each student's photo along with their school name and character trait will be displayed on banners in the district office lobby for the 2015/16 school year.

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**Stephen Mensinger**  
Mayor

## Bicycle & Pedestrian Safety Program

As the Mayor and on behalf of the City Council, students and schools are a priority for this City, I am happy to announce the City of Costa Mesa in coordination with the NMUSD is conducting a school and community based bicycle and pedestrian safety program at sixteen elementary schools in Costa Mesa. The City began the program with a bicycle workshop, a bicycle rodeo, and will have similar workshops at elementary

schools over the next couple of months. This project is being implemented with grant funding captured by the Transportation Services Division of the Public Services Department from the Orange County Transportation Authority's Bicycle Corridor Improvement Program.

As Mayor it is my pleasure to share these exciting programs that the City and school district are working on together for our community.

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*Netragednik*



**Kay Coop**  
Founder/Publisher

Summer break is right around the corner and this is an exciting time for students as they transition to the next grade level, which for some is a new school and for others on to higher learning or entering the workforce. We wish all of the graduates success!

This issue has articles offering tips for a safe summer. Our activities section is full of choices of places to go for fun as well as learning and keeping your mind active.

Our next is Oct 14th. Have a wonderful summer and please remember to include reading among your summer activity choices.

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Class of 2015!**



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**Scott Poster**  
Fire Chief

## Tips for Summer

Summer vacation is only a few days away for most of us. I hope all of you have a safe one!

Let me help a little. Of course you live near the beach and want to hit the water or sand for some well-deserved rest and relaxation. But if you do, always swim near a staffed lifeguard tower. If you have inexperienced swimmers, always let the lifeguards know it and they will watch out for you.

Remember, when the red flag flies, stay out of the water, it is dangerous. Listen to the lifeguards – we make thousands of rescues every summer of people who don't plan on being rescued!

If the lifeguards ask you to move from a rip current, do it. Also, remember that the sun is not your friend. Sunblock is essential, and so place a palm-ful in your hand and rub it in before you hit the beach.

Wear a hat and sunglasses, too. Trust me, it is still cool. We want you to return to school and have a long, cancer-free life. I know you feel invincible right now, but trust me, you are not!

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- 💧 The new rules apply to all - residents, businesses, & public agencies;
- 💧 Half of our residential water use is outdoors;
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## School Health Services

### Celebrating School Nurses



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

The wonderful school nurses in the Newport-Mesa Unified School District were celebrated for their great work during National School Nurse Day on May 6.

School nursing was born out of the public health movement in New York City around 1902. Lilian Wald, a public health nurse, approached the New York City public health authority to place a nurse in the schools to address communicable disease and student health needs during the school day.

After a month trial period, with one nurse in four schools, the students appeared healthier and had missed significantly less classroom time as compared to students in the other schools where no nurse was present. As a result of that experience, school nursing began as a specialized municipality sponsored position.

Students in Newport-Mesa are fortunate to have highly qualified credentialed school nurses who keep their health a priority. School nurses provide state-mandated health screenings, monitor medication administration, and coordinate health services for students.

Our dedicated nurses support student health and educational outcomes. Please know that you may contact your school nurse should you have any concerns.

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# Fountain Valley Regional Hospital and Medical Center

## What Women Should Know About Stroke



**Morgan Reider,**  
**RN, BSN**  
*RN Stroke  
Coordinator*

Many stroke symptoms are common to women and men: sudden numbness or weakness of face, arm or leg, confusion, difficulty speaking, vision problems, loss of balance or coordination, trouble walking, or severe headache. But some symptoms are unique in women: rapid onset of hiccups, nausea, fatigue, chest pain, face and limb pain, shortness of breath or heart palpitations.

Women and men share many of the same stroke risk factors. Strokes can occur at any age, but risk increases with age—chances double for every 10 years after the age of 55. A family history of stroke, high blood pressure or cholesterol, smoking, diabetes, being overweight and not exercising are also risk factors.

Women can reduce stroke risk by monitoring their blood pressure, not smoking, getting tested for diabetes, limiting alcohol and maintaining a healthy weight. Taking birth control pills is generally considered safe for young, healthy women. However, they can raise risk of stroke in some women who are over 35, smoke, have diabetes, and high blood pressure or cholesterol.



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Some factors exclusive to women that increase their risk of stroke include:

- natural changes during pregnancy that increase blood pressure and put stress on the heart
- birth control pills
- hormone replacement therapy to relieve symptoms of menopause
- being postmenopausal and having a waist that is larger than 35.2 inches and a triglyceride level higher than 128 milligrams per liter
- suffering chronic migraine headaches

Strokes caused by blood clots (ischemic strokes) can be treated with clot-busting drugs such as tPA (tissue plasminogen activator). But in order to be effective, medication must be administered within three hours of the initial onset of symptoms. If a stroke occurs, call 9-1-1 immediately.

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## Adams *Elementary (K-6)*

### All-Star Soccer



**Gabriel DelReal**  
*Principal*

Every year, Adams Elementary School holds its annual All-Star Soccer Tournament, which is broken into two competitive levels: two days for fourth-grade students and a week-long tournament for fifth- and sixth-graders. The fourth-grade competition introduces students to the tournament format, with the final two teams meeting up on Friday.

While the fourth-grade tournament is spirited, the competition really heats up in the fifth- and sixth-grade tournament. These students compete in a single-elimination bracket during the March conference week. As this year's tournament progressed, teams played their hardest to earn the title of All-Star Soccer Champions. The final game of the tournament featured two evenly-matched teams and was decided in the final minute with penalty kicks.

Congratulations to all the students who participated in this year's All-Star Soccer Tournament!

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



**All-Star Soccer Tournament finalists and referees.**

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

### Caring for the Environment



**Dr. Shannon Bray**  
*Principal*

Earth Day is a time when we can all reflect on the importance of our natural surroundings and how we can preserve and protect them. Andersen Elementary School students were green on Earth Day to show their support for preserving our environment.

Third-grade students also hosted the Newport Beach

Arbor Day Celebration. During the ceremony, Andersen's student council president, Wyatt Rieden, was presented with an Arbor Day Proclamation by Mayor Pro Tem Diane Dixon. Ron Cole, the Parks, Beaches and Recreation Commission chair, presented the students with an Arbor Day flag. Earth Day essays were written and read by third-graders Zachary Jensen, Charlie Olson, Connor Simonson, Tyson Tran, and Brando Betti.



