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Covering the Tustin Unified School District



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New Faces, New Year & All That Jazz!



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Tustin Unified Celebrates Accomplishments and Successes



Gregory A. Franklin, Ed. D.
Superintendent

In Touch with TUSD

The Tustin Unified School District had an outstanding 2014-15 school year. It was a year of high achievement by students, while the District continued the implementation of TUSD Connect: a shift to new rigorous standards, engaging instructional strategies, and the integration of technology.

The District continued to make progress in its six goal areas: student achievement, student wellness, quality facilities, highly qualified employees, fiscal responsibility, and parent/community partnerships. Teachers, administrators and staff members did an outstanding job of advancing the District goals through a focused and coordinated effort. As a result of their work, TUSD students continued to excel.

Highlights of the year included:

- Seven California Gold Ribbon Schools: Currie, Hewes and Pioneer middle schools; Orchard Hills School; and Beckman, Foothill and Tustin high schools.
- Fourteen CBEE (Campaign for Business & Education Excellence) Honor Roll Schools: Arroyo, Benson, Beswick, Guin Foss, Loma Vista, Myford and Peters Canyon elementary schools; Tustin Memorial Academy; Orchard Hills School; Columbus Tustin, Pioneer and Utt middle schools; and Beckman and Foothill high schools.
- Hillview High School was named a California Model Continuation High School.
- Arroyo Elementary School teacher Janis Leach was named one of five Orange County Teachers of the Year.
- The Foothill and Tustin high schools engineering programs continue to gain accolades and provide unique experiences for their students.
- Tustin High School engineering teacher and T-Tech Academy director Ed Hernandez was named California Career and Technical Education Teacher of the Year and Project Tomorrow High Impact Teacher of the Year in Science, Math and Technology.

- Three Orange County Administrators of the Year selected by the Association of California School Administrators: Pioneer Middle School Principal Tracey Vander Hayden, Middle Grades Principal of the Year; Pioneer Assistant Principal Troy Fresch, Secondary Co-Administrator of the Year; and Jeane Thorman Elementary School Assistant Principal Kim Thompson, Elementary Co-Administrator of the Year.
- Columbus Tustin Middle School was chosen to showcase its AVID (Advancement Via Individual Determination) National Demonstration Program to educators and leaders.
- Over 85 students from all six middle schools participated in the District's first after-school Robotics League.
- Five Science, Technology, Engineering and Math (STEM) labs were modernized at Hewes Middle School.
- Over 20,000 devices were deployed to students in grades K-12: 12,000 iPads for grades K-8 and 8,000 laptops for grades 9-12 through the Measure S technology bond.

It was an outstanding year! Instruction in TUSD classrooms had never been more rigorous.

Teachers were deeply engaged in professional development that supports the three elements of the TUSD Connect initiative. The professional development included the Summer Institute, ongoing coaching, professional development days, Just One Thing (JOT) site-based training, Teachers Observing Teachers (TOT), and had a direct impact on student learning. Many of our students, teachers and schools won recognition, awards, competitions and scholarships for their excellence. I am proud of the work that has been done in the District and proud of the manner in which the work has been done. I also appreciate the work and support from our parents, school volunteers, community members, local businesses, service clubs and organizations, and district partners, such as the Tustin Public Schools Foundation.

I look forward to a great 2015-16 school year. Go TUSD!



Mark Eliot

Director of Communications & Public Information
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City of Tustin and TUSD Approve Plan for Tustin Legacy Schools

By Mark Eliot
 Director of Communications and Public Information

The City of Tustin and Tustin Unified School District have approved an \$85 million plan to build a middle and high school, and begin the process of opening Heritage Elementary School for the 2016-17 school year.

The Tustin Legacy School Facilities Project was approved by the TUSD Board of Education at its regular meeting on Monday, August 24, and by the Tustin City Council at a special meeting on Tuesday, August 25. The project involves the proposed future construction of school facilities to serve the residential development to be constructed on property within the Legacy area.

"We're very pleased to partner with the City of Tustin to provide excellent schools to the residents of Tustin Legacy," TUSD Board President Francine Scinto said.

The District has worked with the City to complete a mitigation agreement to provide the financing of the needed school facilities. The mitigation agreement is comprised of three separate agreements: the mitigation agreement which includes the School Facilities Implementation, Funding and Mitigation Agreement; Joint Community Facilities Agreement; and the Site Conveyance Agreement. These three agreements were approved by the Board and the City to provide for the transfer of a 40-acre site to TUSD and the financing of a future 6-12 school facility to be constructed on the site.

At its August 24 meeting, the school board voted to initiate a new Community Facilities District No. 15-2, which will provide for the financing of the school facilities for the Tustin Legacy School Facilities Project. This action started

the process allowing the District to begin the planning and design for the future middle/high school facilities.

The agreement calls for the City to advance \$4 million to the District for the initial planning and design work for the school facilities. With that advance, TUSD will open Heritage Elementary School in fall 2016. Once the state gives final approval for the design, the City will consider advancing additional funds as needed to construct all or part of the facility project.

"I want to recognize the Board and City Council for their vision of providing for the education of current and future Legacy residents," TUSD Superintendent

Dr. Gregory Franklin said. "The agreements and resolutions approved by the Board and City Council were very complex and took extensive time and energy to construct."

TUSD will select an architect and plans to start construction in approximately 24 months, according to TUSD Chief Financial Officer Tony Soria.



Heritage Elementary School is scheduled to open in fall 2016.

Nearly half of the \$85 million will come from city contributions and developer fees. The other half will come from bonds financed through a community facilities or Mello-Roos district for future Tustin Legacy homes.

"Good things are happening in Tustin!" exclaimed Mayor Chuck Puckett. "I am extremely pleased that both the TUSD School Board and the City Council unanimously approved the foundation for development and opening of the schools in Tustin Legacy. With the opening of Heritage Elementary in 2016 and the future construction of the 6-12 middle and high schools, we are committed to meeting the needs of our citizens and enhancing our community."



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Student Assessment Score Reports to be Released to Schools in the Fall

By Mark Eliot
Director of Communications and Public Information

Tustin Unified School District students participated in the new California Assessment of Student Performance and Progress system, CAASPP, last spring.

The CAASPP system replaced the old STAR program with its multiple-choice paper-and-pencil-tests that students took each spring. The CAASPP assessments are new, computer-based tests that measure student knowledge of California's English language arts and mathematics standards for grades 3-8 and grade 11.

Originally, schools were told to expect the score reports for these assessments during the summer break. However, state officials now say they plan to release the scores sometime in September. If everything goes according to plan, parents should expect to receive student score reports by October.

It cannot be emphasized enough that the CAASPP is very different from the STAR assessments, and therefore, results of assessments from prior years cannot be compared to the new assessment results. The numerical scores will be different because they reflect performance on a new test that measures different and more rigorous standards. The 2015 scores will establish a new baseline –

a starting point from which TUSD will measure its progress towards preparing students for the future workforce and economy of tomorrow.

As with the first year of implementation of STAR, the District anticipates student scores will be lower and will rise each year of implementation as teachers and students become more familiar with the assessment format and higher level of difficulty of the CAASPP assessments.

The statewide tests are only one component of measuring student achievement and success. Each year, the District examines multiple measures of student achievement and success. These include, but are not limited to college readiness tests, enrollment in rigorous high school courses, graduation rates, attendance rates, and District checkpoint assessments.

California updated its standards and built matching assessments to shift the focus of student learning toward more complex skills that today's colleges and careers require. These updates will take patience and persistence to work through changes in curriculum and instruction.

Tustin Unified will keep parents and families updated with any new information it receives.

