

FREE

# School News

Education + Communication = A Better Nation



Covering the Vista Unified School District

VOLUME 1, ISSUE 2

www.SchoolNewsRollCall.com

MAY–OCTOBER 2013

## SUPERINTENDENT



Devin Vodicka, Ed.D.

Improving communication to our community was identified as a high priority by the School Board in the recruitment and selection process for the Superintendent position. This has been an area of emphasis for me and for our leadership team since I began in this new role in July.

Our efforts to improve communication with the community have taken some big steps recently with the complete overhaul of the websites for the district and its schools as well as the publication of *School News*.

The new district website features current news, an overview of Vista Unified, the history of our district, articles about some of the outstanding programs here and links to key departments and initiatives. All of the content can be translated into Spanish by using the translation button on the bottom of the page.

New content and information is being added every day on the district website as well as the individual school sites.

Some of my favorite additions are the Special Education Taskforce page (<http://vistausd-ca.schoolloop.com/spedtaskforce>), the Human Resources page (<http://www.vistausd.org/humanresources> - check out the funny movie at the bottom), and the "Outstanding Programs" section that highlights some of our most impactful offerings to students.

The new sites and publication are in addition to expanded efforts to use social media to connect with parents and the community. One of my first moves as a Superintendent was to recommend a policy that dictates how educators and administrators should use social media sites.

Since it was approved, the number of district employees using the sites to communicate with the public has exploded. For example, the number of administrators using Twitter grew from only a couple to about 50.

Jose Manuel Villarreal, principal at Vista Magnet Middle School, was one of the first administrators in the district to start a Twitter account for his school. He said he uses it to inform parents as well as to celebrate the work of teachers and students.

See SUPERINTENDENT • Page 14

## Focused on Health and Fitness



Hannalei Elementary students fun and fit!

By Tracy Zachry, Principal Hannalei Elementary

Hannalei Elementary School is a wellness school, promoting healthy eating habits and fitness. We work closely with our district Child Nutrition Service Department throughout the year in a variety of ways. Additionally, all grades at Hannalei dedicate time each day to stretch and walk, jog, or run for 10 to 15 minutes. These healthy habits are becoming part of our students' daily routine.

Most recently we held a PTA sponsored jog-a-thon to further promote health and wellness at our site. During our jog-a-thon, we had many parents cheering on students, teachers jogging with students, and a local branch of the Navy from Camp Pendleton to warm up, run with, and encourage health and fitness.

We are proud of our new focus and will continue to promote healthy eating habits and fitness. As many of you know, a healthy body promotes a healthy mind!

## Family Involvement

By Susan Ford, Principal Madison Middle School

Madison recently celebrated our Mustang Roundup, recognizing our students for academic achievement, attendance, and community service. Close to 500 students, teachers and family members gathered to honor our middle school students.

This spring, we are having our first Family Math Night, which is an opportunity for students and families to experience the fun and challenge of mathematical thinking. As we move to Common Core State Standards, our students will be learning new ways of thinking about math, and math night is a great introduction for students and parents. All of our teachers are embracing the new Common Core Standards, and we are excited about working together to engage our students in the kinds of tasks that will prepare them for college and career.

We also hope MMS families will join us for our upcoming Mustang Showcase, which features students and staff showing their performing arts talent. As the end of year is rushing toward us, please remember to check out our new website and follow us on Twitter @madisonvusd.



Madison's Glee Club singing the National Anthem at the Mustang Roundup.

Inside: Schools pages 4–10 • Syndicated Columnists pages 11–13 • Contest page 14

### 2013 Board of Trustee Meeting Dates

May 16	June 27	Aug. 15	Oct. 17	Dec. 12
June 5	July 18	Sept. 12	Nov. 14	

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13790-12



**Kay Coop**  
Founder / Publisher



Summer is around the corner as students are focused on testing and wrapping up this school year. As Superintendent Dr. Vodicka writes in his front page article communication is a priority and we are pleased to publish the excellence from the classrooms.

Be sure to enter the Word Search Contest on page 14.

Our next issue is November 13... just in time for the holidays. Thank you for including *School News* in your reading material May, Nov. and Feb. Have a wonderful summer.

Congratulations Class of 2013!

## School News

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

Covering the  
**VISTA UNIFIED SCHOOL DISTRICT**

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## 2013 Summer Theatre Camp

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Additional discounts available for multiple week or child enrollments!  
Call our box office (858)481-1055 or visit [www.northcoastrep/theatreschool](http://www.northcoastrep/theatreschool)

### A YEAR WITH FROG AND TOAD SUMMER CAMP

Ages 5-14 • July 8 - July 19, 2013  
• 9:30am - 3:30pm • Students will learn all the skills necessary to prepare for a show including. Final week concludes with campers performing FROG AND TOAD.