Following the ceremony, all third-graders joined Diane Dixon and Newport-Mesa Unified School District Board Member Karen Yelsey in planting trees at nearby Buffalo Hills Park.

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

## Back Bay/Monte Vista *High School*

### Options for Success



**Debbie Lucker-Davis**  
*Principal*

The Newport Mesa Alternative Education Center houses two programs: Back Bay Continuation High School and Monte Vista Independent Study High School. This week, California released the graduation rates for all schools. Back Bay was ranked in the top quartile for all continuation high schools in Orange County. Ninety-three percent of our seniors were able to graduate with their class last year. This is just one of the indicators that validates the work we are doing with at-risk students. Failure can be a devastating thing for students. When they feel that graduation is out of their reach, there is an overwhelming sense of defeat. Students experience success at Back Bay and become reenergized to earn credits.

Monte Vista is another opportunity for students who need to graduate. Students work independently and complete their classes outside of school. Monte Vista is a good option for students who need to work to support a family, participate in athletic competitions, have careers in the entertainment field, or are too sick to attend school daily. Monte Vista allows students to complete their high school diplomas even with irregular schedules.

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

## California *Elementary (K-6)*

### Project Zero Waste



**Matthew Broesamle**  
*Principal*

Project Zero Waste OC is a grant-funded endeavor for California Elementary sixth-grade students to enhance their understanding of environmental impact in our local school and home communities. By working with traveling scientists from the Orange County Department of Education Inside the Outdoors program, students are learning how their lunch and school waste are disposed of and are part of a larger system that affects natural and human resources.

We examined how landfills work, learned more about the three R's—recycling, reusing, reducing—and composting, and conducted a school-waste audit. Students weighed lunch trash and collected data on the volume of trash dumpsters filled by the end of each week and brainstormed ways to reduce trash and waste. They developed goals to increase awareness by making posters reminding the community to reduce, reuse and recycle; showcasing reusable lunch bags and water bottles; and finding ways to increase our ability to maintain the program for future years.

We hope to spread the green word and grow a larger generation of eco-minded, youth-empowered citizens.

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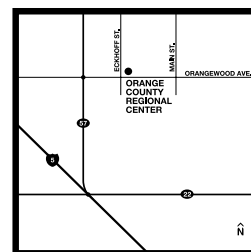
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## College Park *Elementary (K-6)*

### Let's Read



**Julie McCormick**  
*Principal*

Students from Vanguard University have just completed another semester of "Let's Read", an after-school tutoring program. Each Monday, Vanguard students work with small groups of College Park students to build their reading skills, culminating with a Readers' Theater presented to all parents and staff this past week. We appreciate this service rendered each year by Vanguard students.



**kindergarteners & first graders learning balance.**

College Park students are very fortunate to have Juillard-educated dance instructor Jean Savopulos-Dean providing weekly dance classes for College Park students, grades K-6. In these weekly classes, students of all ages learn the fundamentals of stretching, different types of dance, and ways to keep themselves active and healthy.

2380 Notre Dame Rd., Costa Mesa, CA 92626 • 714/424-7960  
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## Corona del Mar *High School (7-12)*

### Finding a Balance



**Dr. Rebecca Gogel**  
*Principal*  
7-8 Grade



**Kathy Scott**  
*Principal*  
9-12 Grade

Corona del Mar High School (CdM) strives to allow students access to rigorous academics, growing arts opportunities, and a well-established athletic tradition. Students can choose from college-preparatory courses or a growing number of Advanced Placement (AP) courses without the barriers

or limitations of sections. CdM truly develops a master schedule reflective of student need.

Opportunities in the arts have continued to grow with the introduction of another full-time choral teacher and the new state-of-the-art theater and classroom space. Students have been given more elective choices in the arts to provide more opportunity in this area of study.

Finally, our student-athletes, which represent over 75 percent of our student body, continue to perform at a high level, both academically and athletically. The student-first philosophy of the athletic department encourages students to choose success in the areas of both academics and athletics and emphasizes being a positive teammate and a respectful member of the student body.

CdM continues to strive for excellence in the three As and to exemplify Sea King Pride.

2101 Eastbluff Dr., Newport Beach, CA 92660 • 949/515-6000  
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## Costa Mesa *High School (7-12)*

### Honors Curriculum



**Guy Olguin**  
*Principal*  
7-8 Grade



**Jacob Haley**  
*Principal*  
9-12 Grade

Costa Mesa High/Middle School was fortunate to host the first annual NMUSD Festival of Learning to showcase the Delta and Academy of Creative Expression Signature Academies (ACE).

Delta is a rigorous math and science

program that requires students to take honors courses. Students can now combine their Delta experiences with the Project Lead the Way curriculum, which focuses on engineering. ACE is an arts-based curriculum that infuses art into social science, math, science, language arts, and world language.



The new Performing Arts Center and remodeled art rooms also provide state-of-the-art facilities for all of the arts. Designed to help prepare students through project-based learning and exploration, next year's block schedule and state-of-the-art facilities will also help our students reach their full potential.

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

## Davis *Magnet (K-6)*

### Davis Magnet School Goes Green for Earth Day



**Christy Flores**  
*Principal*

On April 20, the Davis Magnet School Eco Club hosted a community environmental awareness fair. Family members of all ages joined in the fun. Evan Marks, the Executive Director and Founder of the Ecology Center in San Juan Capistrano, was the keynote speaker. Students and family members also had the opportunity to visit tables set up around the MPR and surrounding areas to learn from various organizations and



vendors. Some of the groups in attendance were Costa Mesa High School's Environmental Science Academy, Costa Mesa Sanitary District, Environmental Nature Center, Muth Interpretive Center, OCC Recycling Center, and the Upper Newport Bay. Families learned about water saving tips, gardening strategies, and touched visiting animals.

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

## Eastbluff *Elementary (K-6)*

### Eastbluff Students Have Talent!



**Cheryl Beck**  
*Principal*

Part of being a well rounded Eastbluff Student is our focus on the performing arts! We are so fortunate to have a wonderful music program and teacher! Our talented Eastbluff Students all participated in a school wide Patriot Music program led by our music teacher, Ms.