For more information on CAASPP, including Parent Guides and other resources, visit www.cde.ca.gov/ta/tg/ca.

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As summer comes to a close and classroom doors are again open to welcome students we look forward to publishing the news from the District. Superintendent Franklin shared with you on page 3 the many TUSD accomplishments for 2014-2015 with anticipation of another successful school year.

We appreciate you continuing to include *School News* among your reading choices. If you would like digital copies emailed to you, simply go to our web site and sign up.

We are delighted to introduce our office tortoise, Cheeseball. Who knew tortoises could be so entertaining?

See if you can find Cheeseball hidden in this issue and enter our contest on page 17. Our Word Search Contest is on page 28. In June we had a record number of entries in our contest.

More and more it seems texting is becoming an epidemic. Parents are texting while driving, at restaurants, in the line at the bank...everywhere! Since children mimic behavior, it is the responsibility of parents and adults to set an example. There are many foundations doing their part to educate students, but parents must lead by example. At the very least **please don't text and drive.**

Our next issue is November 4.



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Carol Burby Garrett

Executive Director

Back to School After a Great Summer!

The Tustin Public Schools Foundation had a very busy summer! The Tustin Summer Academy, a four week enrichment camp, brought over 500 students together for a memorable summer of fun and learning. Tustin Unified teachers taught engaging project-based lessons, such as bottle rockets, junkyard boats, hot air balloons, hovercrafts, 3D printing, video production, and more. We were able to provide \$33,000 in scholarships

for over 85 students to attend the Academy. This was made possible through our successful Golf Classic and Dinner last April.

Following the Tustin Summer Academy was a five day camp run by The Young Americans. This is a singing, dancing, and improv camp culminating in two variety shows. Students come from all over Orange County to attend this exciting performance camp.

In other news, we are celebrating our 25th Anniversary Dinosaur Dash on Sunday, November 1. Register online at www.dinosaurdash.net before prices increase on October 20.

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Arroyo Elementary School

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Amy Jones
Principal

Gearing Up for the Year Ahead

Arroyo Elementary School is gearing up for another stellar year in 2015–2016. We are happy to announce that we will have a number of kindergarteners this year. We welcome these new families to Arroyo and know that they will find it a wonderful learning environment for their children.

With a new school year, there often comes change. This year, we are sad to see Kathi Denny leaving us, but we are excited to know that she will be coaching teachers at Loma Vista and Red Hill Elementary Schools as a Tustin Unified School District (TUSD) Connect Coach. TUSD is fortunate to have her as a mentor and coach.

Taking Kathi Denny's place is Kathy Castillo. Kathy comes to us from Red Hill, where she was a fifth-grade Gifted And Talented Education (GATE) teacher. Arroyo's fifth-grade team and the rest of the staff are excited to have Kathy joining us!

We are happy to announce that Arroyo's Connect Coach is Ashly McNamara. Ashly was our digital learning coach last year, helping teachers to integrate technology into their instruction. This year she will be working with individual teachers in the areas of balanced literacy, Cognitively-Guided Instruction in Math, and technology integration, as well as providing staff support through various professional development opportunities. We are thrilled to have Ashly back with us and know she will be instrumental in our professional growth as a staff.

Finally, we look forward to working with our wonderful PTA and truly appreciate their support. We couldn't do it without them!

Barbara Benson Elementary School

12712 Elizabeth Way, Tustin, CA 92780 • 714/730-7531



Deena Vela
Principal

21st Century Engagement

As the 2015–16 school year begins, parents and children anxiously wait to meet their new friends and teachers. The school year brings so much excitement for everyone. Benson's mission statement is to "engage all students with 21st century skills to become responsible, well-balanced lifelong learners." Balanced literacy, an approach to develop independent readers and writers, and 21st-

century best practices are the core components of fulfilling the school's mission. Benson teachers spent six days of their summer vacation to prepare for the new school year with extensive professional development to enhance their instructional practices. Three of the six training

Arnold O. Beckman High School

3588 Bryan Ave., Irvine, CA 92602 • 714/734-2900



Adele Heuer
Principal

New Humanities Building

Beckman High School has opened a new building this fall to accommodate its growing student body. The new two-story building will include 17 classrooms, two large student restrooms, two faculty restrooms, a courtyard, an elevator, and the Tustin Unified School District Information Technology Department.

Each state-of-the-art classroom has a teaching wall, a workroom, large windows, and furniture designed to support collaboration and learning. The building will house the World Language Department including all Spanish, French, and Chinese classes and five English classes. For the first time since Beckman opened, all departments will be housed together, allowing for greater collaboration within the departments. A "breezeway" along the side of the 100 building adjacent to the entrance to school will open up a third hallway to alleviate crowding in the hallways.



TUSD prepares Beckman's new Humanities building.

Later this fall, a dedication will be held to celebrate the opening of the new building.

Go, Patriots!

days covered running records, a tool to help teachers identify patterns in student reading behaviors.

With so much excitement and training, Benson teachers are fully prepared to provide high levels of quality instruction for their students during the school year.



Benson teachers Christina Burns, Jeff Chien and Joan Buffington spent their summer learning new instructional strategies.

Benjamin Beswick *Elementary School*

1362 Mitchell Ave., Tustin, CA 92780 • 714/730-7385



Eileen Delaney
Principal

Summer Reading Program

This past summer, Beswick Elementary School decided to open up its library doors once a week so that Bobcat readers would have uninterrupted access to books. The school also provided weekly call-outs to the parents so that they would know the library was open every Thursday from 10 a.m. to 1 p.m.



Library media technician Krista Black organized a summer reading program for students.

During this time, librarian media technician Krista Black created an inviting environment for the students to select and enjoy their books, from under one of the large shade trees, and with picnic blankets and beach chairs. The library circulated nearly 520 books in five weeks! Krista was joined by several other staff members who showed up to help encourage these young readers.

Beswick scheduled its library time to coincide with the TUSD Seamless Lunch Program, an opportunity for children ages 18 years and under to have a free lunch on Mondays through Thursdays from 11:30 a.m. to 12:30 p.m. As a result, the students could check out books and also enjoy a nutritious meal!

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Helen Estock *Elementary School*

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Beth Rabel Blackman
Principal

Volunteer Partners

This fall there will be a new face on the Estock Campus – a full-time AmeriCorps volunteer. AmeriCorps is a year-long service program for college graduates coordinated through OneOC, a volunteer coordination non-profit program in Orange County. Last year Estock hosted a volunteer who supported students to build a college-going environment.

The volunteer helps run games at lunch, works in small groups, matches students to mentor and runs an afterschool study skills and college prep class. Volunteerism is a major part of what makes Estock a great place to learn. In addition to the full-time AmeriCorps member, Estock has teams of volunteers through local churches, LEAP, and the community, along with a robust parent group, who support the school and students. Estock is excited to welcome another full-time volunteer in the 2015-16 school year.



Over the summer 30 volunteers from Soka University painted a United States map on the Estock playground as part of their freshman orientation program, coordinated by an AmeriCorps volunteer.

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Columbus Tustin *Middle School*

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Maggie Burdette
Principal

New Administrators

The Columbus Tustin Bulldog team welcomes two new administrative players to their pack!

Maggie Burdette has been selected to lead the team as principal. She began her career as a science teacher at Currie Middle School, and has worked in public education for 17 years, the past nine as school administrator. Most recently she was an assistant principal at Beckman High School.

Prior to rejoining the Tustin Unified School District, Mrs. Burdette was also a science teacher, an activities director, part of a leadership team that opened a K–8 school, and a middle school assistant principal in the Capistrano Unified School District.

