

FREE

# School News

*Education + Communication = A Better Nation*

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



Volume 12, Issue 70

June 2016

## Students Study California Missions



Victoria Elementary 4th grade students visit Mission San Juan Capistrano. (page 21)

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## SUPERINTENDENT

### Newport-Mesa Recognizes Six Seniors as Part of the Fourth Annual Superintendent Character Trait Awards

Newport-Mesa Unified School District (N-MUSD) recognized six high school seniors for their exceptional character leadership traits. The goal of the Character Trait Awards Program is to identify six seniors, one from each high school, who exemplify one of the six pillars of character: trustworthiness, respect, responsibility, fairness, caring, and citizenship.



**Dr. Fred Navarro**

N-MUSD has a wealth of incredible students, and it is gratifying to annually recognize a few of them. The selected high school seniors reflect strong leadership traits and a culture of kindness, which is important in a school learning environment.

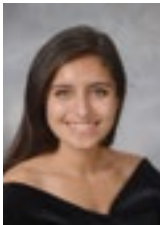
Congratulations to the following students selected for this honor:

#### **Peyton Espley-Jones** **Newport Harbor High School** **Caring**



Selected for the Character Trait Award for caring, Peyton regularly displays a caring, positive, optimistic approach to things. She is personable, compassionate, and driven to succeed. She is president of a student body of more than 2,500 students and consistently spends time and energy to improve the lives of others through her genuine, caring nature.

#### **Clarissa Barragan** **Estancia High School** **Fairness**



Selected for the Character Trait Award for fairness, Clarissa is good natured, open minded and patient. She is respectful toward peers and staff, carefully listens to others' viewpoints during class discussions, and thoughtfully considers differing points of view.

#### **Menzin Echols** **Back Bay High School** **Responsibility**



Selected for the Character Trait Award for responsibility, Menzin has maintained excellent attendance and stellar grades and has earned the respect and friendship of his peers as well as the Back Bay faculty and staff.

#### **Nora Vartanian** **Costa Mesa High School** **Citizenship**



Selected for the Character Trait Award of citizenship, Nora maintains a 4.3 grade-point average, while balancing her academic activities and activities outside of school. She is a member of the Madrigal Choir and the varsity cheer team. She advocates for the needs of herself and others and is active in her church and numerous community service activities.

Getting to know these students and their genuine, good-natured approach to life is something that I look forward to each year. Congratulations to these exceptional students and good luck in your future endeavors!

#### **Ryan Kassel** **Corona del Mar High School** **Respect**



Selected for the Character Trait Award for respect, Ryan is unfailingly curious, kind, and respectful to his peers, teachers, and coaches. He is captain of the varsity cross country team and participates as an intern in the bio-robotics lab at University of California, Irvine.

#### **Kaitlynn Kistler** **Early College High School** **Trustworthiness**



Selected for the Character Trait Award for trustworthiness, Kaitlynn is a dedicated, thoughtful, and hardworking student. She is a member of the National Honor Society and dedicates her time to assist struggling classmates, going above and beyond to offer her support.



## City of Costa Mesa



**Stephen  
Mensinger**  
Mayor

### Service Over Self

When I think of great leaders, I think of those who believe in service over self. They walk arm in arm with their constituents and roll up their sleeves and get things done. That's how I've tried to model my career and my time in public service.

That belief in service is why I walk our city streets to get to know the root of our residents' concerns. It's why I meet monthly with any citizen who wants to talk and express their concern to me. It's why I just recently spent a Saturday helping those less fortunate clean up and paint their homes. It's why I'm in constant contact with my constituents via phone, email or social media.

As a leader of local government, I want my constituents to know I'm accessible and approachable. I believe it is critical to be responsive and quick to address the concerns and problems that our residents face. That's how you build trust in government and the services we provide. Our local residents deserve that and should demand nothing less.

77 Fair Dr., Costa Mesa, CA 92626 • 714/754-5107  
www.costamesaca.gov

## City of Newport Beach



**Diane Dixon**  
Mayor

### Have a Fun Summer

As the school year draws to a close, I encourage you to check out the variety of camps, events and classes the City of Newport Beach offers throughout the summer months.

Camp Newport has summer camps for children of all ages and interests including adventure, science, sports, performance and more. Visit [campnewport.com](http://campnewport.com) to check out the selection and to register.

The Newport Navigator is the City's catalog of events and recreation activities and classes for children and adults. Most of our camps and classes require a fee, but there are a number of events and activities that are offered at no charge. Visit [newportbeachca.gov/recreation](http://newportbeachca.gov/recreation) for more information on City programs.

For those interested in relaxing with a good book, the Newport Beach Public Library will have summer reading programs for kids, teens and adults. Plus, during the months of June, July and August, the library will offer fun activities for children such as crafts, games, animal magic, and a bubble party too. Visit [newportbeachlibrary.org](http://newportbeachlibrary.org) for more details.

I wish you a safe and fun-filled summer!

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



*Netragrednik*



**Kay Coop**  
Founder/Publisher

Congratulations Class of 2016! We wish the graduates well as they go on to higher learning or out into the workforce. It is wonderful to read Fire Chief Dan Stefano's article on the next page being a proud graduate of NMUSD. We'll look forward to publishing articles from some of this year's graduating class when they come back to teach in their alma mater.

In this issue you will read about a Hawaiian Field Trip, Robotics, BARK, Coding, Gold Ribbon Schools and so much more. As always we appreciate your continued loyalty including *School News* among your reading choices. I especially enjoy your emails when you send the answers to our contests. We have a Word Search on page 26 in our AHA Section, where you will also read the opportunities for summer reading at the libraries. In this section, there are many choices of camps and things to do this summer including going to Circus Vargas!

Our next issue is October 12. Have a fun summer!

## School News

*Education + Communication = A Better Nation*

**www.schoolnewsrollcall.com**

covering the

**NEWPORT-MESA UNIFIED SCHOOL DISTRICT**

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## Costa Mesa Fire & Rescue



**Dan Stefano**  
Fire Chief

### Proud Graduate of NMUSD

With this school year now coming to a close, it hits home that this will mark my 30th year as a proud product and graduate of the NMUSD system, extremely fortunate to have attended from K-12 and incredibly grateful to the many extraordinary teachers and coaches I had along the way. What resonates most now is the next generation of NMUSD's graduates closing out one of the most formative chapters in their lives; most not yet fully digesting the extent and depth of valued lifelong impacts their teachers and coaches will have had on them, bridging the knowledge and exposure taught in the classroom to the core values and lessons learned at home, which absolutely go hand in hand.

Speaking of hands, Costa Mesa Fire & Rescue is promoting hands-only CPR during June and July, partnering with area schools, businesses, and the community. The first step is taking just 60 seconds to learn how to save a life and sharing it with the important people in your life — the time is now — [heart.org/handsonlycpr](http://heart.org/handsonlycpr)

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**Heidi B. Starnes, DDS, MS**

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## Nutrition Services

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)



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

### Don't Forget Breakfast!

*By Nicole Pierce, Dietetic Intern –  
California State University, Long Beach*

Many students eat breakfast during the school year but stop once the excitement and busyness of summer arrives. Breakfast is important because it provides important nutrients, including fiber, calcium, and protein. It also provides energy to kick start the day and fuel the brain.