### SUMMER DRAMA FUN CAMP

Ages: 5-14 • July 22 - August 2, 2013  
• 9:30am - 3:30pm\* • Campers will be separated by age and skill level. Each week is packed with a full line-up of creative activities taught by theatre professionals with a showcase each Friday for parents and friends.

### TEEN SUMMER CAMP INTENSIVES: IMPROVISATION

Ages: 13-19 • July 8-12, 2013  
• 9:30am - 3:30pm • Students will become more comfortable on stage and learn new techniques to building strong characters.

### TEEN SUMMER CAMP INTENSIVES: AUDITION STRATEGY

Ages: 13-19 • July 15-19, 2013  
• 9:30am - 3:30pm • This Audition Workshop will help you put together a monologue that will showcase your acting and teach you how to nail the callback.

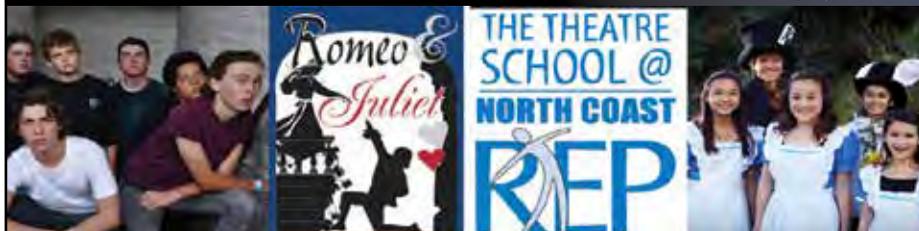
### TEEN SUMMER CAMP INTENSIVES: TRIPLE THREAT/MUSICAL INTENSIVE

Ages: 13-19 • July 22-26, 2013  
• 9:30am - 3:30pm • This Musical Theatre Intensive will help you put together 16 and 32 bar audition cuts that will showcase not only your voice, but your acting as well.

### TEEN SUMMER CAMP INTENSIVES: TEEN SCENE STUDY

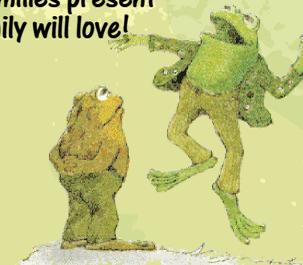
Ages: 13-19 • July 29-August 2, 2013  
• 9:30am - 3:30pm • Students will learn to break down the script to discover relationship and conflict so you can be comfortable making strong choices and taking adjustments.

Early drop-off and/or late pick-up available. Location: All classes at North Coast Rep Theatre,  
987 Lomas Santa Fe dr., Ste. D - Solana Beach, CA 92075 Contact Info: 858.481.1055 • [www.northcoastrep.org](http://www.northcoastrep.org)



North Coast Rep and Professional Theatre for Families present  
a Tony-nominated family musical the whole family will love!

## A Year With Frog And Toad



**Performances:**  
Sat & Sun,  
June 15-16, 11am  
Friday, June 21, 10am  
Sat & Sun  
June 22-23, 11am

**Music by Robert Reale • Book and lyrics by Willie Reale**  
Based on the books by Arnold Lobel

Directed by Becky Cherlin Baird

North Coast Rep brings *Frog and Toad to Life!* Arnold Lobel's beloved characters hop from the page to the stage in this version of Robert and Willie Reale's Tony-nominated musical. This whimsical show follows two great friends -- the eternally optimistic Frog and the rather grumpy Toad -- through four, fun-filled seasons. Adults: \$20 Children: \$16

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# Camps, Sports & Outdoor Family Fun!



## Summer Camps

**June 10 - August 16**  
**Grades K-8**

Your best camp value is in Vista! For one low price, campers will experience tons of activities, great field trips, guest speakers, camp t-shirt and special events every Friday! Our camps feature extended care hours, snacks and lunch all in a safe and fun environment in Brengle Terrace Park. \$139-\$177 Vista residents; \$167-\$212 non-residents.



## Girl's Volleyball

**August 26 - November 16**  
**Grades 5 - 8**

Join the fast moving and action packed game! Our program combines instruction and games, enabling girls of all abilities to learn the game, improve their skills and most importantly, have fun! All games and practices at Brengle Terrace Park. \$74 Vista residents; \$89 non-residents.



## Flag Football

**August 26 - November 16**  
**Grades 1 - 8**

Set. Spike. Score! Vista Flag Football is back. For boys and girls that want to play the most popular sport this fall, flag football is it! Players' experience will be fun and positive with good sportsmanship at the forefront. Practices and games at the Vista Sports Park. \$74 Vista residents; \$89 non-residents.