Jennifer Kang-Rodriguez has been selected to the position of assistant principal. She has worked in public education for 18 years, with 14 of those years as an elementary and middle school teacher in the Tustin Unified School District. In 2013 she was named Currie Middle School's Teacher of the Year. She was also selected to represent the district in the Orange County Teacher of the Year program. Mrs. Burdette is excited about what the 2015–2016 school year holds for Columbus Tustin.

Phil Jackson once said, “The strength of the team is each individual member. The strength of each member is the team.” I look forward to seeing us grow in strength as individual educators, and as a team as a whole. In turn, we will be celebrating our students as they improve and grow as 21st-century learners.

A.G. Currie *Middle School*

1402 Sycamore Ave., Tustin, CA 92780 • 714/730-7360



Erick Fineberg
Principal

Sights Set High

Erick Fineberg is beginning his second year as the proud principal of both Currie Middle School and Thorman Elementary School. A graduate of University of California, Irvine and University of

California, Los Angeles, Mr. Fineberg brings a wealth of knowledge, high expectations, and a commitment to ensure that all students learn at the highest level. He taught in Long Beach, Irvine, and Capistrano before joining Tustin Unified School District seven years ago. Under his leadership, Beswick Elementary School was named a 2014 California Distinguished School and Title I Academic Achievement School.

Mr. Fineberg looks forward to leading the Currie/Thorman staff as they continue to build upon the tremendous success and recognition of the last year, when



Principal Erick Fineberg, left, Currie Teacher Jeanine Dibley, former Assistant Principal Jennifer Kang-Rodriguez, TUSD Superintendent Gregory Franklin and Orange County Department of Education Assistant Superintendent Christine Olmstead receive the California Gold Ribbon School and Title I High Achievement awards from State Superintendent Tom Torlakson, center.

Currie earned California Gold Ribbon and Title I High Achievement honors. This coming year promises to be a great one as the staff continues to provide a world-class education with high levels of student engagement, rigorous standards all supported by technology.



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Foothill *High School*

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Dr. Nick Stephany
Principal

Welcoming New Faces

It has been another busy summer at Foothill High in the personnel department. The school hired a new crop of administrators, counselors and teachers.

New assistant principal Adam Hernandez is from Valley Christian High School, where he was an assistant principal and an interim principal. He has already made a tremendous impact on the Foothill office.

Jeff Bonds Jr. was hired as a fifth counselor. He did a great job as an intern at Foothill last year, working with struggling students. This year, he will be the freshman counselor and will continue to make a positive impact in students' lives.

In the teaching ranks, Foothill has hired 10 new teachers: Ross Goldman and Lacey Surak, math; Ali Miller and Dean



Foothill's state-of-the-art Science Center.

Crow, social studies; Christine Ivory, chemistry; Gregg Leslie, physics; Jose Pallares, Spanish; and Vicki Rogers and Alex Sanchez, special education.

In all of the new faces at Foothill, the common traits are student centeredness, a strong work ethic and engaging personalities. Go Knights!

Guin Foss *Elementary School*

18492 Vanderlip Ave., Santa Ana, CA 92705 • 714/730-7552



Kelly Fresch
Principal

New Look!

Guin Foss Elementary underwent major construction over the summer. Students were excited to return to a freshly painted school campus in addition to new roof, air conditioning, and ceiling and lighting replacements in every building.

The Tustin Unified School District contracted Balfour Beatty to oversee the entire project. All staff and school furniture were cleared off of campus by June 26, and we did not return until Aug. 24. Although the surprise of summer showers put things on pause for a bit, all work was completed on time, and staff remarkably opened the doors for the first day of school on Sept. 1.

Guin Foss was built in 1957 and reopened in 1997. As

one of the oldest schools in the district, it was certainly time for this generous facelift and these upgrades. Staff voted on the color scheme, and all existing murals were preserved to respect the hard work of previous student bodies and administrations. Come check us out!



Crane lifts air conditioning unit onto the Administration Building at Guin Foss.

Robert Heideman *Elementary School*

15571 WilliamsSt., Tustin, CA 92780 • 714/730-7521



Sean Lindsay
Principal

Paving the Upward Path

Over the past year, Heideman has significantly grown its classroom libraries. When it comes to meeting the unique needs of young readers, a leveled classroom library is vitally important.

Readers learn best by both great instruction and lots of independent practice. Students must be given many opportunities to independently read books that are at their particular level. Such "just right" books for children meet two criteria: easy enough to be read fluently and with enjoyment, and offering a sufficient degree of challenge

so that the students are strengthening their skills as they work to overcome the challenge. A person beginning to exercise with weights must start at a level that is not too easy and not too difficult. As he or she gets stronger and stronger over time, the just-right workout weight continually increases.

Heideman's leveled-classroom libraries will help pave the upward path for its students to grow stronger and stronger as readers.



Hewes Middle School

13232 Hewes Ave., Santa Ana, CA 92705 • 714/730-7348



Eric Kilian
Principal

Inspire. Innovate. Influence.

Hewes Middle School is excited to launch the new school year and continue its climb higher into 21st-century learning. Hewes is proud to have been named a California Gold Ribbon School last year for the innovations and progress in incorporating technology to enhance student learning. The teachers and staff strive to climb to new heights for the students.

Summer improvement projects have included the installation of new café style electronic tablet work stations in the school library, the addition of signs sharing our school pride, and new paint on the student lockers. Additionally, the school is excited about the addition of video production to its electives this year.

As stated by Harriet Tubman, "Every great dream begins with a dreamer. Always remember, you have within



A Hewes photo display showcases its students, programs and school.

you the strength, the patience, and the passion to reach for the stars to change the world." Hewes continues to inspire, innovate and influence this year!

Hicks Canyon Elementary School

3817 Viewpark Ave., Irvine, CA 92602 • 714/734-1878



Cindy Agopian
Principal

A Bridge to Success

Hicks Canyon is proud to offer an opportunity for those students who have been in the United States less than one year (and have little to no English language background) to attend the school's "Newcomer Class." The goal of the Newcomer class is to help these students transition into the mainstream classroom. The class is also available to students throughout the district.

Students in grades one to five will receive a full day of English language instruction in multi-grade and self-contained classrooms. For a transitional time period, teachers in the Newcomer classrooms will also provide intensive English development and literacy instruction as their students adjust to Westernized school and cultural norms. They will also prepare the students to transition

into mainstream classrooms, thus gaining the ability to participate socially, communicate effectively, and meet academic standards.

Hicks Canyon looks forward to welcoming its new students from around the world. The diversity of our student body and families is one of the many things that make the school a great place to be.



Hicks Canyon teacher Erin DiArcy working with Newcomer students.

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Hillview High School

15400 Lansdowne Rd., Tustin, CA 92782 • 714/730-7356



Tim O'Donoghue
Principal

Behind the Scenes

I want to highlight two employees who joined the Hillview staff last year, Marco Ocampo and Denise Fear. They are both fine employees who work behind the scenes to support student learning.

Mr. Ocampo is the night custodian, and he takes great pride in his work. The campus is “magically” clean each morning when students and staff arrive for school. When Mr. Ocampo is not working, he enjoys reading and spending time with his family.

Ms. Fear wears many hats and does several jobs for TUSD. At Hillview, she assists in the front office and helps with special projects. She is always friendly and welcoming when assisting parents, students and staff.

Ms. Fear is the McKinney Vento liaison for TUSD, assisting homeless families or those in need of additional resources. She also supports the district nurses and health clerks. She enjoys golfing, swimming and spending time with her family.



Staff members Denise Fear and Marco Ocampo are always there to support the students.

Our School News tortoise, Cheeseball, is off to the first day of school!