Even though eating breakfast is a healthy habit, some people still skip it because they're trying to lose weight or save time and money. Taking a little time each

morning for breakfast can help to reduce the risk of gaining weight or getting sick.

Need some breakfast ideas? Try eating whole-grain, low-sugar cereals, low-fat milk, fruits, and vegetables. Foods with lots of protein, such as eggs, Greek yogurt, or lean meats, are also good choices. Go a little crazy and have dinner for breakfast. Leftover chicken, rice, and vegetables make a great morning meal!

Need some breakfast help? Free breakfast and lunch for children up to age 18 will be available this summer at Wilson Elementary School and Costa Mesa High School. For more information visit us at [www.nmusd.us](http://www.nmusd.us). Happy eating!

## School Health Services

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



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

### Safe Summer Fun

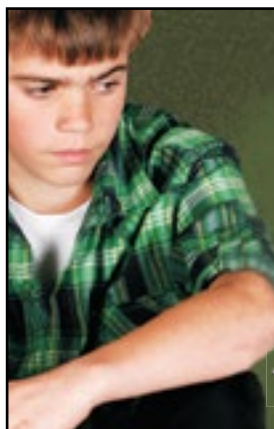
For most of us, summer brings a welcome change of pace from school and hectic schedules. Summer also allows many enrichment activities for children. Whether they are engaged in indoor or outdoor fun, there are ways to be safe, healthy, and still enjoy summer.

Water activities have many benefits, including social, emotional, and physical-health ones. Nevertheless, it is important to master water safety to prevent drowning, injuries, and illness.

Sun and clear skies are also frequently enjoyed in the summer. However, whether you are at home or travelling, hot weather can also pose a health risk.

You will want to prevent overheating and sunburn. As many people also hit the hiking trails and set up camp, it will be necessary to guard against mosquitoes and other bugs. Use proper clothing, repellents, screens, and always check for ticks!

Always plan ahead to keep your children and family members safe and healthy, and to prevent injuries. The CDC has helpful summer safety information on its website at <http://www.cdc.gov/family/kids/summer>. Our Health Services team wishes you a safe and healthy summer. See you in the fall!



**School/Behavioral Problems  
Teen Issues/Bullying**

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Conflict Resolution	Co-Parenting
Communication Issues	ADD/ADHD

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[www.Parenting-Teenagers.com](http://www.Parenting-Teenagers.com)

**Suzan Aldimassi, M.S., MFT #40245**  
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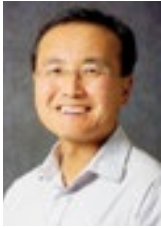
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# Fountain Valley Regional Hospital and Medical Center

17100 Euclid St., Fountain Valley, CA 92708 • 714/966-7200 • [www.fountainvalleyhospital.com](http://www.fountainvalleyhospital.com)

## Swimming Safety for Children



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

With summer near, children will be naturally drawn to water. They can splash in it, float on it and dive through it. Water can also be dangerous. Approximately 1,000 children drown each year, most often in the home swimming pool.

Parents can help keep their children safe around water by following these recommendations to avoid health risks while still having fun.

- Teach children how to swim. The American Academy of Pediatrics recommends children begin swim lessons at age four.
- Supervise children at all times when they are in the water. Knowing how to swim does not mean children are safe in the water.
- Remove toys from the water so children are not tempted to retrieve a toy.
- Use waterproof diapers for babies and change them often. Babies can spread the parasite cryptosporidium through fecal matter.
- Surround your pool at home with a fence that is at least four feet tall and has a self-closing and self-latching gate (latches should be out of the reach of children).
- Empty blow-up pools after each use.
- Watch out for currents and tides at lakes or beaches. Check with local authorities to determine whether they have posted warnings for dangerous tides.
- Don't let children dive into a body of water without first checking the water depth.
- Don't allow children to swim with an open sore, cut or scrape.
- Don't allow children to run around a pool, roughhouse, or push others into the water.
- Don't allow children to play near or sit on a pool drain.



## Wellness begins with Fountain Valley Regional Hospital and Medical Center



### About Us

Fountain Valley Regional Medical Center has provided high quality health care to residents of western Orange County since 1971. Our 400-bed hospital has grown to meet its communities' needs to become the full-service hospital it is today. With more than 40 specialties spanning maternal/fetal care, acute pediatric care, surgical services and advanced cardiac and stroke care, Fountain Valley Regional Medical Center provides a full spectrum of quality healthcare services for the entire family.

### Awards and Distinctions

In recognition of delivering outstanding patient care, our hospital has received many awards and designations, including:

#### TOP PERFORMING:

- "A" Rated for Patient Safety (Leapfrog Group)
- Tenet Healthcare Circle of Excellence Hospital

#### FIRST:

- Accredited Chest Pain Center in OC (SCPC)
- Accredited Inpatient Diabetes Care Program in OC (TJC)

#### SPECIALIZED:

- Certified Pediatric ICU: 1 of only 2 hospitals in OC (CCS)
- Mazor Robotic Spine Surgery: 1 of 4 hospitals in southern California

#### QUALIFIED:

- Accredited Cancer Program (CoC)
- Accredited Diabetes Programs (TJC, ADA)
- Accredited Primary Stroke Center (TJC)
- Award-winning care for Heart Failure and Stroke (AHA GWTG Program)
- Bariatric Surgery Center of Excellence (MBSAQIP, CIGNA)
- Aetna Institute of Quality<sup>SM</sup> for Cardiac Rhythm, Disease Diagnosis & Treatment and for Total Joint Replacement & Spine Surgery
- Blue Distinction Center for Cardiac Care<sup>SM</sup> and Blue Distinction Center+ for Spine Surgery & Knee/Hip Replacement

[www.fountainvalleyhospital.com](http://www.fountainvalleyhospital.com)

17100 Euclid St, Fountain Valley, CA 92708

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# District Transportation

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



**Pete Meslin**  
Director

## Inspiration from CEC

I recently had the honor of presenting at the annual Council for Exceptional Children (CEC) conference. There were thousands of special educators and teachers of gifted students who came together to share best practices and leading-edge ideas. I came to the conference expecting to be dazzled.

I was very awestruck by the sheer volume of people and programs available. I was also impressed by the passion of the attendees for learning and sharing. However, I am very proud that I saw very few presenters or attendees with more passion for serving students than Newport-Mesa Unified School District's

teachers and staff. I knew I was lucky to work with such a caring group of people. I just didn't know how lucky.

I've always maintained that our Transportation Department is one of the best. We don't talk about it very much. We'd rather just humbly show it. Although I've always enjoyed working with our teachers and administrators, I wasn't quite sure how they stacked up against the best in the nation. Admittedly, I'm not an expert, but I'm pretty sure there aren't many any better than ours.

Have a great summer! And don't forget to get your bus passes early. You can now purchase and submit the applications online.