To register for these and other programs, visit [vistarecreation.com](http://vistarecreation.com) or call 760.726.1340 ext. 1576



**FREE! Movies Begin at Dusk and are for the Entire Family!**

### **June 15: We Bought a Zoo (rated PG)**

Vista Magnet Middle School  
151 Civic Center Drive, in the ball fields

### **July 20: Brave (rated PG)**

Brengle Terrace Park, in the ball fields  
1200 Vale Terrace Drive

### **August 17: National Treasure (rated PG)**

Rancho Buena Vista High School, in the ball fields  
1601 Long Horn Drive (corner of Sycamore and Shadowridge Drive)

# Alamosa Park *Elementary*

5130 Alamosa Park Dr., Oceanside, CA 92057 • 760/940-0700 • www.vusd.k12.ca.us



**Vivian Firestone**  
Principal

## "Bringing Up" Our School: Thanks, Parents!

Alamosa Park is fortunate to have two parent groups supporting our school. Members of Alamosa PTA and Alamosa Educational Foundation spend many hours organizing a variety of events and projects that enhance our school program. Our PTA organizes family events that include the Welcome Back Ice Cream Social, Spaghetti Dinner/Spelling Bee, and Bingo Night. They also financially support Geography Olympics, Scrabble Club, and our wonderful newsletter. Our Educational Foundation provides financial support for Garden Club, Visiting Artists program and Kids College, and they work with students to publish a yearbook.

Over the last five years, both groups have provided items such as new playground structures, a computer lab, and SPARK PE equipment and training. Last year, our Ed Foundation generously provided interactive whiteboards for all classrooms. These wonderful parents give so freely of their time and energy, and help Alamosa Park provide a quality educational experience for our children.



Alamosa students participating in PTA Family Bingo Night.

# Beaumont *Elementary*

550 Beaumont Dr., Vista, CA 92084 • 760/726-4040 • www.vusd.k12.ca.us



**Brian Martes**  
Principal

## Beautification Weekend

Beaumont Elementary School and North Coast Church teamed up for their Weekend of Service in April. The purpose of the project was for the church members to leave the building and help give back to the community through their service projects. The church, alongside the Beaumont students, staff, and community, completed several needed projects throughout the school. PTA president and project manager Joe Green said, "I love Beaumont and just wanted to make it a better place for everyone to come to and feel proud of each time they drive by or step on the campus."

Volunteers gave new life to the play structure and playground area. Students have a fresh and shady area to explore with sand during recess time. They helped build and plant a science garden for students to experience hands-on learning activities. Visitors are now greeted with a new wall and a new marquee sign for information purposes. Participants helped in updating and refreshing our reading garden with new benches, plants and areas for students to read with their families and friends. Fourth-grade student and participant Max Post said, "Our school looks awesome, and I had fun participating in this year's Weekend of Service."

Beaumont Elementary School would like to send a special thanks to our local nurseries for plant donations, a local department store for its continued support, and our parents for donating funds and plants. A great-big thanks goes to North Coast Church for making Beaumont a beautiful place!

# Alta Vista *High School*

1575 Bonair Dr., Vista, CA 92083 • 760/724-3775 • www.vusd.k12.ca.us



**JoAnn Jones**  
Principal

## Well On Our Way To the Top

Alta Vista High School has had an incredibly busy school year. From August to May, we have provided new educational programs for parents and students, have completed a full WASC accreditation review, have created a new website, have adopted a new mission statement, have maintained a stellar sports program, have reclassified more English-learner students than ever before, are expecting a spectacular graduating class, and have dedicated a beautiful new garden in the front of our school.

Completing the Western Association of Schools and Colleges (WASC) accreditation process was an 18-month process that culminated with a visit in February. The WASC team was impressed by our curriculum, our interventions, the campus and especially by our caring, compassionate staff. They found an environment where every student has the opportunity for success. The staff at AVHS has spent much of this year increasing the student-intervention programs both on the academic and personal sides. Every student has an individualized academic plan for graduation and for post-secondary life.

Our new mission statement, "Alta Vista's mission is to create an environment for students to maximize their educational opportunity and to develop relevant life and career skills," is coming to life daily. We will not, however, rest on what we have accomplished this year. Our next goal is to become a Model Continuation High School in the state of California. With the constant belief that every one of our students can learn and be successful, we are confident that we will reach this pinnacle.

# Bobier *Elementary*

220 W. Bobier Dr., Vista, CA 92083 • 760/724-8501 • www.vusd.k12.ca.us



**Anita Alfonso**  
Principal

## Many Options for Learning

Parent education is very important at Bobier. We offer many opportunities for our parents to attend workshops throughout the school year. English as a Second Language classes are also offered twice a week during the school day, with child care provided for those parents who are able to attend.

In addition, for the past six weeks we have been offering our parents a nutrition class where they can learn how to prepare healthy meals for their families. This nutrition class was offered by the UC Extension and coordinated by our community liaison and ELD resource teacher.



**Mrs. Contreras, ELD Resource Teacher  
and Mrs. Valenzuela, PTA President**

Our PTA parents are usually found on campus every day, supporting our school's efforts to provide a high-quality education for all of our students. We even have a dedicated "Parent Room" at Bobier that is set up for meetings, classes and workshops, as well as a special area where the parents can work and complete school projects.