(you'll need this page number for the contest on page 17)

Ladera Elementary School

2515 Rawlings Way, Tustin, CA 92782 • 714/730-7505

A Positive Learning Environment

The staff at Ladera Elementary School, a California Distinguished School, is looking forward to a great 2015–2016 school year. Ladera's mission is “creating a positive learning environment with high expectations for all,” and the staff is very proud of the instructional programs, the positive school environment, and the unique opportunities available to all Ladera students, thanks to the dedication and support of the Ladera PTO.



Dr. Jennifer Harrison
Principal

Ladera teachers were busy over the summer participating in the Tustin Unified School District (TUSD) Summer Institute, where they learned about differentiation, inclusive schooling, and assessment for student learning. The two- and three-day institute was an excellent opportunity for teachers to learn and plan with grade-level colleagues. All kindergarten through fifth-grade Ladera teachers, as well as the Specialized Academic Intervention teacher and preschool teachers, participated in this learning opportunity.

Lastly, Ladera welcomes a new principal, Dr. Jennifer Harrison. Dr. Harrison is a resident of Tustin and joins TUSD with 16 years of public education experience, serving as an elementary, middle, and high school teacher, elementary and high school assistant principal, K–8 principal, and most recently the director of Science, Technology, Engineering, and Mathematics (STEM) curriculum and instruction. Dr. Harrison has a bachelor's degree in liberal arts from California State University, Long Beach; a master's degree in education administration from California State University, Dominguez Hills; and a doctoral degree in K–12 leadership from the University of Southern California.

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C.C. Lambert *Elementary School*

1151 San Juan St., Tustin, CA 92780 • 714/730-7457



Deanna Parks
Principal

Our Inspirational Teachers

There is a reason Tustin Unified School District schools are so highly revered, and at Lambert Elementary School, we are living it! There is no better way to increase levels of learning than the transformative power of an effective teacher. This year, support for the influence of our teachers is extensive.

Teachers came back early to attend the three-day summer institute on assessment and to learn about differentiated instruction to meet the needs of all students. On campus, Jessica Bodas is our Connect coach, who works with our teachers all day every day to grow their practices in the areas of literacy, math, and technology. This is where the real work happens!

Six teachers are also being coached by Sheri Bauer, our Cotsen Foundation mentor. Their learning comes from observations, inquiry discussions, and

professional development on a weekly basis. Marisa Paule will lead our Multi-Tiered System of Supports, which will ensure that students needing more time to learn are provided with intensive support to achieve grade-level competency.

Our teachers are inspirational!



Eunice Tasser, Mary Berger, Cindy Sakurai and Laura Sewell collaborate on using digital storytelling tools.

Loma Vista *Elementary School*

13822 Prospect Ave., Santa Ana, CA 92705 • 714/730-7528



Katy Sheyka
Principal

Professional Learning Community at Work

One hallmark of a successful school is focused collaboration between teachers. Over the past four years, Loma Vista Elementary School teachers have recognized that ongoing collaboration can be a powerful tool for professional development and a driver for continuous school improvement.

During the school year, teacher teams meet several times each month to share insights about their classroom practices and to study student data. As a professional learning community, Loma Vista focuses on improving teaching practices in order to motivate and engage students, which will ultimately lead to improved student learning. This past summer, Loma Vista teachers spent some of their vacation participating in a variety of professional development opportunities. After these trainings, grade-level teams across the school could be found collaborating – expanding their knowledge and exchanging their ideas about what they learned and how the information can be used to support the Loma Vista Cougars throughout the school year. Together, our teachers and students will accomplish great things!



Loma Vista second-grade teachers Teresa Rodriguez, Courtney Lu, Kathleen Fitzpatrick engaging in collaborative planning before launching the year.

Myford *Elementary School*

3181 Trevino Dr., Irvine, CA 92602 • 714/734-1875



Rena Fairchild
Principal

Connect Coaching

Myford School is excited to be moving forward with our work around engaging instructional practices! This summer, several teachers went to Teachers College

Reading and Writing Project at Columbia University to deepen their understanding of teaching reading.

Among those attending was Susan Davidson, a former fifth-grade teacher who will now be working as Myford's Connect Coach. As our Connect Coach, she will work full-time with teachers in developing and growing their instructional practice. She will also collaborate with our staff developers from Growing Educators, which is funded by our amazing Parent Teacher Organization. Mrs. Davidson will support teachers and students not only in the area of English language arts but also with Cognitively Guided Instruction in math, technology integration and English language learners.



Former and current Myford teachers learning from Lucy Calkins (second from left) at Teachers College: coaches Lisa Ryan and Cheri Kaplan and teachers Jane Ptucha and Meghan Carder and coach Susan Davidson.

Mrs. Davidson has extensive experience in gifted and talented education and has been an integral part of TUSD Instructional committees. She will be a huge asset to our Myford students this year!

W.R. Nelson *Elementary School*

14392 Browning Ave., Tustin, CA 92780 • 714/730-7536



Melinda Smith
Principal

Ready to Lead

I am a Bruin, a Panther, a Titan, an Ant eater, and an adopted Trojan. However, I am most excited by my newest affiliation as a Nelson Tiger!

As Tustin residents, my husband and I chose the Tustin schools for our three children, where they have thrived socially, emotionally, and educationally. I am very proud to be a Tustin Unified employee, where I can contribute to the building of students and families in my community.

I began my relationship with Tustin Unified as a student at Tustin Memorial. Early on I had aspirations to be an educator. I studied English literature at UCLA before pursuing a master's degree in curriculum and instruction at CSU Fullerton. I spent my first years as a teacher in the Anaheim City School District, where I taught the fourth and sixth grades.

My career in Tustin began at Red Hill Elementary as a kindergarten teacher. This was followed by several years at Arroyo Elementary teaching the second and third grades. I recently left the classroom to work as an instructional coach at Jeane Thorman and W.R. Nelson Elementary Schools. I am pleased to continue at Nelson in this new capacity, where I will lead an amazing group of teachers in a warm and welcoming community.

Two new teachers will be joining our staff. We are fortunate to welcome Barbara Siebert, our new specialized academic instructor, and Rosanne Mann, our new Connect Coach.

Exciting things are happening at Nelson. It has taken me nearly 40 years just to go down the street from Tustin Memorial to Nelson School on Browning Avenue. Go, Tigers!

Orchard Hills School

11555 Culver Dr., Irvine, CA 92602 • 714/730-2078



Dr. Michael Williams
Principal

Excited to Be Returning Home to TUSD

I am honored to be the next principal of Orchard Hills and to be a part of the outstanding Tustin Unified School District (TUSD). I absolutely love the field of education, and you will get to know me as a principal who listens, supports, collaborates, and is highly motivated to make this year the best year ever! I have spent the past 20 years in the field of education, most recently as the principal of A.C. Stelle Middle School in the

Las Virgenes School District in Calabasas.

I am excited to be returning “home” to Tustin Unified, as I attended Arroyo Elementary School, Hewes Middle School, and Foothill High School. I loved my education

and have always longed to return to TUSD and serve the outstanding families. After graduating from Foothill, I attended Pepperdine University, where I received my bachelor's degree in physiological biology. Spending seven long winters in the state of Illinois, I received my doctoral degree in educational and organizational leadership from the University of Illinois.

My number one goal is to build strong trusting relationships with the staff, students, and the wonderful communities of Tustin Unified School District. I hope all our families enjoy and take advantage of all that we have to offer. I have been very impressed with the professionalism, compassionate hearts, and camaraderie TUSD continues to offer and enjoy, and I look forward to an exciting 2015–2016 school year. This will be the best year ever!