## Adams Elementary (K-6)

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



**Gabriel DelReal**  
Principal

## The Pyramid of Success

Adams Elementary School students were recently treated to a special assembly that reinforced our "Pyramid of Success" character program.

Special guests at the assembly included Peanut Harper, author of *Inch and Miles: The Journey to Success*; Scott Juniper, UCI Women's Head Soccer Coach; and three players from the UCI Women's Soccer Team.

During the assembly, Coach Juniper and the players talked about which blocks on The Pyramid of Success are the most meaningful to them. Students heard inspiring stories about determination, fitness, and confidence. They were also able to watch as the UCI soccer stars demonstrated ball-juggling and goal-kicking techniques.

We all had a blast, and walked away with excellent examples of how The Pyramid of Success helps everyone reach their own personal best.



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

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



**Dr. Shannon Bray**  
Principal

## Gold Ribbon Recognition

The California Department of Education (CDE) awarded the Gold Ribbon Award to Andersen Elementary School in recognition of outstanding educational programs and practices to close the achievement gap.

The Gold Ribbon program replaces the California Distinguished Schools program during the two years that the state is developing new assessment and accountability systems. The Gold Ribbon

program is different from the California Distinguished Schools program in that it focuses on recognizing schools that demonstrate academic progress through the implementation of the new state standards.

Andersen was recognized as a Gold Ribbon School for success in closing the achievement gap through their Response to Intervention Program: Scholar Rotations Program. The Scholar Rotations Program has resulted in more than 90 percent of students scoring at or above standard in English language arts and mathematics. Andersen students consistently rank in the top 10 percent statewide in standardized testing.



## Back Bay/Monte Vista *High School*

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



**Debbie Lucker-Davis**  
*Principal*

### Successful Alternatives

This year has been no exception to the progress that students from all three alternative-education programs—Back Bay, Monte Vista and independent study—have made. With teacher and counselor support, students who attend daily and complete the assigned work earn 15 extra credits annually, register for test-outs, and complete classes outside school hours, sometimes graduating early and getting an early start on career

or college. Students who are parents and in the workforce

can finish school and continue with their lives through the independent study program. Both Back Bay and Monte Vista campuses graduated 16 students early this year.

The State of California realizes that not all students can complete four years of high school without facing obstacles that may be personal, emotional or family related. Not all families or students face the same challenges; with this in mind, the State has created several continuation high school programs. We take full advantage of all avenues of study, matching each student with the best graduation plan for his or her unique needs. If you're interested in pursuing an alternative path, please talk to your school counselor.

## California *Elementary (K-6)*

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



**Matthew Broesamle**  
*Principal*

### BARK

Students in first and second grade have enjoyed the opportunity to read with a volunteer and her dog, Sierra, from Beach Animals

Reading with Kids, also known as BARK. BARK is an all-volunteer program that encourages children to



**First grade student Mia reading with Sierra**

increase their reading skills and self-confidence by reading aloud to certified therapy dogs. We are thankful to be one of the 100 schools that BARK dogs work with, and we look forward to continuing this partnership in the future. The participating students absolutely love the chance to read with Sierra and her owner. Each student reads with Sierra once a week for about 15 minutes.

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

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

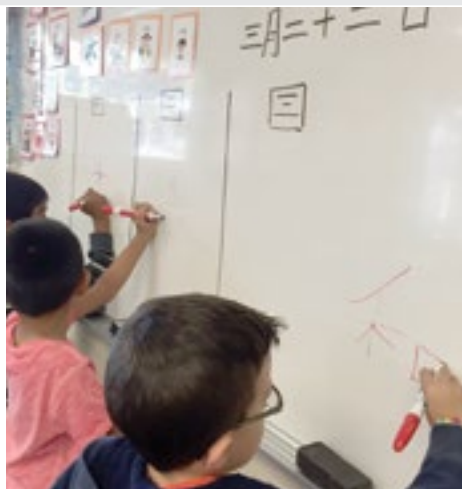


**Julie McCormick**  
*Principal*

### Ancient Fun

The College Park community enjoyed the spring musical Willy Wonka, Jr., led by music teacher and volunteer Mr. Paul Leedy.

Mr. Leedy led a school choir comprised of 98 students. They learned about stage production, performing, sets, and props. Most importantly, they learned how to work together and have fun!



Our College Park sixth-graders also participated in a week-long simulation of Greek life in ancient times. Each student first researched a god or goddess, and then dressed up in typical attire and competed in the Olympics. They competed against one another in javelin, shot put, relay, chariot races, long jump, and discus.

There are still openings in the Mandarin Immersion Classes for kindergarten and first grade. Please see the school's web page for more information, at <http://collegepark.nmusd.us>.

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

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



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



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

### Robotics Club

The Corona del Mar robotics club put their engineering skills to the test at the annual FIRST® World

Championship in St. Louis, Missouri where 600 teams from 24 countries competed. CdM, considered the underdog at OC Regionals, advanced to finals and earned the wild-card invitation to FIRST. Around the world, 3128 teams competed to earn this trip!

The team worked alongside engineering mentors to design, build and program a game-playing robot, learning skills such as Computer Aided Design, prototype development, coding and various shop/machine tools. Their defensive robot, put on quite a show! Although they didn't win, the FIRST experience inspired these students to further develop their skills in science and technology. They can't wait to build a better bot!



## Costa Mesa *High School (7-12)*

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



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



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

### Oh, the Places You'll Go!

CMMS/HS college and career (C&C) world had a busy year! Counselors, the ROP career specialist and the C&C guidance specialist together hosted 95 events, college visits and field trips that attracted over 1,000 participants. The C&C guidance specialist's role to

create opportunities for discovery of strengths, interests and future options is invaluable to C&C readiness. Along with individual appointments, information nights and workshops, we added monthly Lunch & Learns. These

events facilitate conversations between professionals and seventh-to-12th-grade students. Each focuses on an industry: business, health care, government, military, engineering, certification programs, hospitality and tourism, and human services. Along with knowledge and insight, students leave having expanded their network of mentors, internship opportunities and other benefits.

Counseling and the C&C Center plan on continuing to expand programming and support services for all students, whether they plan on going to a four-year school, a community college, the military, or the workforce. With plentiful opportunities for students to find their passions, purposes and paths, we are so excited to see all the places that our students will go—work, military, college and beyond!

## Davis Magnet (K-6)

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



**Christy Flores**  
*Principal*

### Reaching for the Gold!

It has been an award-winning year for Davis Magnet School! For the first time, Davis was recognized by the state for its achievements in excellence and was awarded the California Gold Ribbon Award. The school received the award for providing exemplary hands-on learning opportunities for students in Science, Technology, Engineering, and Math (STEM), for closing the achievement

gap, for the use of technology, and for parent and community involvement.