# Breeze Hill *Elementary*

1111 Melrose Way, Vista, CA 92081 • 760/945-2373 • www.vusd.k12.ca.us



**Steve Green**  
Principal

## Learning Springs to Life!

The Breeze Hill Garden Learning Center has been recognized by the National Wildlife Foundation as a schoolyard habitat and by MonarchWatch.org as a monarch butterfly way station. Our garden is a valuable and scenic venue for teaching students about the wonders of our natural environment as well as the life cycles of native flora and fauna.

This year, students have participated in learning the life cycle of native butterflies, planted vegetable gardens, and learned about healthy food choices. Identification markers were added to the garden, too, so that students and visitors can know the official names of the plants they are admiring. Our school garden coordinators, Kathie Edwards, Dianne Huyett and Lucy Sharp, have spent countless hours organizing garden work parties and looking after this special place on campus.

The entire school community takes pride in our Garden Learning Center and enjoys watching it thrive.



**Students, parents and teachers work together on a Saturday clean up the garden and prepare for winter.**

# Casita Center *Elementary*

260 Cedar Rd., Vista, CA 92084 • 760/724-8442 • www.vusd.k12.ca.us



**Laura Smith**  
Principal

## STEM

The spirit of American innovation is valued at Casita Elementary School. Therefore, Casita offers a Science, Technology, Engineering and Math (STEM) magnet theme. Building a solid knowledge base in science and math is an important aspect of the curriculum and is necessary for the future job market. Hands-on math activities in primary grades build number sense. Older students apply math and science to real-life applications. For example, third-graders wrote and produced public service announcements to explain the problem of global warming and to inspire problem-solving action. Fourth-graders studied energy and exhibited their knowledge at the Spring Energy Fair. Fifth-graders recently built small-scale cities after using an architecture program and created a game app for a book report.

Community partnerships enrich our STEM program. Thanks to a \$1,250 grant from a local engineering firm, many scholarships have been granted to third- through fifth-graders who are participating in a nine-week Engineering Academy. Students use critical-thinking skills to build theme-based robots using LEGO building blocks. They are learning how gears, pulleys, and levers work and how to program robots. The Reuben H. Fleet Museum of Science partnered with Casita to host 10 interactive science investigations for families to explore.

# California Avenue

215 W. California Ave., Vista, CA 92084 • 760/630-4870 • www.vusd.k12.ca.us



**Rachel Schmidt**  
Principal

## Teaching and Nurturing Our Youngest Students

California Avenue School first opened its doors in 1975 in downtown Vista. Its mission is to provide a nurturing place where all students are educated in an inclusive and respectful environment, to provide opportunities for all students to become responsibly independent to their greatest extent, and to support one another and the community in the pursuit of lifelong learning.

California Avenue School serves approximately 300 preschool and elementary students. The school prides itself on providing a rigorous, high-quality program. Both general-education students and students with special needs attend fully integrated classes at California Avenue School with a range of services that include adaptive physical education, speech-language therapy, nursing services, occupational therapy, physical therapy, and hard of hearing and vision services. Other programs and services offered to meet the students' individualized needs include a sensory room, an autism program, an intensive language-and- behavior clinic, a therapy pool, canine companions and a technology lab. The outside playground equipment is specially designed to provide access to students using wheelchairs and other adapted equipment.

In the words of one young student, "I love school because I play with my friends, swim in the pool and learn how to read dinosaur books."

# Empresa *Elementary*

4850 Avenida Empresa, Oceanside, CA 92056 • 760/940-8454 • www.vusd.k12.ca.us



**Dr. Cheree McKean**  
Principal

## Empresa Rocks!

Each day our school motto can be heard echoing throughout the halls. Empresa Elementary School students take pride in their school and show it each Friday at our weekly Flag Ceremony. Every week a class leads the flag salute and our two school songs, and students are recognized for helping around the school, exhibiting the featured character trait, or exceptional reading.

On April 27, we held our Annual Music Festival and Auction, which brings families together to celebrate the musical talents of our student body. This year featured special performances by The Round Table Chorale, The Knights of Rhythm, The Ukelele Heroes, The Guitar Guard, and The Castle Wind Ensemble Band, as well as a surprise solo by Dr. McKean, with accompaniment from the choir. All proceeds support our music program so students can continue to enjoy a well-rounded education balanced with the arts. For more information on our award-winning music program, please visit [empresarocks.com](http://empresarocks.com).



**Students showing "Empresa Rock!" school pride after Friday Flag.**

## Foothill Oak *Elementary*

1370 Oak Dr., Vista, CA 92084 • 760/631-3458 • www.vusd.k12.ca.us



**Dr. Erin English**  
Principal

### Adopting New Standards

Foothill Oak Elementary School has been actively implementing the new state Common Core Standards, as well as the recently adopted 21st Century Skills of critical thinking, problem solving, communication, collaboration, creativity and innovation.