Peters Canyon Elementary School

26900 Peters Canyon Rd., Tustin, CA 92782 • 714/730-7540



Brooke Carreras
Principal

Leading the Way to Learning

It is often thought that teachers spend their summer months relaxing. That is not the case for the teachers, support staff, and principal at Peters Canyon Elementary School. The group spent its summer researching, reading and learning.

At the Tustin Unified School District Summer Institute, staff learned to give new assessments, analyze the results, and plan for the students' instructional needs with greater intentionality. They learned about the unique characteristics of exceptional learners and how to differentiate instruction to meet the social/emotional and academic needs of these students. Staff also learned about crisis prevention and intervention and how to best respond to a child's emotional and physical needs. Everyone engaged in a variety of professional reading on topics relating to math, balanced literacy, instructional strategies, and mindsets.



Peters Canyon teachers Nancy Jenkins, Nancy Howerton, Erica Charlton, Susan Lee and Julie Shattles participate in the TUSD Summer Institute.

Summer learning energizes the teachers' minds and brings excitement for the year ahead. Peters Canyon is a school filled with eager young learners, and the staff is proud to say that they are leading the way!

Contest!

Our office tortoise Cheeseball is on his way back to school. He is hidden 2x's in this publication.

When you find him, email the **page numbers** to:

Kay@schoolnewsrollcall.com

Please put TUSD in the subject line.

Your entry must be received by October 15, 2015.

From the correct entries, we will draw a winner to receive a Barnes and Noble \$20 gift certificate.



Pioneer *Middle School*

2700 Pioneer Rd., Tustin, CA 92782 • 714/730-7534



**Tracey
Vander Hayden**
Principal

Reaching Our Potential

The TUSD Summer Institute provided Pioneer Middle School teachers time to collaborate and plan with other secondary teachers to prepare Pioneer Wildcats for engaging 21st century learning. Pioneer teachers learned new strategies in curricular planning and instructional design. They increased the number of approaches that build academic language and literacy and learned new models that infuse technology strategies to leverage the impact of learning for both students and teachers. The TUSD Connect Vision, “Rigorous Standards, Engaging Strategies, and Integrated Technology,” are a reality in all classrooms across the school district.

Pioneer is proud of its community of learners and excited to see the results of the combined work of the students, staff and parents.



Pioneer teachers collaborated on learning new instructional strategies at the TUSD Summer Institute.

Red Hill *Elementary School*

11911 Red Hill Ave., Santa Ana, CA 92705 • 714/730-7543



Will Neddersen
Principal

Developing a Growth Mindset

The 2015–2016 school year at Red Hill Elementary is going to be a great one! Our school is excited to be welcoming three new teachers: Kristen Montgomery in Transitional Kindergarten, Cassandra Riddle in Special Day Class, and Teresa Edmisten in fifth grade.

During the recent Tustin Unified Summer Institute, our Red Hill teachers learned new strategies and assessments to help support instruction during “Balance Literacy Time.” The teachers were also able to hear Dr. Gravity Goldberg give a presentation on developing the growth mindset in Red Hill students all throughout the campus. The teachers will be encouraging students to become risk-takers and problem-solvers in each content area, such as reading and writing, knowing that there is always more to learn.

Our teachers want to help students reflect upon their achievements and challenges so that they can succeed in learning!



Red Hill primary teachers having fun while learning this summer.

Jeane Thorman *Elementary School*

1402 Sycamore Ave., Tustin, CA 92780 • 714/730-7364



Erick Fineberg
Principal

Building on Success

Erick Fineberg enters his second year as the proud principal of Thorman Elementary School. Bringing his passion for students and 20 years of teaching and leadership experience, Mr. Fineberg conveys a wealth of knowledge and a commitment to ensure that all students learn at the highest levels.

A graduate of UC Irvine and UCLA, Mr. Fineberg taught in Long Beach, Irvine and Capistrano before joining Tustin Unified School District seven years ago. He looks forward to continuing to work with staff to transform the educational programs to ensure that students are prepared to compete in tomorrow's workplace. The teachers and staff have spent much of the summer taking part in trainings and workshops as they continue to implement a balanced literacy program that promotes communication, collaboration, critical thinking and creativity in a structured learning environment.

Thorman Panthers are looking forward to a great year of learning and discovery!



Thorman teacher Sunita Sharoff, literacy coach Kerri Braun, speech pathologist Brittany Kearny and teacher Elizabeth Holcomb work collaboratively during one of their summer trainings.

Tustin Connect Academy *Online School*

15400 Lansdowne Rd., Tustin, CA 92782 • 714/730-7395



Dr. Dustin O'Malley
Administrator

Tustin Connect Academy Opens

The Tustin Unified School District is excited to welcome our Tustin Connect Academy's inaugural class as it begins the 2015–2016 school year. The Tustin Connect Academy (TCA) is an innovative K–8 school that offers a personalized blend of the best elements of traditional schooling, home schooling, and online education. TCA is a tuition-free public school in TUSD.

This talented and diverse group of students is ready to receive a world-class education that is flexible and personalized. Many of the student actors, dancers, and competitive athletes are elated to have the opportunity to pursue their passion while also thriving academically in a unique educational setting. Other enrolled students are enthusiastically embracing the choice and flexibility that is available to them in this personalized learning experience offered by the TCA.

Our students have the option to work independently on their individualized assignments at any location, and at any time. They can also visit our campus to work with their teachers and peers during collaborative learning days, workshops, and lab hours.



TCA teachers Emily McCourtney and Kristy Andre are excited to work with their new students.

Enrollment is ongoing. Interested families can request to meet with our teachers, and tour the campus, by visiting the TCA website at www.tustinconnect.org.

Tustin High School

1171 El Camino Real, Tustin, CA 92780 • 714/730-7414



Christine Matos
Principal

Journalism Boot Camp

Four iTHSmedia student staff members attended the Jostens San Diego National Summer Workshop along with teacher advisers Kim Robinson and Eric Zamora. The students' goal was to gain experience in telling Tustin High's story by

immersing in specialty tracks focused on areas of journalism and yearbook.

Journalism's Pitchfork editor in chief Julia Klotz and Audion editors Amanda Lopez and Andrea Coniglio participated in a writing track to further their coverage techniques. Pitchfork editor Kristina Ching shone in the advanced photography track and ultimately received second place in the photography contest.

Tustin's staff members also developed the theme and feature spreads for the 2016 Audion. The group met with a Jostens cover artist to develop their concept, which will be announced prior to our first home football game.



Teacher and iTHSmedia/Yearbook Adviser Eric Zamora and students Andrea Coniglio, Amanda Lopez, Julia Klotz and Kristina Ching, and teacher and iTHSmedia/Pitchfork Adviser Kim Robinson are on track for a great school year.

The iTHSmedia team is pleased with their work at camp, and both the Audion and the Pitchfork are eager to capture Tustin High's 2016 story!

Tustin Memorial Academy

12712 Browning Ave., Santa Ana, CA 92705 • 714/730-7546



Wendy Hudson
Principal

Caution: Learning Zones Ahead!

When students returned in the fall, many of them found that their classrooms looked much different from the way they did in June. Tustin Memorial Academy teachers have studied the impact of space in classrooms as it relates to learning, including color, lighting and the physical arrangement of the room.

"Learning Zones" have been established to allow students to choose from a variety of seating options for work and collaboration. Desks and tables are different heights so that those who like to stand while working may do so, while others may opt for a cushion on the floor or a rocking chair. Flexible classrooms give students the opportunity to discover what kind of learning space works best for them.

Tustin Memorial teachers expect that the new environment will allow students to be more engaged, build better relationships, and practice invigorating conversation!



TMA students Abby Taylor and Marin Caporicci sit at an alternative work space.