In addition to receiving this honor, students were recognized in several other areas and competitions

around Orange County. For the first time, Davis had student representation at the Orange County Science and Engineering Fair and even had a student receive a third-place ribbon at this prestigious competition. Students also excelled in robotics by winning the first-ever Newport-Mesa Unified School District Robotics

Competition. Davis students not only succeeded in the classroom, but in athletics as well. For the second time in three years, the Davis fourth-grade street hockey team won the Anaheim Ducks Scholastic Curriculum Of Recreation and Education (SCORE) Tournament.

Congratulations to all of our students for their wonderful accomplishments and thank you to the staff and parents for their continued support.

## Early College High School (9-12)

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



**Dr. David Martinez**  
*Principal*

### Continuing a Tradition of Excellence

Our school was recently recognized this past month as a Silver Status Best High School by the U.S. News & World Report and received top-ranking status both on the state and national levels. The school also received a top 10 percent nationwide designation by the Washington Post. We are extremely proud of our students who are achieving excellence in the classroom, as many are doing so with other obligations that exist in their lives.

Open House in April was a very well-attended event, as

this was an opportunity not only for our current families to visit their child's classes but also for prospective students and their families to visit our to school. Early College High School is striving to offer acceptances to as many as 100 incoming ninth-graders for the upcoming 2016-17 school year. We've offered 60 acceptance letters to prospective ninth-graders, and the number is rising.

Our school's graduation ceremony celebrating the accomplishments of our Class of 2016 will be held at the Moore Theater on the campus of Orange Coast College at 3:30 p.m. on June 2.

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

## Horace Ensign Intermediate (7-8)

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



**Michael Sciacca**  
*Principal*

### Writing Across the Curriculum

Ensign Intermediate is implementing a comprehensive writing intervention and enrichment program to enhance the writing skills of students of all ability levels.

Our staff is engaging in writing across the curriculum to ensure common foundational practices in all subject areas for the seventh and eighth grades. Students will receive common instruction with regards to

annotation, summary, and analytical writing in all classes.

In addition to writing across the curriculum, Ensign

is also running a three-tiered writing intervention and enrichment program. Tier 2 intervention classes will focus on students in need of foundational reading and writing skills. Tier 1 intervention will focus on mid-level writers who need a little extra help to become strong writers. Creative writing and analytical writing groups will also be established to provide enrichment opportunities for our highest-level writers.

Ensign students will have more meaningful writing experiences next year than any other middle school in the county.

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



## Eastbluff *Elementary (K-6)*

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



**Cheryl Beck**  
*Principal*

### Peer-to-Peer Coding!

Eastbluff students are participating in exciting STEM activities! Our entire school participated in Hour of Code Week and are still enthusiastically coding in the computer lab! We also have Coding Club in partnership with the YEP for Kids Foundation, a nonprofit group formed by a CDM student to teach children to code.

Our students partnered with high school mentors who taught them essentials of Scratch and Java Script coding-programming languages. They focused on the logical mindset used to break down real-world problems into components they could tackle through coding. We also began a lunchtime Robotics club, using VEX IQ robots. Twenty upper-grade students have been working hard in robots cooperative teams to later compete in scrimmages with other NMUSD elementary schools!

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



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

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



**Dr. Deborah Granger**  
*Principal*

### Our Eyes Twinkle—in Gold!

Kaiser was thrilled when the news arrived that we're a California Gold Ribbon School! During the past two years, we've focused heavily on reading—excellent reading skills are essential to success in all school subjects.

With great thanks to the PFO, Kaiser uses Accelerated Reader and this year added SIPPS, a third-grade reading program that also helps upper-grade students needing a boost. Kaiser's librarian dedicates every day to creating a love for reading matched by schoolwide use of close-reading strategies and Thinking Maps to support reading comprehension. We celebrate the reading-writing-performing connection with Imagination Machine assemblies, Author's Day and Kaiser's Young Authors' Faire.

We "Read All Day"—being "RAD" deemed Kaiser worthy of Gold Ribbon distinction. What a perfect way to cap off the year!

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



**We Read All Day at Kaiser!**

## Estancia *High School*

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

**Michael Halt**, *Principal*

### Soaring Over California

Estancia High School students recently visited college campuses in northern California. In conjunction with Estancia's Puente Program, 50 A–G eligible 10th- and 11th-graders attended a three-day tour of University of California, Santa Barbara; California Polytechnic University, San Louis Obispo; University of California, Santa Cruz; San Jose State University; and University of California, Berkeley. Tours were proudly led by Estancia

alumni, whose enthusiasm and expertise inspired current students.

Eagles were exposed to all aspects of campus life, including lecture halls, dorm rooms, dining halls, campus clubs, and libraries. While in the Bay Area, students also travelled via Bay Area Rapid Transit (BART) to San Francisco and visited the Golden Gate Bridge.

Many students will begin their college applications this fall.

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



**Estancia students touring UC Santa Barbara with 2015 Estancia graduates Chris Perez and Briseida Miranda (bottom right).**

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

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



**Dr. Todd Schmidt**  
*Principal*

### Making the World a Better Place!

Each year, Harbor View Elementary partners with Team Kids, a nonprofit organization whose focus is developing community-minded children. The purpose is for students to take ownership of making their communities better places on their own.

For a month, students in grades four through six organize weekly drives to better some local charity or organization. This year, our first week was spent writing

positive letters to the Newport Beach police and fire departments. The next week, the focus was a used-book drive to fill the library of an elementary school in Compton. The third week was spent collecting towels and blankets for a local pet rescue.

The culminating activity is a student-organized carnival in which the proceeds benefit a charity of the students' choosing. This year, students at Harbor View raised \$2,500 for City of Hope!

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



## Killybrooke *Elementary (K-6)*

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



**Dr. Lorie Hoggard**  
*Principal*

### Focused On Improvement

Killybrooke School was recognized as a 2016 Gold Ribbon School by the California Department of Education. Killybrooke has made great strides in increasing the academic achievement of all students and closing the achievement gap for English learners and socio-economically disadvantaged students by utilizing six exceptional systems designed to help all students achieve. We are also using technology (including a one-to-one netbook ratio) as a tool to maximize student learning.

Our academic growth over time is noteworthy. California Standards Test (CST) scores from 2004 to 2013 showed

continual improvement, with our Academic Performance Index (API) scores increasing from 667 to 867, well above the state target. On the 2015 Smarter Balanced Assessment Consortium tests, students exceeded district, county, and state averages. Our spring 2015 reading scores showed 74 percent of our students were proficient or above, and the Standardized Testing And Reporting (STAR) reading scores showed that 76 percent of our second- through sixth-grade students were proficient or above.

It is our goal to continually improve these scores each year through focused and strategic instructional efforts. We are proud of our students!

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

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

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



**Carrie Gammel**  
*Principal*

### Be Our Guest

Through the combined effort of parents, teachers and students, 104 Lincoln Elementary School sixth-graders, performed "Beauty and the Beast" and entertained our many guests. Practices began in December for the March performances. Students learned choreography and acting techniques two to three days a week after school to prepare for the show.

Two extraordinary casts became imaginary creatures, bringing the characters to life. Village people, decked out

in period costumes, opened the play singing "Bonjour." The casts energized the audience with their Busby Berkeley-style choreography as they sang "Be Our Guest." Dazzled by sets covered with glitter, the audience reveled in "Human Again," which featured a dancing library.