Our students are writing more and are learning to defend their answers with logical, thought-out responses. We are also adopting a “coach’s model” of teaching, where we encourage our students to come up with the answers on their own. As a result of this shift, we have noticed that our students are showing more excitement for learning, and are becoming more active participants in the learning process itself.



**Earth Day 2013 at FHO - Building our outdoor classroom.**

One way in which we are giving our students more opportunities to develop these 21st Century Skills is through science lessons. FHO was recently awarded a grant that allowed us to build an outdoor classroom. We started this project on April 20 as a tribute to Earth Day. Our parents, students and staff members participated.

## Hannalei *Elementary*

120 Hannalei Dr., Vista, CA 92083 • 760/631-6248 • www.vusd.k12.ca.us



**Tracy Zachry**  
Principal

### Focused on Health and Fitness

(please see the front page)

## Maryland *Elementary*

700 North Ave., Vista, CA 92083 • 760/631-6675 • www.vusd.k12.ca.us



**Sandy Du-Song**  
Principal

### C.A.T.C.H. (Caring Adults Teaching Children HOW)

Thanks to the Assistance League of North Coast and other individual adults from our community, our students are getting the one on one attention they desperately need to succeed in school. This year, Maryland ES has developed a program called C.A.T.C.H. which stands for Caring Adults Teaching Children HOW. These wonderful people volunteer their time not only to read to our students, but to develop a lasting friendship that provides an anchor for our students future. These volunteers are our students cheer leaders, encouragers, and motivators to do bell and stay in school. We celebrate our CATCH mentors who truly care about our students success.

## Grapevine *Elementary*

630 Grapevine Rd., Vista, CA 92083 • 760/724-8329 • www.vusd.k12.ca.us



**Rafael Olavide**  
Principal

### Science Nights

In partnership with Vista Magnet Middle School, our first science night was held on March 14 for grades K–2. Middle school students were trained to conduct scientific experiments before the watchful eyes of our kindergartners, first- and second-graders, and parents.

Everyone learned new concepts in a hands-on format, but making slime was one of the highlights of the night! The students also had an opportunity to view an animal display that was on loan from the Natural History Museum of San Diego.

Our second science night took place on April 4 for grades three, four and five. This time our fifth-graders led the presentations with an emphasis on projects from the Ocean Institute. Their experiments included an analysis of the water quality of the creek that runs down the side of our school, as well as studies of molecules, volcanoes, and team presentations about bottled water versus tap. Their hard work provided an enjoyable evening for our Grapevine families.

Both nights were very successful, and we are now looking at a steady partnership model with VMMS as a schoolwide vision. Grapevine is committed to the teaching and learning of science as an integral part of its students’ education.



**Experiment with volcanoes.**

## Lake *Elementary*

4950 Lake Blvd., Oceanside, CA 92056 • 760/945-5300 • www.vusd.k12.ca.us



**Diane Lambert**  
Principal

### Safety Patrol: Keepers of the Peace!

Who are those students in the neon vests volunteering before and after school, rain or shine? Those dedicated youngsters are the Lake Safety Patrol! Their mission is to help students arrive at school and leave safely at the end of the day.

These crusaders consist of four groups of six to eight students—approximately 30 altogether—who rotate patrol duty on a weekly and monthly schedule. Students apply and are selected by fourth-grade teachers to serve in their fifth-grade year. Student applicants write an essay of interest, including qualifications such as leadership and community commitment. This year’s fifth-graders will then train next year’s upcoming Safety Patrol.

Safeties arrive early to school by 7:15 a.m. and begin duties by 7:20 a.m. In the afternoon, Safeties are dismissed a few minutes early from class in order to be on duty when the rest of the students leave. The Safeties have a challenging job to perform—they face approximately 700 students daily! The biggest challenge is helping the student body follow safety rules. Job duties include monitoring the kindergarten gate; securing the American flag; assisting students to cross the crosswalk in front of the school, with adult supervision; patrolling the “blue tables”; watching the bike area; and reminding students to slow down.

To assist the Safeties, a staff advisor provides training and meets with students monthly. All teachers review student safety procedures regularly, including at LAKE Awards student-recognition assemblies.

We value these young leaders and their dedication to the Lake Community!

## Mission Vista *High School*

1306 Melrose Dr., Oceanside, CA 92056 • 760/758-6800 • www.vusd.k12.ca.us



**Craig Wiblemo**  
Principal

### MVHS Prepares for First Graduation

Mission Vista High School (MVHS) is ready to honor our very first graduating class at our commencement ceremony, scheduled to take place on campus on June 6. The ceremony will honor all 205 graduates, most of whom were part of the inaugural freshman class when MVHS opened its doors four years ago.