Tustin Ranch *Elementary School*

12950 Robinson Dr., Tustin, CA 92782 • 714/730-7580



Tracy Barquer
Principal

Ready for Action

The students and teachers at Tustin Ranch are very excited about our newly designed technology space called “Rocky’s Creativity Den.”

Last year the fourth-graders opted to meet weekly with our principal to discuss ideas on how to update the old computer lab. Collaborative groups met to decide what new tools would be needed to improve the space.



Fifth-grade tech team members Juan Pablo, Faith Aguilar and Aman Gandhi give a thumbs up to technology.

Rocky’s Den now has programmable robots, tools for coding, a green screen, a 3-D pen, as well as iPads, keyboards, and headphones for collaborative and individual work!

Our teachers will be relying upon the Tech Team to support our lessons and learning, as everyone at Tustin Ranch will soon be finding more ways to apply technology to real-life problem solving and fun. Go, Cool Coyotes!

The teams then presented their ideas to the teaching staff and PTA. These students will now be a part of the fifth-grade “Tech Team” to provide helpful support on how to use the tools.

C.E. Utt *Middle School*

13601 Browning ave., Tustin, CA 92780 • 714/730-7573



Dean Jennings
Principal

Positive Behavior is Reinforced

Positive student behavior is alive and well at Utt Middle School. The school’s core values of Attitude, Commitment, and Achievement (ACA) set the tone for our entire campus culture.

Every month, teachers recognize the three students from each class that they feel embody one of these core values. Those chosen are awarded a special ACA bracelet.

Each month, over 200 students are thus recognized for their outstanding display of core values as they wear their ACA bracelets around the campus with pride!



Eighth-grade teacher Naomi Dove, left, recognizes student Catherine Rios, who is attending with her sister, for her exemplary citizenship and academics at the Falcon Flyer Luncheon.

As an additional reward, our ACA winners are also invited to participate in special activities during lunch, such as water balloon contests and dance parties.

To build upon our character education, the Utt Falcons are

currently participating in a schoolwide reading of a novel that tells about the courage to stand up for what is right. This shared reading experience allows for a rich discussion between students, staff members, and parents. Our Utt Falcons learn and grow together!

Marjorie Veeh *Elementary School*

1701 San Juan St., Tustin, CA 92780 • 714/730-7544



Ryan Bollenbach
Principal

Ready for a New Year

As another school year begins, Veeh Elementary School staff members worked hard to prepare for the 2015–2016 school year. For the second year, third-, fourth-, and fifth-grade teachers attended a science training presented by the Orange County Department of Education, University of California, Irvine, and the Segerstrom Center for the Arts. Participation in the training

increased the teacher’s knowledge of the new science standards. Teachers will be presenting students with an enhanced science curriculum with visual and performing arts activities and inquiry-based science methods, which are valuable teaching strategies, especially for the English

language learners.

In addition to the science training, all teachers participated in a two-day Balanced Literacy training and a one-day Inclusion training. Veeh teachers have dedicated themselves to providing the highest quality academic instruction for their students.

Veeh also has several new additions. Jason Chewning, who is teaching physical education this year, has joined the team. Also, the entire staff is excited to welcome back Cheri Kaplan, who was an instructional coach last year at Veeh two days a week. This year, Mrs. Kaplan will serve as the school’s Tustin Unified School District Connect coach. Veeh will also have a multiple-tiered system of support teacher and an AmeriCorps volunteer. We are thrilled with all our new staff members. It’s going to be a great year!

Educational Services

Tustin Unified School District, 300 South C St., Tustin, CA 92780 • 714/730-7301 Ext. 309



Kathie Nielsen
Chief Academic
Officer

Summer Institute for Teachers

The Tustin Unified School District (TUSD) Summer Institute included 88 percent of the district's elementary, middle and high school teachers, who volunteered to participate in professional development during the summer. The theme of this year's elementary training, "Assessment for Student Learning and Differentiation,"

provided teachers with targeted professional development on the implementation of comprehensive new reading assessments and the Universal Design for Learning Framework.

"Engaging All Learners" was the theme for participating middle and high school teachers, whose training focused on building 21st-century skills and differentiating instruction for all learners. Teachers focused on standards-based, comprehensive unit design, the development of new pacing and curriculum across the district, shifting teacher and student roles in the classroom, and technology integration to enhance the learning experience.



Teachers are all smiles about the professional development training at the TUSD Summer Institute.

The 2015 Summer Institute provided great learning opportunities for all TUSD teachers as they prepared for an exciting new school year.

Business Services

Tustin Unified School District, 300 South C St., Tustin, CA 92780 • 714/730-7301 Ext. 302



Anthony Soria
Chief Financial
Officer

Construction Projects Completed

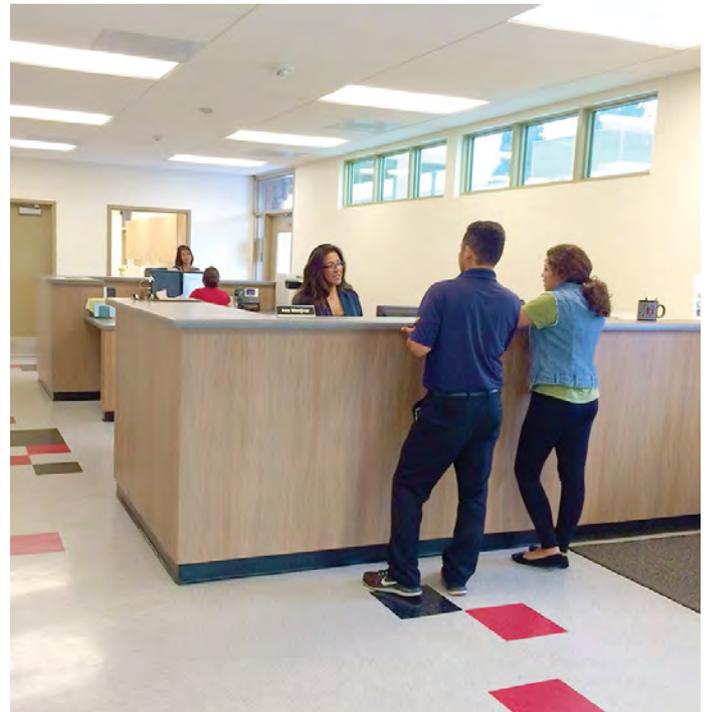
Construction on two major facility projects was completed during the summer: the administration office renovation at Tustin High School, and the new Humanities Building at Beckman High School.

The Tustin High administration office project consisted of an interior reconfiguration, new office entry from the parking lot, and new electrical, mechanical, flooring, painting, and furniture. The

Beckman project included 17 classrooms, as well as state-of-the-art technology, a student courtyard, restrooms, support spaces, and new furniture and equipment.

In addition, this summer the district worked on several maintenance projects at various schools under its deferred maintenance program. The work primarily included painting, carpeting, roofing, slurry coating, and heating/ventilation and air conditioning.

The largest project on the maintenance list was at Guin Foss Elementary School. These improvements addressed needs like painting, roofing, new ceilings, structural modifications, insulation, removal of existing HVAC units/ducts, and new individual rooftop units and ducts under the roof.



Tustin High's new Administration Office is open for business.

Nutrition Services

Tustin Unified School District, 300 South C St., Tustin, CA 92780 • 714/730-7301 Ext. 342



Teresa Squibb
Director

New Mobile Menus

My School Menus is our new mobile app which provides easy access to school menus and nutrition facts. Search My School Menus in both the Apple Store and Google Play.

Nutrition Services continues to offer Meatless Monday. On average, Americans consume 8 ounces of meat per day—45% more than the USDA recommends. Going meatless once a week can reduce the risk of chronic conditions like cancer, cardiovascular disease, diabetes and obesity.