Our students performed with such a level of sophistication that the audience was amazed. One parent commented, "This school should be renamed Lincoln School for the Performing Arts!"

Thank you to all who helped to make these shows possible!

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





## Mariners *Elementary (K-6)*

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



**Dr. Laura Sacks**  
*Principal*

### These Are a Few of Our Favorite Things...

Laughter. Joy. Mirth. Music. And we have it all, thanks to our Orange County Teacher of the Year for Elementary Vocal Music, Tamara Fairbanks.

Tamara has outstanding energy and enthusiasm and an abiding commitment to children and the arts. Our children sing to new heights through Tamara's collaboration with the Pacific Chorale, march to the beat while rehearsing for the Balboa Island parade, and perform concerts to standing-room-only crowds and shouts of Bravissimo! Students from kindergarten through sixth grade are thrilled to be in Ms. Fairbanks' class. We have a school song and a lobby full of plaques and trophies thanks to our cherished teacher. Congratulations to Tamara from all the Marlins who love her.

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



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

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



**Dr. Duane Cox**  
*Principal*

### Committed to the Arts

Newport Coast Elementary is committed to the arts. Recently we held concerts which focused on our students' development and understanding of music theory. Kindergarteners begin learning beat and tempo with percussion instruments, third graders use recorders as they read lines of music, and upper graders play woodwind and brass instruments as they engage in more

complicated music. Our music teachers provide instruction within the day and then invite students to participate in extracurricular Choir and Orchestra programs. All NCE students leave with the knowledge and skills necessary to join the Corona Del Mar High School Music Program and may choose to continue to play music for the rest of their lives. NCE Coyotes and our community value music education.

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



## Newport Elementary (K-6)

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



**Rich Rodriguez**  
Principal

### Home Design Project

*By Eric Saba*

The fifth-graders at Newport El had a great time designing homes! We took a field trip to a large furnishings store. They gave us a tour of their design floors and taught us how to furnish a house, choose colors that go together, and design strategies. We were given a budget of \$6,500 to design and furnish a room.

We chose the furniture that would go best with our house and completed our budget on a spreadsheet, including tax and shipping. Our spreadsheets, floor plan and descriptions were done on Google Sheets with our Chromebooks. We transferred our proposal onto a storyboard and presented our projects to the judges. The categories included: presentation, professionalism, budget and design. It was a fun learning experience!

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



## Newport Heights Elementary (K-6)

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



**Somer Harding**  
Principal

### Robotics Competition

Newport Heights' students competed in Newport Mesa's first ever Robotics Competition and Showcase. The Heights was one of four different elementary schools to send a team of 5th and 6th graders to the competition.

This is the first year students have been working with robotics at NHES and the students have really taken to it. Robotics made its way on to the NHES campus as part of a STEAM enrichment program in the upper grades. Students strong interest in working with the VEX robotics kits led 6th grade teachers Karl Kimme and Stephanie Laquin to form a Newport Heights robotics team. The event was a wonderful showcase of the creativity and ingenuity of NMUSD students. It was an exciting event for the students and the Sharks brought back a second place award. Way to go Sharks!

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







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

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



**Sean Boulton**  
*Principal*

### Spring Break: Hawaii Field Study

Students spent their spring break exploring the Big Island of Hawaii with Mr. Brazelton, Mrs. Barry and Mr. Boulton as their guides. The 22 young people were worn out but smiling ear to ear when their heads hit the pillows each night!

A day in Volcanoes National Park, including a long hike, made for a great time in a living geology lab. The 'Imiloa Astronomy Center at the University of Hawaii's Hilo campus provided a view at a 9000-foot elevation of the vivid expanse of the Milky Way

across the night sky. Jupiter and the Galilean moons, the Orion Nebula and the Pleiades star cluster made appearances, too. Students snorkeled at the island's many sights to meet tropical fish, corals, and the occasional honu (sea turtle). The final evening was spent snorkeling with manta rays—literally awesome! It was hard to choose a favorite memory!

The students also enjoyed the local food at the hotel's breakfast buffet, fresh-caught seafood, and a visit to the southernmost bakery in the U.S.—Panalu'u bake shop—for fresh Hawaiian sweet bread.

Planning for next year's Hawaii trip is already underway!

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

## Paularino *Elementary (K-6)*

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



**Dr. Amy Nagy**  
*Principal*

### After-School Enrichment

Paularino Elementary School recently added four after-school enrichment opportunities that align to the Newport-Mesa Unified School

District's Signature Academies.

Students in the Creative Arts Club use their imaginations and artistic talents to create a variety of amazing projects. Students in the Performing Arts Club express their creativity through drama, music and dance. Currently, they are learning a hip-hop dance and will perform at an upcoming flag deck.



**Math Team members work to solve an engineering task which is part of the spring competition. Brian Nguyen and Jonathan Tysor, 6th grade, Mark Hernandez and Paul Park, 4th grade, and Kevin Perez Cruz, 5th grade**

Students on the Math Team are preparing for a countywide completion, which will showcase their mental math skills, problem solving, and teamwork capabilities. Our Science Club gives students an opportunity to explore through hand-on experiments and observation.

These programs, run by our amazing teachers, are free to students. Paularino is a great place to learn!

## Pomona *Elementary (K-6)*

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



**Megan Elsten Brown**  
*Principal*

### Gold Ribbon Worthy

Pomona grabbed the brass ring when we set out to design a program that ensures that all of our kindergarten- through third-grade students will receive exemplary foundational reading skills instruction.

Brass turned to gold too as Pomona Elementary School was also recognized as a Gold Ribbon School for its systematic reading program, which uses small-group dynamics to deliver adaptive reading instruction to achieve academic success. Students who require intensive intervention are placed in groups as small as two, while those

who have mastered grade-level foundational skills can receive teacher support to move beyond grade-level expectations.

The reading program, which is flexible and adjusted throughout the year, has resulted in 10 percent more students scoring at benchmark reading levels. STAR testing data has also showed an 18 percent drop in students reading two or more years below grade level.

The Pomona learning community will celebrate this honor on June 9 at our Open House. Join us as we recognize the teachers, staff, students, parents, and community members who have made Pomona Elementary School Gold Ribbon worthy!

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

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

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



**Dr. Kalim Rayburn**  
*Principal*

### Opinion/Argument Paper

Rea 5th graders finished writing their first opinion/argument paper where they researched and clearly stated their opinion on serving chocolate milk at Rea. The results of their opinion identified 13 students who feel we should continue to serve chocolate milk because some milk is better than no milk and 19 students who felt strongly that we should discontinue serving chocolate

milk, arguing that the added sugar and conversion of sugar when digested defeats the purpose of drinking milk. After presenting their logically ordered reasons supported by facts and details students met the Director of Nutrition Services, Dale Ellis where she shared the results of the district study learning that chocolate milk at lunch is here to stay.