During their four years, the Class of 2013 has amassed

an impressive list of academic and extracurricular accomplishments. Next year, members of the class have a wide variety of post-secondary plans. Most students are planning to enter college, with students gaining acceptance to some of this nation's most impressive colleges and universities, including top-ranked private universities and campuses that are a part of the University of California and California State University systems. No matter their choices, Mission Vista's students are well prepared for life following high school.



**Students at Mission Vista select from a wide variety of college preparatory electives, including Chinese, our newest world language offering.**

## Monte Vista *Elementary*

1720 Monte Vista Dr., Vista, CA 92084 • 760/726-0410 • www.vusd.k12.ca.us



**Charlene Manuto**  
Principal

### Giving the Extra Degree!

This has been an extremely successful year at Monte Vista Elementary School! Our school-wide theme of 212° helped to make our success possible. As any student of science knows, at 211° Fahrenheit, water is very hot. When you add one extra degree to reach 212°, water boils and turns to steam. Steam can power a locomotive. That one extra degree makes all the difference as we transform the educational lives of our students!

Faculty and students were asked to give one extra degree this year in the important jobs of teaching and learning. Now as the year draws to a conclusion, we have much to celebrate! We created a new mission statement and vision and are aligning our instructional decisions to these statements. Student performance scores on Vista Unified School District (VUSD) assessments continue to rise for the second straight year. Our teachers have spent numerous days studying the Common Core State Standards and have begun to implement the instructional strategies necessary for these new world-class strategies. We continue to provide our students with increased opportunities to incorporate technology into their learning. We have provided additional learning opportunities to more than 150 students after school. Nearly 100 students attend our After-School Education and Safety (ASES) enrichment program daily. In addition, teachers have voluntarily taught enrichment classes after school.

As we say goodbye to 2012–2013, we look forward to the promise of continuing to excel in 2013–2014!

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## Madison *Middle School*

4930 Lake Blvd., Oceanside, CA 92056 • 760/940-0176 • www.vusd.k12.ca.us



**Susan Ford**  
Principal

### Family Involvement

(please see the front page)

## Mission Meadows *Elementary*

5657 Spur Ave., Oceanside, CA 92057 • 760/630-7884 • www.vusd.k12.ca.us



**Jenifer Golden**  
Principal

### Serious About Safety

Student safety is at the top of everyone's mind, and Mission Meadows is taking some strong measures to show that they are serious about keeping our children safe.

Already in place this school year is a new locked fence and check-in system, along with the warm welcome of our teachers and Principal Jenifer Golden, who are directing traffic and greeting students in the early hours before school begins.

Beyond this is a dedicated effort to help bring greater security to the kindergarten and fifth-grade classroom areas through the use of privacy fencing. "Currently we have chain-link fencing, so while students are protected from contact, they were not protected from others seeing what they are doing," said Principal Golden. "Our safety committee of dedicated students, staff and parents has worked hard to execute my three-year plan to phase in security measures at Mission Meadows, and we believe that privacy fencing will help keep our students safe."

The new fencing went up on April 27 as part of a "Weekend of Service" provided by the North Coast Church in Vista. A team of more than 50 parents, students and staff members worked from 9 a.m. to 5 p.m. to improve safety and help beautify the campus.

"Last year, Board Member Carol Herrera helped improve the front of the school, and we will continue to work hard even during these challenging financial times, to keep our campus as improved aesthetically on the outside as it is becoming academically on the inside," said Golden.

## Educational History Memorabilia



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By Appointment • For Information (562)852-5242

# Murray *High School*

215 N. Melrose, Vista, CA 92084 • 760/631-2502 • www.vusd.k12.ca.us



**Chuck Hoover**  
*Principal*

## Another Successful Drive

Wednesday, April 17th was a big day for Major General Raymond Murray High School students and staff. At 6:30 a.m. Murray students began setting up the school's multipurpose room for the second Blood Drive held at Murray during the current school year. Murray students partnered with the American Red Cross for the first time during the 2011-2012 school year, and because of the Drive's success, they opted to continue the project again this year. By expanding to two separate Blood Drives this year (October and April), Murray students, staff and some community members donated 120 units of blood for the Red Cross to utilize. Combined with the Blood Drive held last year, Murray has supported others in need by donating over 180 units of blood. What an amazing way for Murray students to show much they care for their community! Way to go Bulldogs!!



Murray students show care for their community by sponsoring and participating in a Blood Drive at the school.

# Rancho Buena Vista *High School*

1601 Longhorn Dr., Vista, CA 92084 • 760/727-7284 • www.vusd.k12.ca.us



**Chuck Schindler**  
*Principal*

## A Great Finish

In February, Rancho Buena Vista High School celebrated its new Honor Roll students. These individuals maintained a GPA of at least 3.0 for the entire first semester of the school year.