Ntzouras. This program showcased our students' singing and instrumental talents! All grade levels sang patriotic songs 5th graders played the violin! Our Eastbluff Otter Orchestra also performed during the show. Our Otter Orchestra has really grown, with over



## Early College *High School (9-12)*

### One Good Time!



**Kathy Slawson**  
*Principal*

A good time was had by all at the annual ECHS dodgeball game between the staff and the students. In May, the staff, dressed in camouflage, prepared to defeat the champion student team, the Stingrays. Each team was allowed 13 to 15 players.

The student body surrounded the field in anticipation of the teachers' defeat for a second consecutive year. This was not the case. The staff team knew what they had to do to walk away winners. They played with enthusiasm, skill and determination. Within 10 minutes, the staff eliminated 70 percent of the Stingray team. The Stingrays gave it their all and did their best to stay in the game; however, it was the teachers who were victorious in the end!



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

25 students now participating! It was a terrific celebration of the freedom and opportunities we are so blessed to have in the United States! Our parents and staff were very impressed!

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

## Horace Ensign *Intermediate (7-8)*

### The Fishing Club



**Dr. Gloria Duncan**  
*Principal*

*By Mia Matsunami and Hallie Peplow*

The Fishing Club welcomes aspiring fishermen to learn the basics of fishing. The club is in its 23rd year at Ensign and has been led by "Captain" (teacher) Fuschetti since 2000. The Fishing Club teaches students valuable lessons about tying knots, fishing regulations, preparing bait and tackle, and most importantly, catching fish! The



club also specializes in teaching students about ecology. Members learn about different species of fish, endangered sea animals, and the beauty of the ocean. During their last excursion, the club caught an astounding total of 78 yellowtails in just 2 days! The Fishing Club is a unique opportunity for students attending Ensign Intermediate School to become involved with the great outdoors.

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

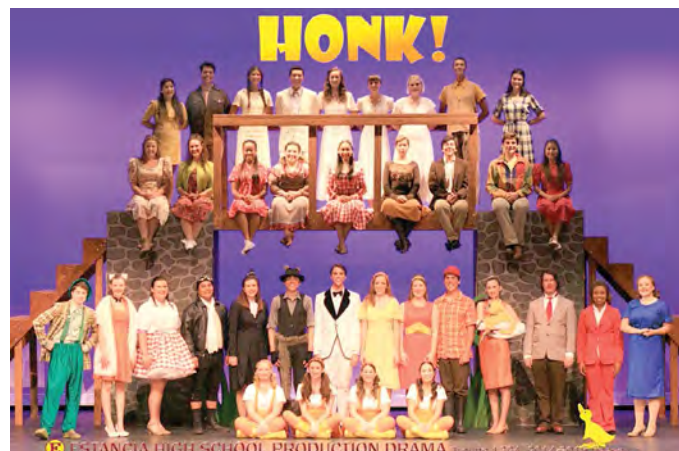
## Estancia *High School*

### Honk!



**Kirk Bauermeister**  
*Principal*

Estancia High School's Production Drama program finished their season with the very successful musical, Honk!, which was performed at the new Costa Mesa High School Performing Arts Center. Honk! is based on the Hans Christian Anderson story of The Ugly Duckling. The entertaining family musical tells the story of a young bird named 'Ugly' whose unusual and awkward appearance triggers prejudice and ridicule among his family and friends. Along his



journey, he discovers his true beauty, glorious destiny and acceptance. The cast and crew consisted of more than fifty Estancia students. Honk! is entered in the MACY competition (Music and Art Commendation for Youth) and the cast will be attending the ceremony on May 31st at the Segerstrom Center for the Arts.

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

## Harbor View *Elementary (K-6)*

### The Buddy Program



**Dr. Todd Schmidt**  
*Principal*

Harbor View's upper-grade students have the opportunity to pair up with primary students as part of our Buddy Program. What has started as a reading-comprehension program has expanded into something more. Buddies establish powerful and

lasting relationships that extend beyond the school day. Our primary students look up to their buddies and learn a great deal about reading from them, and our older students learn a great deal as well.



Several of our classrooms now incorporate learning projects as part of the buddy program. Recently, some of our fifth-graders and their first-grade buddies participated in a debate about Dr. Seuss' The Lorax. They discussed ethics, multiple perspectives and the environment, developing higher-order thinking skills in the process!

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

## Heinz Kaiser *Elementary (3-6)*

### Caution, Geniuses at Work!



**Dr. Deborah Granger**  
Principal

With great thanks to the fund-raising efforts of our parents, Kaiser opened its Engineering Lab in January.

Under the guidance of engineering teacher Lysanne Sebastian, every Kaiser student is now learning the engineering design process and then applying it to crazy contraptions. On any given Monday, straws, masking tape, bottle caps, and food trays all seem to be in motion as our students design sail cars. They test them for distance, or try to figure out how

to make the tallest tower that can also bear the weight of a tennis ball.



**Madeline Walburger and Lysanne Sebastian share with parents about engineering at Kaiser.**

The students can't wait for their next time to "play" in the Engineering Lab. We marvel at their desire to return time and again to improve their projects, or even start all over again with a new design.

Kaiser is thrilled to be on the leading edge of STEM instruction. We look forward to even more projects next year!

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

## Abraham Lincoln *Elementary (K-6)*

### Always Earth Day!



**Carrie Gammel**  
Principal

Earth Day at Lincoln Elementary School is celebrated with a week of activities focused on raising awareness of environmental challenges and offering daily activities to help students make lasting changes. That week, Lincoln's Green Team and a dedicated team of staff and teachers organized and encouraged student participation and reestablished that Lincoln Cares about our environment!



On Earth Day, the entire school was encouraged to wear green and make an Earth Day pledge. The most impactful day was devoted to measuring and sorting one entire day of school-lunch waste. From a daily green tip of the day given by the student Green Team to a waste-free lunch competition the entire week, Lincoln Leopards learned ways to make every day Earth Day!

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

## Killybrooke *Elementary (K-6)*

### An Appreciation for the Arts



**Dr. Lorie Hoggard**  
Principal

Killybrooke students love to learn about the arts and showcase their vocal and instrumental talents at various school and community performances.

Our Colt Choir was featured in several performances this year, including the Orange County Museum of Art's Winter Festival, the grand opening of the Costa Mesa High School Performing Arts Center, and the district's own Vocal Festival. Many second-grade

students also joined with the Choir at the district's General Music Festival at Ensign Middle School.