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



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

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



**Kira Hurst**  
*Principal*

### TeWinkle Robotics Team is At it Again!

Students were invited to compete with other NMUSD schools. Robots were built by the TeWinkle team who created robots smart enough to roll a ball, pick up an object, and push over opponent's robots! Although completion was present, student had to be divided within each other, prompting TeWinkle students to use their skills in Respect, communication, and collaboration

with other school without difficulty. This competition not only highlighted skills in math, science, and teamwork but in being able to compete along with other schools and adapting to different rules at a moment's notice. Congrats to our Tewinkle robotics Team! According to our very own seventh grader quoted in the *LA times*, Christopher Newell, "You learn about teamwork because you have to work with your partner to put together all the pieces."

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

## Whittier *Elementary (K-6)*

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



**Scott Wilcox**  
*Principal*

### Dual Immersion

Great things are happening at Whittier School! This year we officially implemented our dual immersion program. What is dual immersion? It's using English and Spanish simultaneously to teach the grade-level curriculum while promoting student biliteracy.

This year our program began with the participation of two classrooms in kindergarten. Both teachers teach language arts and math (one teaches in Spanish and the other in English), but the

students experience the curriculum in both English and Spanish by switching classrooms midday. The content is identical, but the languages are different. Both classrooms are set up so that they look the same, thereby facilitating the idea of "same class, different language."

Our parents and staff members are excited to see Whittier students beginning to speak, comprehend, and read and write in two languages as they move on the way towards becoming bilingual.

Que bueno! That means great!

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



## Sonora *Elementary* (K-6)

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



**Christine  
Anderson**  
*Principal*

### Tall Ships

*By: Ava Muniz, Sophia Catania  
& Lena Nguyen*

In April our sixth grade classes went to San Pedro to sail on two identical, historical, 110 foot long tall ships, named after the couple who founded the sailing company- the Irving Johnson and the Exy Johnson. The left side of the ship is called the port and the right side is called the starboard. We had to

shout, "Starboard ready!" or "Port ready!" after we finished coiling our ropes. We also learned about the different types of coils, including the figure 8 coil, deck coil, and wrist coil, as well as how to belay the ropes. Another part of our learning that day was how to figure out ship navigation out at sea.

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



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## Victoria *Elementary* (K-6)

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



**Dr. Aaron Peralta**  
*Principal*

### California Missions

The 4th grade students at Victoria Elementary have been learning about the California Missions. In March, students culminated the unit of study with a visit to the beautiful Mission San Juan Capistrano. Students learned about the history of the 21 missions, and the effect the missions had on the development of our state. They also

learned about how the mission system worked, and the famous El Camino Real. Each student chose one of the 21 missions to explore in depth, and created an artistic element to showcase that knowledge. Students were able to present what they had learned to their fellow scholars in a formal showcase evening.

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



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## Wilson *Elementary (K-6)*

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



**Dr. Julie Perron**  
*Principal*

### ROARing with Pride!

Have you heard a Wildcat roar? At Wilson Elementary, each student ROARS with pride at each of our Wildcat Rallies. This year, our school has adopted the acronym ROARS, which stands for Respect, Ownership, Attitude, Responsibility and Safety. This adoption is part of our participation in our first year of Positive Behavior Interventions and Systems (PBIS) and experiencing a whole-school commitment to ensuring that our students

feel successful as scholars and as young people. At each flag deck and rally, we recognize our ROARS with Wildcat Awards, a Reader Hall of Fame Award and Reading Raffles. In addition, our student council provides updates on how we focus on ROARS, notably as our Green Team, which discusses little ways we can improve our school campus through recycling.

Our efforts to celebrate positive character development are making a difference every day at Wilson!

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

## Woodland *Elementary (K-2)*

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



**Tiffany Lewis**  
*Principal*

### How Our Garden Grew!

Woodland is fortunate to have a generous, involved community. In a joint effort to spruce up Woodland's special garden area, three local businesses and first-grade teacher Ms. Pina donated plants, and Woodland families brought their green thumbs and planted away!

Kaiser teacher Mrs. Dangel along with a church and Cub Scout Troop 746 sanded and

refinished the tree benches, which were a 2013 Eagle Scout project of Woodland alumnus RJ Roberts. Daisy Troop 3511, comprising Woodland first-graders, donated watering cans to help keep the plants looking great. Each helper is either a current Woodland student or has been one. It's nice for them to be able to give back to their alma mater!

We're so thankful and appreciative of all the community support!

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





## Lucy's Book Review



Lucy Davis

### Fascinating!

*Chasing Secrets*  
Author: Gennifer Choldenko

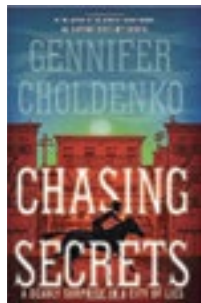
Set in the year 1900, Elizabeth is a thirteen-year-old girl living in San Francisco. Not really fitting in at her finishing

school governed by an unruly headmistress, Lizzie wants to become a scientist. She loves her family's cook, Jing, who always has an encouraging word, friendly smile, and occasionally a surprise-filled cake!

Suddenly a deathly surprise steps in. The bubonic plague has hit San Francisco, especially rat-infested Chinatown. Jing is unfairly placed in the quarantine because of his ethnicity. Now it's up to Elizabeth, along with the help of her brother and the cook's son, Noah (secretly living in her attic), to get Jing out of quarantine. Can they do it?

I give this book five bookworms because of the suspense and hope that Elizabeth gives the reader. Every step of the way you'll be on her side cheering her on to the very last page of this truly fascinating book.

Lucy Davis is a 4th grade student. Besides reading, she enjoys riding her bike, theatre, and playing guitar. Lucy will rate the books 1 to 5 bookworms with 5 being the best.




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## Newport Beach Public Libraries



### Read for the Win!

Join our Summer Reading mascot, Froggy, at the Newport Beach Public Library this summer to read for the win! Enjoy free shows and craft programs and earn prizes while you have fun reading! There are also Summer Reading Programs for teens and adults; ask a librarian for details.

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

### Summer Reading Program: June 25-August 12

Get in the game with these awesome events all summer long! Check times and locations at <http://www.newportbeachlibrary.org/events>.

Week 1: Wild Wonders animal education program

Week 2: Sports Crafts

Week 3: Animal Magic with John Abrams

Week 4: Games in the Library

Week 5: Best Bubble Party Program

Week 6: Olympic Crafts

Week 7: Sherlock Homerun: A Whodunit Puppet Musical

### Tips for Parents

Participating in a summer reading program reduces learning loss while out of school and helps students perform better in class and on standardized tests when they return in the fall. This summer, allow your children to choose books based on their own interests and have fun reading! How can parents help make reading fun? Allow kids to choose reading materials that interest them, including comic books, magazines, and picture books.

- Visit the library with your child and ask a librarian for suggestions!
- Take time to read for your own pleasure and talk about what you're reading.
- Read a second copy of your child's book along with him or her. Discuss the book and take turns reading aloud to each other. Use silly voices!
- Encourage your child to write new stories using a book's characters or write a letter to a book's author.
- Plan a trip around a book, such as one about tide pools, an art museum, or one of our California Missions.
- Set aside at least 20 minutes of reading time for you and your child each day. Relax and enjoy!