Meals include a choice of entrees, fresh fruits, fresh vegetables and milk. The elementary prices are \$1.75 for breakfast and \$2.75 for lunch. Middle and High School meals are \$2 for breakfast and \$3 for lunch.

MySchoolBucks.com allows parents to pay for their children's lunches ahead of time and monitor their child's purchases at school. The service has a mobile app available for Apple, Android and Windows devices.



Nutrition Services assistants Norma Hernandez and Rodica Cretu and students from Tustin High School participate in Wellness Week at Heideman Elementary School.

Technology in TUSD Schools

Tustin Unified School District, 300 South C St., Tustin, CA 92780 • 714/730-7301 Ext. 306



Crystal Turner
*Assistant
Superintendent
Administrative
Services*

Connecting with Schools

Summer heat wasn't enough to stop the TUSD Technology Department! As school came to a close, the department collected nearly 20,000 laptops and iPads as part of the TUSD Connect program. Not only was each device inspected, cleaned, repaired and updated over the summer but also the nearly 1,700 students enrolled in summer school were issued laptops to continue their learning.

Small e-mail storage is now a thing of the past as the Technology Department completed setup,

migration and testing for the new Office 365 e-mail system. This cloud-based system provides faculty and staff with a contemporary e-mail service that includes greater integration with Office products and 1 GB of e-mail storage.

As part of the biannual audiovisual check, the AV systems in every classroom were checked with preventative maintenance and repairs taking place for teachers to start the first day of school with everything in place. Also, new wireless-network security, construction support at multiple sites, data-center upgrades and software upgrades rounded out a busy summer.

The technology staff is excited to see TUSD students back in their classrooms using their devices!

Our School News tortoise, Cheeseball, is off to the first day of school! (you'll need this page number for the contest on page 17)





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Orange County Department of Education

Communication is Vital



Dr. Al Mijares
Superintendent

Last year, a powerful new vision was unveiled to guide the work of the Orange County Department of Education: We declared that “Orange County students will lead the nation in college and career readiness and success.”

This may be ambitious, but we are not alone in our pursuit. For our vision to become reality, it must continue to be embraced daily by teachers, students,

parents, administrators, volunteers, community members, business leaders and elected officials. In other words, our success hinges on collaboration and engagement.

As part of a strategic effort to strengthen both, OCDE is now in the process of enhancing and expanding its communications presence by leveraging the latest media platforms to deliver news and information that is accessible, relevant, compelling and credible.

You may already be familiar with one of our newer communications initiatives. Our staff has launched a website called the OCDE Newsroom that features education stories and videos about our local schools and programs. Recent Newsroom posts have included a breakdown of education buzzwords and acronyms, a list of strategies to keep young minds sharp over the summer and a feature on a former student from our deaf and hard of hearing program who became a college basketball coach.

The OCDE Newsroom is a place to learn more about our schools, as well as emerging trends in education, but it’s not the only way to engage with our department. I would also encourage you to connect with us on Facebook, Twitter and Instagram.

Now back to why this is so important.

OCDE supports 27 school districts serving more than 500,000 students in more than 600 schools. Needless to say, there is much to be gained by making students, educators and the community more aware of the vital programs and services available.

Specifically, we want all Orange County families to know of the resources that can contribute greatly to their children’s academic performance and wellbeing. We want all teachers, administrators and support staff to know of the invaluable professional development opportunities and support services that can take teaching and learning to the next level. We also want to expand our efforts to share best practices — particularly those that have proven their worth in high-achieving classrooms — while continuing to spotlight the incredible success stories that can motivate and inspire others.

All of this has the potential to contribute to positive student outcomes, which is our ultimate bottom line.

Communication and collaboration are so vital to our success that we’ve listed them, collectively, among OCDE’s current Strategic Priorities. These objectives are driving the work of our staff, and I would encourage you to learn more by visiting our website.

In the meantime, I would also invite you to take a look around the OCDE Newsroom — and to connect with us on social media.

Exciting things are happening in education in 2015. It’s time to spread the word.

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*Source: Girl Scouts Research Institute, 2012 Alumnae Impact Study

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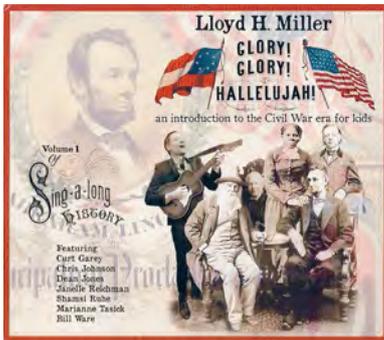
Note-ables



Kate Karp

'Glory! Glory! Hallelujah!'

This collection arrives just in time for the beginning of the school year, when teachers are scoping out their annual plans and parents are looking for some good, entertaining stuff to enhance their children's knowledge base. *Glory! Glory! Hallelujah!* is a real find—a brass-and-woodwind-heavy hail to the Civil War era.



The collection is a compilation of traditional songs, some familiar and others obscure, as well as tunes written by artist Lloyd H. Miller in the sense of the era and what came out of it for better or worse. In the CD, Miller tells the traditional story and sings the well-

known tune of radical abolitionist John Brown and adds his own lyrics and music to flesh out the hero's activism and bravery. "Follow the Drinking Gourd," the hymn to Harriet Tubman's night-sky navigation to the land of freedom, is given a celebratory treatment. Another lesser-known Brown—Henry Box Brown—reached the North in another singular way: he shipped himself in a box to Philadelphia, and Miller thought he'd make a great subject for a song. He was right. Equally obscure and of note is the story of Weeksville, one of the first free black enclaves. Weeksville was established in Brooklyn in the 1830s by a former slave, and Miller graced it with a song, too.

A sequenced narration of Lincoln's Gettysburg Address squares the corners of this enlightening collection. And best of all, an online curriculum guide is in development to further link this rich era to our present.

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



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Tyler Robert Armstrong

Every Step – The Climb

When we got to the trail, we started our long, long journey to the summit of Mount Whitney. We started off at 2:05 a.m., in the pitch dark. Without our headlamps, we might have gone off the trail because it was so dark. I was in front, and my dad said to watch the trail carefully and stop looking around so I wouldn't get hurt. (I was looking around so much because I was afraid we might run into a bear.) However, my dad knew I was not watching where I was going, because my headlamp kept pointing everywhere but the trail.

When I turned my head back to the trail, I saw a huge, scary creature in the dark right in front of my face. I closed my eyes and couldn't bear to look. After a terrifying moment, I had the courage to open my eyes. It was a...deer! "Really! I was scared of a deer!" I thought. My dad, the deer, and I looked each other in the eyes. Then the deer ran in one direction, and my dad and I moved up the trail in the opposite direction.

About an hour and a half up the trail through the forest, we began to see the moon clearly. We had climbed above tree line, which is around 10,000 feet in elevation. It was such a beautiful full moon. We turned off our headlamps and were able to hike in the moonlight. The rocks seemed to glow in the moon's reflection. It was so peaceful.

Around 5:30 a.m., we began to feel the warmth of the sunrise. No more darkness! Soon I could see everything clearly, and the mountains looked huge. A while later, we came to the hardest part of the hike, the dreaded 97 switchbacks—and it really was 97 switchbacks. We had

to climb 1,600 feet in elevation in about two miles. The switchbacks were very tiring, and doing 97 of them, all of which looked the same, became very boring. After two hours of pain, we reached the trail crest. But there was still much farther to go.

With much enthusiasm, I asked my dad, "How far are we from the top?" The answer surprised me. "Two and a half more miles, so about an hour." One hour? "Is it really that much?" I thought. Then I almost lost it. I wondered, "How will I ever get through an hour when it feels like every minute is as long as a full day?"