All Killybrooke students study a variety of instruments during their time here, including percussion, recorders,

clarinet, trumpet, and violin. Killybrooke music specialist Theresa Schneider shared with us that, "As a music teacher in elementary school, my goal is to expose students to as many hands-on activities as I can (vocal, instrumental, dance), and provide them with the opportunity to appreciate both the effort necessary to create a beautiful arts experience and the end result itself, whether it is as a performer or an observer/audience member.

"In addition, I try to help them realize the connections that exist between the arts and the other things they're learning about in school."

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

## Mariners *Elementary (K-6)*

### Exploring Literature



**Pam Coughlin**  
*Principal*

At Mariners Elementary School we have been implementing a reading program called Jr. Great Books. This is a student-centered program of interpretive reading, writing, and discussion that builds young minds, improves higher-order thinking skills, and promotes student achievement.

The Shared Inquiry method of learning inspires deeper thinking through reading and discussion. Its roots lie in the Socratic Method, but its distinctiveness lies in the role of the trained discussion leader and a focus on outstanding literature. These works are specially selected to ignite student interest and the exchange of ideas.

Even the most proficient readers are challenged by the curriculum's thought-provoking literature, and by how these activities allow students to go as far as they can in exploring the complexity of a story.



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

## Newport Coast *Elementary (K-6)*

### Our Heritage



**Dr. Duane Cox**  
*Principal*

The patriot's blood is the seed of Freedom's tree. ~ Thomas Campbell

Newport Coast students are learning history and honoring war veterans. Our sixth-graders attended the Lyon Air Museum in Orange County. The exhibits include authentic aircraft, rare vehicles and related memorabilia, with emphasis on World War II. Students gained a deeper understanding of the important role our nation plays in shaping world history.

The NCE Chorus and our second-graders joined students from throughout the district in May for the Field of Honor event on Armed Forces Day weekend at Castaways Park.



**Sixth grade field trip to Lyon Air Museum.**

At Newport Coast, students are learning about the important role of our American soldiers and about how to memorialize their contributions to our great nation.

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

## Newport *Elementary (K-6)*

### Fourth-Grade Activities



**Rich Rodriguez**  
*Principal*

Our fourth-graders visited the Orange Coast College Theater to watch Contempo Ballet's "Herencia Latina." This educational dance and music performance honors the cultural ancestry of Latin American heritage. Students were engaged and impressed with the music and movements.

During afternoon enrichment rotations, students spent time studying two different styles of Japanese poetry, haiku and tanka. Their work is displayed in our lobby.

Fourth-graders are currently researching historical sites unique to California. They are locating information on their own sites using informational texts, articles, and Web sites. They are busy using netbooks to research



**Some of Mrs. Jennings fourth graders in front of their poetry board.**

and create display media to communicate their findings. Several students have even visited their historical sites! At the end of this project, students will submit written reports and orally present visual models of their sites. They also enjoyed a great field trip to Mission San Juan Capistrano.

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



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1031 Avenida Pico, Suite 202  
San Clemente, CA 92673  
**(949) 481-8900**



Hal Barkate, DDS, MSD  
Orthodontic Specialist  
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## Newport Heights *Elementary (K-6)*

### Conflict Managers



**Kathleen Jaquin**  
*Principal*

When you visit Newport heights, you may see some fifth or sixth grade students wearing orange vests at Kindergarten and primary recesses. These are our Conflict Managers. Conflict Managers are trained to handle conflicts that may arise during recess. The Conflict Managers are school leaders and truly make our school a better place by teaching the primary students different playground games as well as help them solve any conflicts that arise during recess.

In order to be a conflict manger, student had to apply and participate in a series of training. The strategies taught as a part of the conflict manger training are life skills and can be used by everyone in their daily lives. Some of the training topics include listening skills, understanding other points of view, and mediation techniques.



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

## Paularino *Elementary (K-6)*

### Students Set Reading Record



**Dr. Amy Nagy**  
*Principal*

Every six weeks new reading goals are set for our students. Students earn points based on the comprehension quizzes they take after reading a book at their independent reading level. The purpose is to get them reading! Students need to read at least 30 minutes every day to become better readers. Those below grade level need to read more! They don't need to read hard books and we don't want students reading books that are too

easy. We want them to read books that are just right for them.

I am AMAZED, THRILLED, PROUD, and EXCITED to report that 358 students met their goal. This is our ALL TIME RECORD for us! Congratulations students! Keep up the great work!



**Students that met their reading goal were invited to a special recess carnival!**

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

## Newport Harbor *High School (9-12)*

### Volunteering



**Sean Boulton**  
*Principal*

The Newport Harbor High School boys and girls tennis teams, along with Adrianna our security guard and her husband, volunteered at the Special Olympics Regional Games in Irvine. Our team of

volunteers helped make lunches for the Special Olympics athletes, and also cheered them on as 'fans in the stands' as they competed in their basketball and swimming events. It was such a great experience and the NHHS Tennis program is going to continue to work with the Special Olympics committee throughout the year to help out and cheer on the athletes at their upcoming events. Very proud of our Sailor student-athletes...#sailorpride. GO Sailors!

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



## Pomona *Elementary (K-6)*

### World Class Instruction



**Megan Elsten Brown**  
Principal

Pomona Elementary is dedicated to providing each student with world class instruction seeped in the 21st century learning skills of communication, collaboration, critical thinking, and creativity. Pomona's sixth grade recently launched a 1:1 laptop program, where students work together in person and virtually using Haiku, a digital learning platform, on Common Core units and lessons meticulously designed by their teachers.



Students and teachers use Googledocs to collaborate digitally, search for and cite evidence from print and digital sources to support claims in writing, and learn to be ethical digital citizens. Pomona's goal is to provide our students not only with the skills they need to be successful in their next endeavor, but to inspire them to see that there might be a way to do it better, and they have the tools to find it.

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

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

### PBIS



**Dr. Kalim Rayburn**  
Principal

The PBIS (Positive Behavior Interventions and Supports) Team consisting of teachers Ms. Bauer, Mrs. DeLloyd, Mr. Haire, Ms. Maher, and Dr. Rayburn have redefined the Rea mission, vision and student motto with the support of all staff and students. Hanging proudly in the main office is our focus. Rea SHARKs Solve Problems, are Honest, Believe in Acceptance, Respect and Seek Knowledge.

A review of behavioral expectations, behavior matrix, and positive incentives called Shark Bites support our focus. Monthly awards recognize the Shark of the Month and



students recite our new school motto daily: "I am a capable, talented, and intelligent SHARK and I'm going to college!" And every Rea student will tell you to SHARK ON!