### Reminder: Closures

All NBPL locations will be closed for Independence Day on Monday, July 4.

Central Library 1000 Avocado Ave., Newport Beach, CA 92660

949/717-3800 • [www.newportbeachlibrary.org/kids](http://www.newportbeachlibrary.org/kids)

Mariners Branch 1300 Irvine Ave., Newport Beach, CA 92660

949/717-3838

Balboa Branch 100 East Balboa Blvd., Balboa, CA 92661

949/644-3076

Corona Del Mar Branch 420 Marigold Ave., Corona Del Mar, CA 92625

949/644-3075

## Note-ables



**Kate Karp**

### Backyard Garden

The idea of sustainability coupled with eating a healthy diet has been gaining steady momentum in communities across the country. The concept is becoming part of the curriculum of an increasing number of elementary schools. Community gardens and rooftop beekeeping have been established in cities, and it's not uncommon to find classes and entire schools planting gardens on campus.

Earthworm Ensemble, a group of family musicians, integrates this lifestyle into their new collection, *Backyard Garden*. The CD is a sprightly collection of country-rock tunes with a narrative of growth for both plants and youngsters.

Everything our planet needs has a tribute on the CD, be it ladybugs, wind and compost or compassion and responsibility. The title tune expresses the joy of growing, harvesting, cooking and eating and getting dirty in the process. "Bees Make Honey" arranges strings and lyrics to create a worthy hymn to the busy workers and also includes essential vocabulary for young people: *cross-pollination*, *drone*, *worker bees*. "Chicken Coop" informs listeners that backyard chickens are free range and quite content, and it would be lovely if all poultry were raised this way. "Reduce Reuse Recycle" turns an omnipresent motto into a steel-guitar-embroidered song of hope for the planet and its young residents.

Summer's here, and it's time to tend the garden, whether it's a rural, suburban or urban one. *Backyard Garden* is a brisk and bouncy accompaniment to a favorable combination of Mother Nature and human nature.

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





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Isabella's Book Review



Isabella A.

Class Dismissed

The book, *Class Dismissed*, by Allan Woodrow, is about a class that is teacher-free after Ms. Bryce quits and the class keeps it “secret.” They plan to play all day, write and throw spitwads!



Soon, the class misbehaves. Class 507 learns that school without a teacher is impossible because no one is working together. The principal gets concerned because nobody is going to detention and the students fake being the teacher. Maggie, the class know-it-all gives out homework, tests and classwork, but finds it hard. She also grades tests and holds detention drawings. Maggie wanted a teacher but learns that she could be it. Some kids mean to tell, but something always stops them. Will this class survive without a teacher or will the year end in disaster?

I give this book 4 stars, because while it is funny and interesting, it shows kids lying and keeping a bad secret.

Isabella is a fourth grader who loves to write based on her experiences fictionalizing them into stories that relate to young readers. Isabella wants to be an author of realistic fiction when she grows up. She will rate the books 1 to 5 with 5 being the best.

Alana's Book Review



Alana F.

A Fantastic Story

*Spirit Animals Fire and Ice*

By: Shannon Hale  
Follow the team of Meilin, Abeke, Conor, Maya, Tarik, and Rollan as they travel across



Arctica to find Suka the polar bear in hopes of retrieving her talisman. After losing one of the teammate's family members, the team thought they had received their fair share of broken families but they seem to have thought wrong. What will happen when a close relative to one of the team members shows up in Arctica as a minion of the Devourer?

I won't spoil who this story is mostly about (although you can probably just look at the cover and tell) so that you will be surprised at who the relative is. I'd probably give this book four stars because while this is a fantastic story, it outlines one of the main character's confusion and depression so it makes me depressed.

Alana F. is a student columnist invited to review her favorite books for our readers. She rates the books on a scale of 1—5 with 5 being the highest.

Curious George Goes to the Zoo—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](mailto:Kay@schoolnewsrollcall.com) (Please put Burbank in the subject line)

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Congratulations **Sondra Scott**  
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## A New Law

By Heidi Heflin, MN, RN, CNS, CPSTI

A new law, affecting the way the youngest children ride in the car in California, is coming into force on January 1, 2017. Safety advocates are urging all parents to prepare now to meet the new requirements which will save lives.

From 1/1/17, all children must ride facing the back of the car until age 2 (unless they weigh 40 lbs. or are 40 inches tall or more).

Most children will need a convertible safety seat (a seat that can be used rear facing and forward facing in the vehicle) in order to meet the new requirements.

Safety advocates have long recommended riding rear facing to at least age 2, longer if possible. This is 5 times safer for young children, whose relatively heavy heads and under-developed neck muscles mean they are likely to suffer much more serious injury in crashes when riding forward facing.

*SafetyBeltSafe* U.S.A. provides telephone counseling (800)745-SAFE or Spanish (800)747-SANO and an interactive Web site ([www.carseat.org](http://www.carseat.org)) to help parents choose and use safety seats properly for their children's protection. .

*SafetyBeltSafe* U.S.A. is the national non-profit organization dedicated solely to protecting children from death or injury in vehicle crashes through the correct, consistent use of safety seats and belts. Heidi Heflin, MN, RN, CNS, CPSTI is a Program Consultant with *SafetyBeltSafe* U.S.A. She can be reached at [CarSeatRN@gmail.com](mailto:CarSeatRN@gmail.com) , 310/941-2322. [www.SafetyBeltSafeUSA.org](http://www.SafetyBeltSafeUSA.org)"



**Jesu was saved in a rollover after his mother took a class given by SafetyBeltSafe U.S.A.**

## Take Time to Thank a Teacher



**Dr. Al Mijares**  
Superintendent

When I remember my fourth-grade teacher, I see a woman with strawberry-blond hair wearing a prim dress. In my mind, she bears a close resemblance to the character Ethel Mertz from "I Love Lucy."

But Mrs. Crane's class was no sitcom. She was strict and task-oriented, and her students learned quickly that acting out would not be tolerated. At first we feared her.

As time wore on, we feared disappointing her.

With May designated as National Teacher Appreciation Month, it's a fitting time to celebrate all the educators who inspire and support students, and who drive learning forward by nurturing their aspirations as well as their aptitudes. It's important, too, to recognize those who have shaped our own lives. This column is about one in particular.

Mrs. Crane might seem an unusual nominee for favorite teacher. By today's standards, she wouldn't be perceived as especially warm or affable. But she showed love in other ways, teaching us with patience and holding us to the highest of expectations, no matter our socioeconomic backgrounds. And when she did flash a smile or send a compliment in your direction, it was currency.

By the time I reached the fourth grade at Eastman Elementary School in Los Angeles, my family had moved many times, and I honestly wasn't sure if I liked school. But something changed in that portable classroom building out on the Eastman blacktop, where many of us trekked from a nearby housing project.