I asked my dad for a quick rest, and we stopped for a few minutes. We pulled out a few snacks, and I took a drink from my hydration pack. It all tasted delicious. We soon got up and pushed towards the top. As I looked around, I could see huge drop-offs and cliffs on my right side, and way below on my left, I saw beautiful valleys and trees and a really neat-looking lake in the distance. I asked my dad the name of the lake (because he always does research before every climb). "Guitar Lake," he said. As I looked more closely, I could see that it did look a bit like a guitar.

Now it was time for the final push to the top. I could see the trail going up. All of a sudden, I saw a little stone hut off in the distance. I could hear other climbers hooting and hollering as they celebrated reaching the top. I knew I was almost there. I was so excited. A few minutes later, I looked up...to be continued...

Publisher's note: I read an article about Tyler and immediately invited him to be a guest columnist. He is such an inspiration and I want our readers to hear his amazing stories.

If you can't wait for the next column, please enjoy Tyler's web site! www.topwithtyler.com and www.facebook.com/topwithtyler and www.youtube.com/user/TopWithTyler

Ships Word Search Contest

Rules!

One word in the list is NOT in the word search.

When you have completed the word search, one word will be left and that word you email to: Kay@schoolnewsrollcall.com Please put TUSD n the subject line.

Entries must be received by October 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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College 4 Less



**Susan D.
Marshall**

Financial Aid Factoids

Financial Aid does not mean free money = never to be paid back. Instead it's a mixture of gift aid and/or loans. Grants = free; Tuition Reductions (from a school that really wants you to pick them) = Free; Loans = NOT FREE.

Loan Definitions: PLUS = parent loans for student expenses, Direct = student loans, Subsidized = Government pays interest while the student is in school, Unsubsidized = Interest Accrues while Student is in School. HINT: Paying interest while in school on Unsubsidized Student Loans will greatly reduce the overall amount of debt after graduation. This is highly recommended if you want to pay off the loans as quickly as possible and save money in the long run.

529 plans count as an income resource for your student, which could result in less "need-based aid," resulting in more money out of your pocket.

Financial Aid packages sometimes include Work-Study Aid which means the student gets a part-time job typically on campus. Receiving Work-Study Aid does not guarantee the student a job on campus, they still need to apply for the job and pass the interview.

Financial aid packages/awards require you to fill out the FAFSA – Free Application for Federal Student Aid. The application requires information from the student and the parent's taxes – however you can fill out an application with estimated amounts and amend it at a later date. January is the best time to fill out your FAFSA. Typically the earlier you file a FAFSA the more financial aid you receive.

Pat yourself on the back if you knew all of this! This is the beginning of things you need to know and understand before you can begin to successfully navigate the college financial aid process.

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



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Foot Injuries Starts at Home



Dr. Doug Richie

The most common running injuries affecting the foot include plantar fasciitis and Achilles tendinitis. While many runners seek medical care for these injuries, some are surprised to learn that running never actually caused the injury. Instead, the condition started in the home setting with improper footwear or wearing no shoes at all.

Most of us fail to appreciate how much time we spend on our feet at home. Standing on our feet in the kitchen for long periods of time can actually be more stressful than running three miles. This is especially true when we stand barefoot or when wearing flat slippers which lack support.

Prolonged standing barefoot or in flat shoes places considerable strain on the plantar fascia which supports the arch of the foot. The Achilles tendon is also under increased tension when the heel is flat on the ground. For runners at risk or suffering these injuries, the home setting must be addressed with proper footwear.

The best footwear for the home setting are clogs or sandals with elevated heels and contoured arch support. These features are important in preventing foot problems as well as treating common injuries. In particular, being barefoot or wearing flat slippers should be avoided in people who have heel pain and Achilles tendon pain.

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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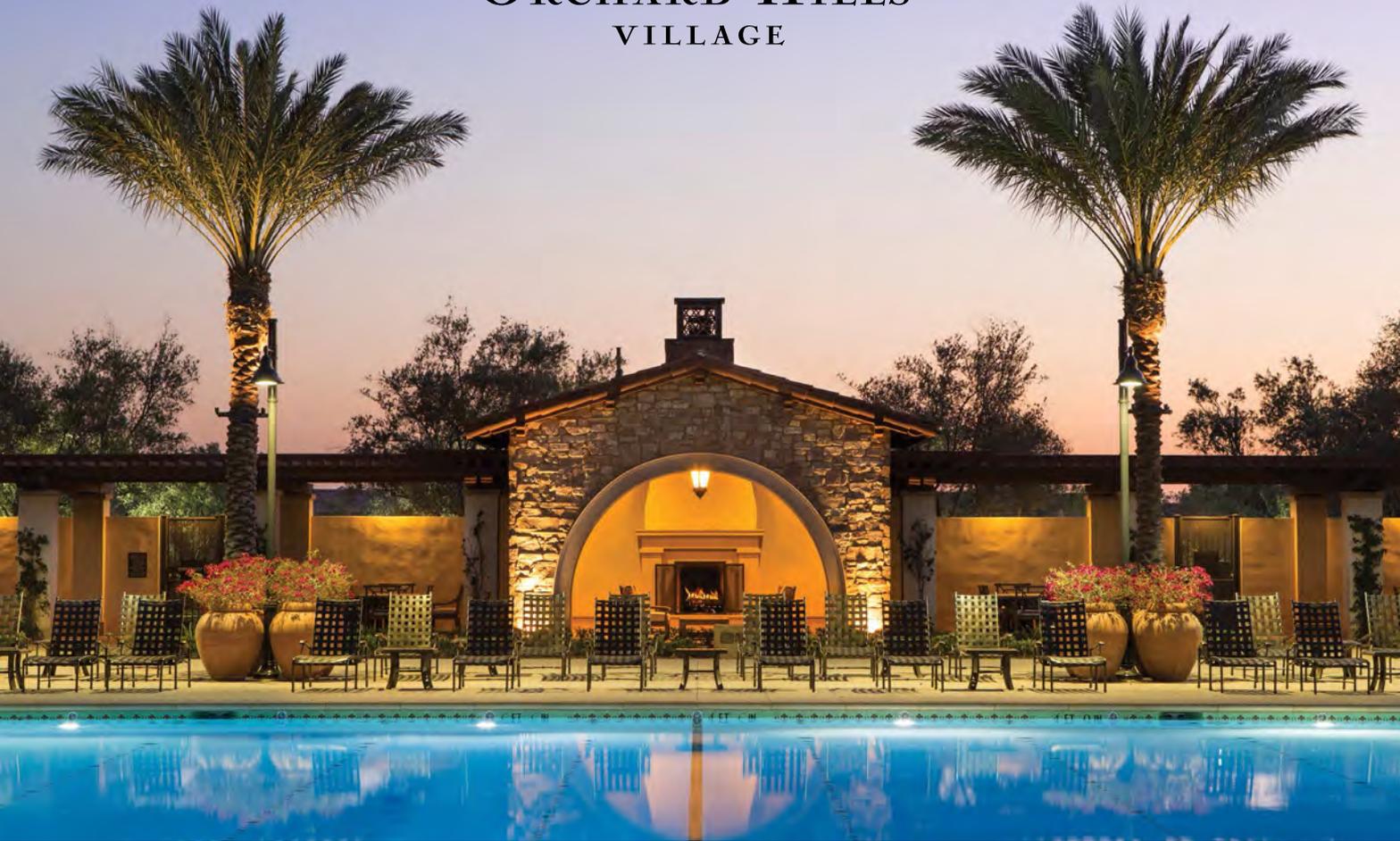
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