We had approximately 1,000 students who were able to achieve this feat. This success story exemplifies our school's continued focus on academic achievement. We push our students to achieve at their highest levels, and offer a variety of strong academic programs to prepare them for college and career.

The annual Chalk Festival was held on April 4 and 5. Teams of students completed over 20 Chalk drawings, which added a multitude of color to the campus. The support of the staff and community for this event was tremendous.

RBV athletics had a great winter season, with several teams making it into playoffs, and the girls basketball team making it into the state tournament. The spring sports are off to a busy start to their seasons as well, with baseball, softball, boys tennis, swimming and track.

This is the time of year when many of our seniors are being accepted by a variety of universities, including MIT, UC San Diego and more. Our students are also preparing for their IB and AP exams, and are looking forward to the senior activities and, ultimately, graduation on June 6.



# Olive *Elementary*

836 Olive Ave., Vista, CA 92084 • 760/724-7129 • www.vusd.k12.ca.us



**Adalia Lavado**  
*Principal*

## Healthy Falcons Fly and Thrive!

Health and wellness are important for students to attain overall achievement. Over 60 scholar-athletes from the Running Club participated in the annual Junior Carlsbad race in April—the seventh straight year in which our students participated in the school championship division and the fourth year in which they won the school championship title. The Running Club members learned racing tips and met special guests like former Olympian Steve Scott and Congressman Duncan D. Hunter.

To promote healthy eating habits, staff, parents and community volunteers from local service clubs and neighboring Washington MS built the school garden. Research indicates that school gardening increases students' well-being, learning and development and helps equip them for many life challenges. Each classroom has been assigned a garden box in which to grow herbs and vegetables. Areas have also been designated for flowers. Another project goal is the use of the garden as a curriculum-integrator to enrich all our study topics.



# Roosevelt *Middle School*

850 Sagewood Dr., Oceanside, CA 92057 • 760/726-8003 • www.vusd.k12.ca.us



**Courtney Goode**  
*Principal*

## Where History Comes Alive

Roosevelt Middle School has a long and proud tradition of making learning fun, and part of that fun involves making history come alive.

Recently, in what is an annual event, the Roosevelt Middle School sixth-grade teachers hosted a "Greek Day" for all of their students. Teachers and students alike came dressed in the attire of ancient Greece: tunics or chitons, olive-wreath crowns, and ancient armor.

One student even came dressed as Medusa, from Greek mythology, replete with a head of snakes (the fake plastic variety, of course). Throughout the day the students participated in a variety of Greek-themed events and learning activities, and even enjoyed a lunch of traditional Greek food.

Later in the year, the seventh- and eighth-grade teachers will host similar "History Alive" events that have also become annual traditions. As a culminating activity for their study of medieval Europe, the seventh-grade students will be taking a field trip to a local medieval-themed restaurant. The students and teachers dress in regalia from the time and enjoy cheering on their knights at the action-packed show.

The eighth-graders also participate in "Heritage Day," complete with various events and learning activities from the Civil War era. Students and teachers come costumed as Civil War soldiers or in antebellum dresses. The day includes a visit from Abe Lincoln, performances from a Dixie band, and a "Blue/Gray Ball" where the students participate in an elegant ballroom dance.

These fun-filled educational events are at the heart of Roosevelt's proud and celebrated tradition.

## Rancho Minerva *Middle School*

2245 Foothill Dr., Vista, CA 92084 • 760/631-4500 • www.vusd.k12.ca.us



**Steve Riehle**  
Principal

### Our Community of learners

Our Math and Science Family Night was such a success that we continued the fun and learning activities at our 1st Annual Community Festival on Saturday, May 11, 2013 sponsored by the Rancho Minerva Middle School PTA. We invited our community of learners, including our incoming 6th grade families, to come out and enjoy a few hours of games, a silent auction, food, a cupcake walk, crafts and other fun activities. It was a great opportunity to make new friends and visit with everyone.



**Principal Steven Riehle participates in a chemistry experiment at the Science & Math Family Night.**

## Vista Academy *of Visual & Performing Arts*

600 N. Santa Fe Ave., Vista, CA 92083 • 760/941-0880 • www.vusd.k12.ca.us



**Catina Hancock**  
Principal

### Honk!

An extraordinarily talented group of actors, singers, dancers and technical support worked together to create VAVPA's spring musical: *Honk! Jr.* Sixty kindergarten-through-eighth-grade students undertook this highly entertaining story, which is not

your average ugly-ducking tale. While the basic storyline is of a swan growing up as an "ugly" duckling who doesn't quite fit in, the fabulous song and dance, hilarious one-liners and well-developed side-stories made the audience forget that we already know how the story ends. This show was the whole package, with perfection in costuming, set, music and talent. From a hippie frog character bouncing on a trampoline to the militant geese commander, details were not ignored in creating this masterpiece.