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

## Sonora *Elementary (K-6)*

### Don't Stop Learning!



**Christine Anderson**  
Principal

*"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."*

*~ Henry Ford*

Learning together—that's what we do best at SBAS! We offer so many great classes for the whole family—classes for newborns and parents and for older children as well! You can share parenting ideas, stimulate children's sensory activity and curiosity, and have fun times learning.

Adults can enjoy learning a language, cooking a healthy Indian meal, exercising your body and your brain, learning to sew, or playing an instrument. Sharpen your computer skills by building your own website or electronically organizing your finances. Need to learn English or earn your high school diploma? We've got ESL, GED and a great diploma program.

We invite you to take advantage of the wonderful resources here—our exceptional teachers, interesting classes and affordable prices. Registration is easy—just log on to our website, view our catalog, and sign up. Like us on Facebook at [www.facebook.com/SouthBayAdultSchool](http://www.facebook.com/SouthBayAdultSchool). See you this summer at one of our convenient locations!

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

## Victoria *Elementary (K-6)*

### Working Together



**Dr. Aaron Peralta**  
*Principal*

On May 5, the Victoria Elementary School's Inaugural Math Team finished the season strong at their final competition of the year at Tewinkle Intermediate School.

The team is composed of dedicated fourth-through sixth-graders who practice every week. During practice they hone their abilities in perimeter and area, missing digits, word problems, sequencing, order of operations, and much more.

The entire experience was amazing. We were recently coached by calculus students from Estancia, with whom our Mathletes enjoy a good relationship in addition to learning about high school. We practice being methodical in our procedures and working together to come to a consensus.



**Mathletes show-off their school spirit before their last competition.**

It was exciting to hear from our students and teachers that these Mathletes are developing skills that carry over into life!

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

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

### Leading the Way



**Kira Hurst**  
*Principal*

TeWinkle Middle School will offer a new elective next school year, which will incorporate Project Lead the Way's Gateway to Technology curriculum. The foundation units include design and modeling and automation and robots. In spring, students will complete a specialization unit, which will be further enhanced when they attend Estancia High School.

Ms. Woods and Ms. Motamed will attend the first phase of a rigorous professional development program over the summer to prepare for our first classes at TeWinkle. The former teen center building is being renovated with state-of-the-art equipment to support this Science, Technology, Engineering, and Mathematics (STEM) program.

We are thrilled to offer these new courses to our students.



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

## Whittier *Elementary (K-6)*

### Go Man, Go!



**Scott Wilcox**  
*Principal*

Whittier School's annual Jog-a-Thon took place in April. This year the students were challenged to bring in the most donations and earn a chance to throw a pie at Principal Wilcox!

Ever intriguing, a masked newcomer by the name of "Pie Man" has also been lurking around our campus, pie in hand, looking for Mr. Topete, our assistant principal. There

were rumors that it was Mr. Wilcox, but he has denied any connection!

In the end, we had an impressive list of students who earned the right to attend the "Pie Assembly." Thanks to our students, parents, PTA, and staff members, we earned about \$4,000 more than last year. This much-needed funding will help to support next year's field trips.



**One of the students who earned the privilege of "pieing" Mr. Wilcox.**

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

## Wilson Elementary (K-6)

### Volunteers Appreciated



**Dr. Julie Perron**  
*Principal*

Our year is ending with many exciting events to share and people to recognize. Our students celebrated their moms with our PTA Mothers' Day Celebration and our Volunteers with a special breakfast and recognition. We also gave substantial donation for Pennies for Patients, a program to support children suffering from lymphoma.

This year, our PTA officers have helped with various events to support students. We have President, Yanet Garcia (5th grader and a preschooler), Vice President, Erika Cruz (2nd and 1st grader), Secretary, Ana Garcia (2nd grader and preschooler) and Treasurer,



Leticia Morban (4th grader and preschooler). These ladies have helped fundraise for a new electronic readerboard, coordinated a successful jogathon and supported various field trips throughout the year. We are fortunate to have their support of our various school programs.

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

## Nutrition Services

### Spice: It's More Than Flavor



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

*By Jennifer Alford, CSULB ISPP Dietetic Intern*

Why add spice to your food? Is it because of the aroma, flavor, or color? Did you know they enhance flavor but they also add health benefits?

Herbs and spices enhance flavor without the extra sodium from salt and excess calories from fats and sugars. Too much of these unhealthy ingredients can increase weight, so try replacing or reducing them by adding herbs and spices.

Inflammation or swelling is the way the body battles infection and other problems. If it is long term, it may lead to chronic diseases, such as heart disease or cancer. Research shows that culinary herbs and spices contain a variety of ingredients that help reduce inflammation. Herbs and spices also contain compounds called antioxidants, which defend the body from damage and decrease the risk for chronic diseases and cancer.

Variety is indeed the spice of life. So, be bold. Try new spices, and add a dash of health and a pinch of happiness to your food.

2985-A Bear St., Costa Mesa, CA 92626 • 714/424-5000  
[www.nmusd.us/depts/ns/resources\\_parent.php](http://www.nmusd.us/depts/ns/resources_parent.php)

## Woodland Elementary (K-2)

### The Pyramid of Success



**Lauren Medve**  
*Principal*

With the help of our Parent Faculty Organization, Woodland was pleased to present its first Character Education Night with Harper for Kids founders Tim and Peanut Louie Harper, as well as UC Irvine Women's Soccer Coach Scott Juniper.

Tim Harper is currently the tournament director for the San Francisco Tennis Classic. Peanut Louie Harper was a professional tennis player who played on the WTA for 16 years, reaching a career high ranking of No. 19 in 1985. She is also the co-author of Coach John Wooden's children's book *Inch and Miles: A Journey for Success*.

Our Character Education Night included a short video clip that highlighted Coach John Wooden and his dedication to using the "Pyramid of Success" to make a difference in people's lives. This was followed by a presentation from Peanut Louie Harper on the basic building blocks of the Pyramid.

The night concluded with remarks by Principal Medve and our staff on the importance of the Pyramid of Success, and how it is used in the classrooms and at home.

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

## District Transportation

### New Bus Passes!



**Pete Meslin**  
*Director*

As the school year draws to a close, most people like to reflect on the many positive experiences and fun learning activities they've had. In the Transportation Department, it has been yet another successful year supporting teaching and learning. We've safely transported close to 5,000 students to and from school every day and have serviced approximately 3,000 off-campus learning experiences. We've also begun teaching transportation-related life skills to our special ed classes.