Not once did Mrs. Crane express pity or make us feel like we were less than capable. Investing whatever time was necessary, she guided the class through the fundamentals of reading, teaching us to attack words with passion and vigor. We were going to spell these new words, pronounce them correctly and read them in context, and that was that.

Her patience and persistence solidified my ability to read that year, but her impact on my life goes much deeper. Mrs. Crane helped instill a love of learning, and her work opened my mind to receive inspiration from other great educators. That long list includes Mr. Massey, a gregarious junior high school social science teacher who acted out the parts of historical figures, and Mr. Purcell, a 10th-grade biology teacher who saw potential and encouraged me to pursue college.

Very recently, I was having a conversation about favorite teachers, and I was asked if I ever returned to Mrs. Crane as an adult to tell her of the profound impact she's had on my life. Sadly, the answer is no. Sometime after transitioning grade levels and changing schools, I lost track of my fourth-grade teacher.

See **TAKE TIME TO THANK A TEACHER** • Page 29





## On The Run



**Dr. Doug Richie**

### Paper Tape Prevents Blisters

The number one enemy of the feet of runners are friction blisters. Whether during training or on race day, a painful blister can stop you in your tracks and sometimes can lead to serious infection. As a result, any new insight into preventive measures for blisters are welcome, particularly if proven by medical research.

A recent study published in the *Clinical Journal of Sports Medicine* (April, 2016) demonstrated that application of paper tape to blister prone areas of the feet of runners could significantly protect from blistering events during the running of ultra-marathon races. This is important because paper tape is inexpensive and easy to apply. Since the toes are most prone to blisters in runners, paper tape may be the best prevention if certain toes always seem to blister. The research showed that you do not need to apply tape to all the toes, but only to those which have blistered previously.

While many other measures to prevent blisters are commonly used by runners, few have been validated to work in actual medical studies. Applying lubricating ointments such as Vaseline is very popular but research has shown that this practice may actually increase the chance of blistering on the feet. The fact is that increasing moisture content with ointments actually increases friction force on the skin.

Still, the best advice for runners to prevent blisters is to wear properly fitted shoes and socks composed of synthetic fibers which wick moisture from the skin surface.


If all else fails, apply paper tape to those areas of the feet which are blister prone..

Dr. Doug Richie is a sports podiatrist who has practiced in Seal Beach for 33 years. He is Past President of the American Academy of Podiatric Sports Medicine and serves on the medical staff for Long Beach State Athletics.

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### TAKE TIME TO THANK A TEACHER • From Page 28


The month of May was dedicated to honoring teachers, I hope you will learn from my missed opportunity. Tell your favorite teachers — and your children's favorite teachers — how much they mean to you. And to Mrs. Crane, and all of the Mrs. Cranes out there who have dedicated their lives to making a difference in the lives of children, holding them to nothing short of the highest standards, let me take this moment to thank you from the bottom of my heart.



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### Note Taking

By D.H. Coop

When I went through paramedic training I took pages of notes on yellow legal tablets and tape-recorded every lecture. The guy that sat in front of me took a one-letter size page of notes for each lecture. I passed tests with 94% and he passed with 99%. I looked at my note taking and saw that with my notes I was reviewing the whole lecture and not focusing on the central points. I decided it was not necessary to write notes in complete sentences. Notes should be key words that trigger memory for a quick review.

Later, when I continued my education at a university, everyone took notes as they read with a highlighter. Some of their highlighted pages had turned into a pages of pink, yellow or green color. That caused them to reread the complete pages once more taking valuable time. Rereading is good if one wants to have a better understanding of the subject; however, rereading is not good for review.

When I became a secondary teacher, I noticed my students would take notes in complete sentences with every "the," "and" and "a" in their notes. They also followed the same highlighting practice of coloring in whole paragraphs and pages. This not to say that all students

made these mistakes and that they had not been told how to take notes. The fact was they had been told many different methods to take notes and given samples of note taking. The problem was the form became the grading standard instead of the understanding of material. For example, I told the students to highlight key words and that there should be no more than ten words highlighted per page. Being bright students, they randomly highlighted words to demonstrate that they had taken their notes. They miss calculated in that I did not look at the page and count the words highlighted. Instead I asked what the words triggered in their memory. Note taking should be for the recall of important points and to internalize information.

So here are my three suggestions for note taking. First, when listening or reading, write only key words related to the topic that will cause you to recall and connect to the topic. Second, review and rewrite notes at a later time and fill-in blank spots. If you cannot fill-in the blanks, write down your questions and reread that section or ask the instructor the next time you meet. Finally, talk to someone about what you have learned. This allows you to internalize the information and develop a better understand.

D.H. Coop is a retired educator having taught IB & AP History for 32 years. He has a tutoring studio on Main Street, Seal Beach private and group history tutoring by appointment. [www.targetedhistorytutoring.com](http://www.targetedhistorytutoring.com)

## Ask Dr. Shari



Dr. Shari Sweetnam

### Memory Skill

**Q.** Over the years, we've clipped your column and collected the memory tools in your articles along the way but we want to know if you could only recommend ONE of the memory skills, what would it be? We want to get started in helping our son and want to start with the best one. —Pam D., RI

**A.** One? That is like asking a mom to identify her favorite child.

Okay, not exactly but it sure is tough to pick just one. Since every student has different preferences, interests, skills, and uses different techniques for different subjects... I recommend an exposure to many skills.

However, Pam, you asked a very direct question and I am not going to wimp out of the challenge.

One week later....I couldn't do it Pam. I kept writing down a "top 3" purely weaseling out of this challenge. So, I decided to ask the students in one of the schools that use my program. And the winner is (after much debate) "The Mind Explosion."

The students (all 5th graders) were exposed to this skill as a "group" and they indicated that they enjoyed the freedom, creativity and "newness" of the project.

So, here is what that looks like for you:

This extremely simple tactic involves nothing more

than a box of markers or crayons (Yes! Even for big kids!) and a huge piece of paper. I recommend investing in a roll of butcher paper or the big roll of paper.

The next time your student has a test coming up, clear the table and put nothing but this piece of paper there. Now have your child begin to write, draw, represent each concept on this paper, in whatever creative way he decides. Encourage the use of different colors, to develop different representation ideas (like the use of stick figures, funny letters, balloon captions, bullet points, etc.) and feel free to allow them to do this alongside a friend who is doing the same. Allow them to engage, talk, laugh and develop their poster in any way they see of value.

When complete, have your child refer back to the notes or text to make sure all of the information for the test is represented.

This poster will serve as a very powerful study tool and it will actually be "fun" to study. Have fun Pam, enjoy creating Mind Explosions with your son! Please do not hesitate to use more than one skill at a time, however. Keeping a student engaged with "new ideas" and an opportunity to be creative through the study process is one of the most powerful ways you can support his success!

Motivational Speaker, Founder of *The Brainpower Programs for Schools*, Author, Consultant, Radio Host contact: [info@doctorshari.com](mailto:info@doctorshari.com), [www.doctorshari.com](http://www.doctorshari.com), twitter: DrShariS, Youtube: Dr. ShariS, LinkedIN: Dr. Shari Sweetnam





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