Looking forward a bit, bus-pass applications for 2015-16 are ready. We will be printing this year's passes with each student's image from the district database—sorry, no Photoshopping! This year's passes are a beautiful shade of salmon. I know what you're thinking: "But my color is lavender," or "I'm allergic to seafood." Well, there's always next year.

Please get your passes early, as there will be only a one-week grace period. Starting on Monday, September 14, students will be expected to have current bus passes.

If your child is participating in the Summer Reading Academy or Special Ed. ESY, we look forward to serving you this summer. Have a great summer!

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



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# Newport Beach Public Libraries

## Summer Reading to the Rhythm

By Evelyn Rogers, Newport Beach Public Library

Are you ready for summer yet? The Newport Beach Public Library is busy getting ready for the annual Summer Reading Program. This year's theme is "Read to the Rhythm." During the Summer Reading Program, kids can earn prizes based on minutes spent reading, submit book reviews for entries to additional drawings, and attend special events. It all starts June 20! Stop by any NBPL location and pick up a game sheet. There are also Summer Reading Programs for teens and adults.



Summer is a great time to visit the library and pick up books to read for fun. We've got popular series such as *The Land of Stories* and *Heroes of Olympus*, graphic novels (also known as comic books) featuring Big Nate and other favorites, nonfiction books on LEGO, Minecraft, sports, animals, and much more.

## Special Events Every Week

In addition to so many fabulous books you can check out, the library presents special events every week at all four NBPL locations.

The week of June 22 will feature Sandy Lynn's Musical Barnyard Extravaganza: Sandy and her farmer friends introduce each animal with a sing-along song and educational story.

The week of June 29 will feature Picture Book Art: Get crafty as we make art in the style of some popular picture book artists. The week of July 6 will feature Kyra Sundance & Chalcy: This dog team performs acrobatic feats and humorous skits for kids of all ages.

The week of July 13 will feature World of Animals Crafts: Creative projects based on some favorite animals.

The week of July 20 will feature DIY Musical Instruments: Make and play your very own "do it yourself" musical instruments.

The week of July 27 will feature Sun & Sand Crafts: Celebrate summer fun with beachy crafts. The week of August 3 will feature One World Rhythm: Highly interactive music program that gives everyone instruments to play.

The Summer Reading Program will end on August 7. Visit your library and Read to the Rhythm this summer!

**Central Library** 1000 Avocado Ave., Newport Beach, CA 92660  
949/717-3800 • [www.newportkids.org](http://www.newportkids.org)

**Mariners Branch** 1300 Irvine Ave., Newport Beach, CA 92660  
949/717-3838

**Balboa Branch** 100 East Balboa Blvd., Balboa, CA 92661 • 949/644-3076

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

A large photograph of a young girl with dark hair, smiling and holding a large, detailed, light-brown dinosaur sculpture (a Stegosaurus) in her hands. The background is dark.

**FESTIVAL of ARTS**

**YOUTH ARTS**  
EDUCATION DAYS

Three small square photographs showing children engaged in art activities. The first shows a child working on a project on a table. The second shows two girls smiling and holding up their art. The third shows a boy working on a project.

Want to ignite a creative spark in your young artist this summer? Sign them up for a variety of fun and unique art classes at the world-famous Festival of Arts.

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**LagunaFestivalofArts.org**

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**Susan D. Marshall**

### Is America Paying Too Much for College?

That is a resounding YES!

Most families will over pay for college. That is evident by the growing level of student loan debt in this country. It is currently over \$1.2 Trillion. Double that of credit card debt. Unbelievable right? Just ask those college graduates. Many are still buried in debt; struggling to get ahead.

Middle America is now saddled with most of the burden. If you fall in that category you make too much to qualify for grants and subsidized loans. Yet, not enough to pay the price of a college education out of your pocket without huge sacrifices. Usually to your retirement.

Many students are shocked when their financial aid packages arrive. Expecting to find help, they find an assortment of loans or money they will have to pay back. This is especially true if it is a state school.

### What you can do:

- Learn how to best position yourself to take advantage of need based aid or tax strategies that may be available to your family.
- Get counseling before you sign up for those loans. Understand how they work. Some loans you have to start paying back 90 days after disbursement.
- College selection can play heavily into what your overall expense will be. Don't rule out the college because of the sticker price.
- If you don't know how to navigate the financial aid process, find someone who does.
- Realize grades are still important!

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](http://www.college4less.com)



**Jodie Lynn**

### College Internship

**Q:** Our 18-year-old son is supposed to have an internship this summer at the college he is going to be attending in the fall. We think this is great. However, he wants to live in a college apartment and this is where we have a problem. He's never been away and we are apprehensive of the environment he could be introduced to during the "summer" party group. Are we being weird? Any rules that you could suggest?

**A:** If you haven't experienced any previous challenges with him drinking and partying, it may be a situation where you don't need to worry too terribly much. However, whether he is going early for an internship or moving into a dorm for the fall, this is a big step and most parents, as well as the kids, are more than anxious about leaving home and entering college. If for some reason you feel like he really is not ready to live on his own or not sure if he could easily be persuaded to party with the summer group, you might want to talk with the adult in charge of his internship and find out if there are other options for his housing for the summer. Oftentimes, there are families who take in college students just for the summer, especially if they are new to the area. It's more personalized because the people are doing it because they enjoy mentoring new kids and showing them around. You and your son can even meet them beforehand to get to know them a little better. This way, you can ask about their household rules and expectations and talk it over with your son. Of course, either way, we have to let our kids go, let them make choices and hope for the best.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. Her column Parent to Parent™ ([www.ParentToParent.com](http://www.ParentToParent.com)) has been successful for more than 15 years. She is a regular contributor to several sites and has written four books and contributed to three others, one of which was featured on the Oprah Winfrey Show. She has authored several books including *Mom CEO (Chief Everything Officer)*, *Having Doing*, and *Surviving it All!* and *Syndication Secret—What No One Will Tell You!* Check [www.ParentToParent.com](http://www.ParentToParent.com) for details on new radio talk show, Inside Parenting Success.



## On The Run



**Dr. Doug Richie**

### Foot Injuries at the Beach

With summertime here again, beach-goers should be aware of the potential for injury in the sand and in the ocean. Walking in sand barefoot may be a unique and joyful experience, but some caution should be considered.

Unfortunately, our beaches may be filled with debris, such as broken glass, torn aluminum cans, and even hypodermic needles. The use of sandals can minimize the risk of a laceration or puncture wound from a potential hazard buried beneath the sand.

In the ocean, natural wildlife may pose a threat to your feet and legs. Jellyfish abound in the waters off California. A jellyfish sting can be annoying, if not painful, but can be quickly remedied by applying rubbing alcohol to the affected area.

Sting ray injuries can be far more painful. To avoid these injuries, shuffle your feet in the sand as you walk slowly in and out of the water. If you have the misfortune of getting stung by one of these creatures, your best remedy is to soak the affected foot and leg in a bucket of very hot water (100–105 degrees F) for 30 minutes, then repeat once every hour until the pain subsides. Occasionally, antibiotic therapy will be needed as a follow-up treatment, so seek the advice of your physician.

Dr. Doug Richie is a sports podiatrist who has practiced in Seal Beach for 32 years. He is president of the American Academy of Podiatric Sports Medicine and serves as a medical advisor to *U.S. A. Track and Field*. 562/493-2451

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**Dr. Al Mijares**  
Superintendent

### New Web-Based State Assessments

Next-generation assessments are coming soon to a classroom near you.

Over the last few years, California has introduced new instructional standards emphasizing critical thinking, problem-solving and analytical writing in addition to subject knowledge. And with those new standards comes the need for fresh assessments to determine what students

know, how well they're learning and what supports they'll need to succeed in college and beyond.

Modernized exams created by the Smarter Balanced Assessment Consortium were designed to do just that, and this spring they will replace some of the older paper-based, multiple-choice tests that have reigned the world of public school accountability for decades. The new assessments will be taken online in grades 3 through 8 and 11, measuring student knowledge of English and math standards. And they'll use adaptive technologies that offer a customized experience for test-takers while providing precise data to indicate which skills and content areas have been mastered.

The Smarter Balanced tests will provide critical feedback to show whether students are on track to pursue colleges and careers after graduation, and teachers and schools will be able to access the results quicker than ever. But, because they are fundamentally different from previous exams, they won't initially allow for any reliable year-to-year comparisons. Instead, this year's scores will serve as a baseline for measuring progress over time, according to Christine Olmstead, the Orange County Department of Education's assistant superintendent of instructional services.

The Smarter Balanced tests may look different to students and educators, and early performance expectations should be tempered as the first scores establish baselines for measuring growth. But the results will present immediate opportunities for identifying the strengths and focusing on the needs of each student.

In 2014, California suspended its older standardized testing program to give teachers more time to prepare for this year's roll-out — and to focus on Common Core implementation. In the meantime, a number of districts in Orange County and across the state helped field-test the new assessments.

For more information about Smarter Balanced assessments, and to take a practice test, visit <http://www.smarterbalanced.org/>.

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## A Bit of History

### Old-Time Hero

By D.H. Coop

In the 1940s, the hero always rode a white horse or wore a white hat. Radio programs like *The Lone Ranger*, *Sky King*, *Red Rider*, *Roy Rogers* and my favorite, *Hopalong Cassidy*, were on the radio once a week. The hero was presented as an individual that always did the right thing and had no character flaws. The episodes ended with the hero riding off into the sunset with everyone waving goodbye.

The programs were sponsored by one product, which was part of the program. Decoder rings, badges and official documents were collectable items that made one a member of the select group of special agents for various programs. You could collect items by sending in parts of the package or digging into the package itself to find a prize.

I had all types of Hopalong Cassidy shirts, a hat and a pair of his white-handled six-shooters and holsters. When I wore them, which was every day, it would invariably start an argument with my friends over whose hero was the best. Then one day came the big chance to prove my hero was the best there ever was in the world. Roy Rogers was in a downtown department store to meet his fans. This was bigger than Christmas, and my grandmother took me down to see him.

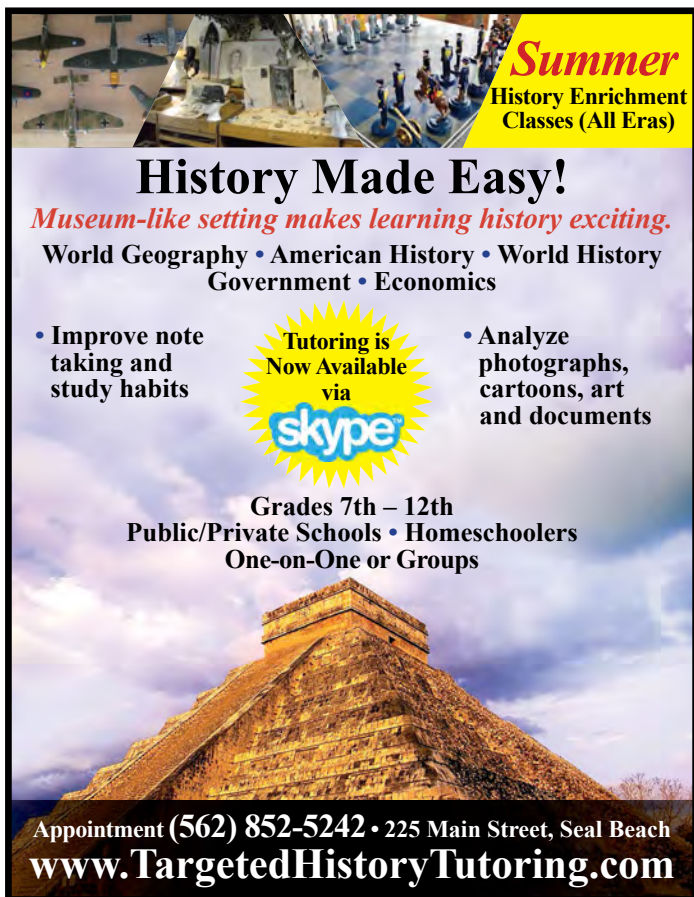
I showed up with my Hopalong hat, shirt and two six-shooters with the plan to outdraw Roy Rogers. I stood in the long line with others dressed in outfits that showed that they were Roy fans and knew they would be surprised when I outdrew Roy. As I waited in line with each step closer, the expectation grew about how I would say to him "Draw!" and reach for my six-shooters.

The line moved, and I could see him standing with hay bales on the floor stacked on each side. He stood there, shaking hands with each fan and giving them a signed picture. Then, as I got closer, I noticed it was Roy and his horse, Trigger.

I had not expected to see Trigger. When it was my turn to talk to Roy, I could not take my eyes off Trigger. The next thing I knew, I was being handed a photograph of Roy Rogers and Trigger, and out the door we went. I had not outdrawn Roy Rogers with my Hopalong Cassidy six-shooters. I had not even touched them, but I had seen Roy and Trigger. I did not feel I had let Hopalong down—I felt rather proud that I had met Roy and his horse.

I did see Hopalong Cassidy in person when he was the grand marshal of the Rose Parade. Both of these childhood heroes developed a sense of manhood that stayed with me over the years. They taught me to do things because they are right to do and that we need to work together to protect the weak. I miss the idea of old-time heroes!

D.H.Coop is a retired history teacher with AP and IB background. His museum like studio is located in Seal Beach. He offers private and group tutoring in the studio and via Skype.[info@targetedhistorytutoring.com](mailto:info@targetedhistorytutoring.com)  
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Kate Karp

More Multicultural Children’s Songs

In celebration of the giving season, here’s an offering from an award-winning children’s music icon. Smithsonian Folkways has just released Ella Jenkins’ 34th album, a sampler of music and spoken word that represents many diverse countries and cultures around the world.

Jenkins, called the First Lady of the Children’s Folk Song, has recorded collections for children since back in the days of vinyl. My teacher played her records when I was a child in 1957, and yours may have, too, in the six-plus decades of her still-active career.

This collection sends children on a global tour that will educate them about vocabulary, special celebrations and cultures from here in the United States straight through the planet to the Great Wall of China—well, actually, that would be in the Indian Ocean, but you get the idea. There are stops at an Australian zoo for a visit with the continent’s unusual animals, in Cuba for a dance lesson and in Israel for a dreidel spin. Children will learn how to count to ten in Spanish, French, German, Italian, Hebrew, Japanese and Greek (and in English, of course) and will hear how *Cairo* in Egypt is pronounced differently from *Cairo* in Illinois. And their passports are good for a dozen other lands.

Jenkins turned 90 years old in August, and she’s still singing. *More Multicultural Songs* comprises her continuing gift of learning and connection to cultures through song to children everywhere.

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



Going Green! — Word Search Contest

Yes, we ran this before...do you remember the missing word?

**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](mailto:Kay@schoolnewsrollcall.com)  
(Please put NMUSD in the subject line)

Entries must be received by July 15, 2015

From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

- |              |           |                |
|--------------|-----------|----------------|
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Congratulations to Sondra Scott  
the April Winner!



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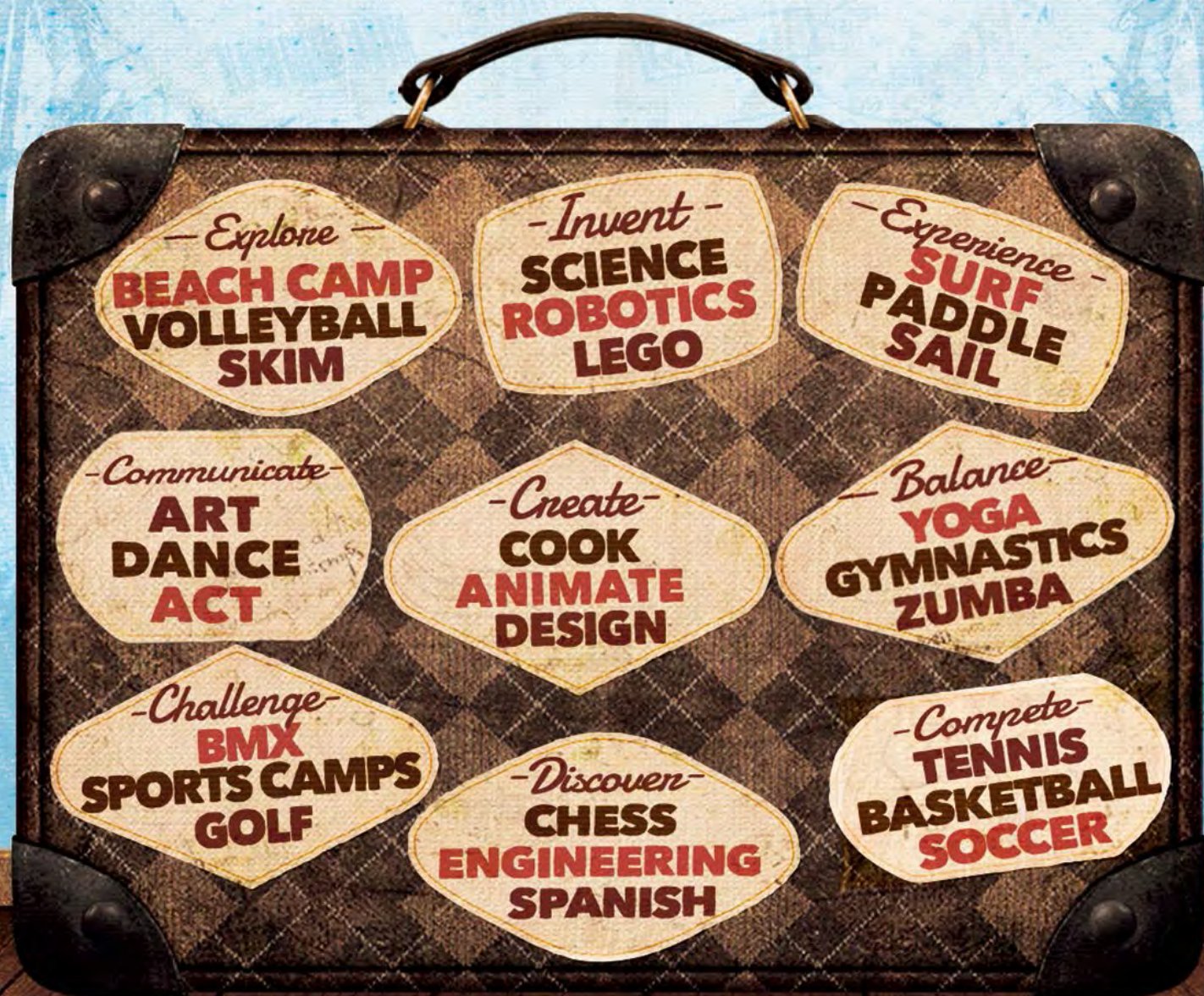


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