*Honk! Jr.* would not have hatched without director Miles Vencill, musical direction from Mike Bradford and choreography by Kathryn Baker. Jennifer Bradford produced the musical, which was presented by the Vista Academy Foundation.



## Temple Heights *Elementary*

1550 Temple Heights Dr., Oceanside, CA 92056 • 760/631-6242 • www.vusd.k12.ca.us



**Kim Morton**  
Principal

### iPads in the Classroom

*Young students can do much more with technology than we can even imagine, we just need to give them the chance. Brad Flickinger*

We embrace technology at Temple Heights by putting tools in our students' hands. The iPad is the perfect digital learning companion, and we proudly offer students in every grade level the opportunity to engage with these powerful tools.

When you walk into a Temple Heights classroom you can feel the energy, as young students research topics, or create interactive projects, and then share them with their classmates. Activities like these give our students real-world, problem-solving experiences and ownership of their learning, while also building global competencies.

Recently, two third-grade student teams were nominated for iVIE awards for their innovative videos (<http://www.ivieawards.org/>). At Temple Heights, our iPads inspire creativity and make a real difference in student learning, thereby opening doors to the future.



**Third graders collaborating on a science iMovie project**

## Vista *High School*

1 Panther Way, Vista, CA 92084 • 760/726-5611 • www.vusd.k12.ca.us



**Steve James**  
Principal

### Facing the Consequences of Substance Abuse

In late April, Vista High School began conducting a new safety program called "Every 15 Minutes." Its purpose was to increase student awareness about the severe consequences of driving under the influence of alcohol and drugs.

Approximately 40 Vista eleventh- and twelfth-grade students were selected to participate as the "Living Dead" in this innovative program. These students represented the sad statistic that drunk driving claims a new life every 15 minutes.

In keeping with the program, as outlined by the California Highway Patrol, this two-day event began with a mock car-crash assembly for the entire VHS student body. The 40 student participants then attended an evening retreat led by the Vista Fire Department, the California Highway Patrol, and the staff at VHS. This meeting included team-building activities designed to emphasize the value of their participation in the program. The students also had an opportunity to meet with individuals who have been either part of, or affected by, an incident that involved alcohol and driving.

On May 1, the eleventh- and twelfth-graders were invited to a follow-up assembly that featured a mock funeral complete with guest speakers who addressed the realities of loss from drinking and driving. During this time, the ninth- and tenth-grade students also participated in a classroom activity on how to avoid driving under the influence. We are proud to be able to offer this program each year to our students.

# Vista Magnet *Middle School*

151 Escondido Dr., Vista, CA 92084 • 760/726-5766 • www.vusd.k12.ca.us



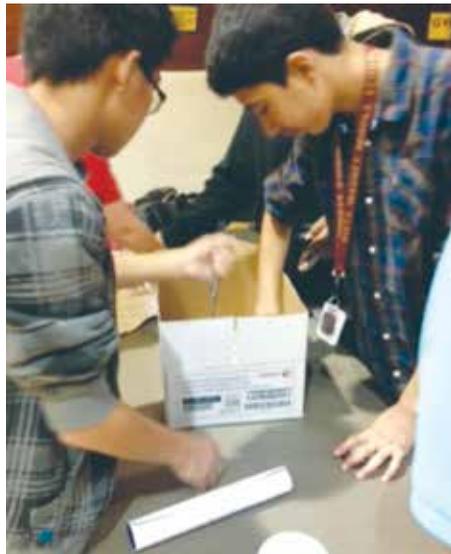
**Dr. Jose Villarreal**  
*Principal*

## Going the Distance

This spring, our Vipers engaged in a redesigned Engineering Week. Events included students building and designing trebuchets for a competition between the sixth- and eighth-graders. The goal was to see who could get their machine to launch marbles the farthest.

Engineering week was highlighted by Engineering Day, led by science teachers and Engineering Club advisors Tommy Hoang and Christopher McGregor. This year, the teachers decided to be innovative in their thinking about this special day. Teams received a box full of supplies that were a surprise to them. The teams that participated were challenged to use these supplies to create a device that could go the farthest distance on a ramp.

Teacher and student teams competed ferociously to make their design “go the distance.” In the end, there was a group of students who won the final round, but fun was had by all in responding to this innovative challenge.



**Students and designing their devices and testing them at Engineering Day.**

# Washington *Middle School*

740 Olive Ave., Vista, CA 92083 • 760/724-7115 • www.vusd.k12.ca.us



**Dr. Eric Chagala**  
*Principal*

## Collaboration

Washington Middle School (WMS) has been blessed to have students from Rancho Buena Vista High School (RBVHS), Vista High School (VHS), and Major General Murray High School (MGMHS) working diligently to support our school.

Students from these high schools have helped to collect donations and given their time for the school's beautification efforts, including planting plants, raking, sweeping, hoeing and a host of other projects to make the campus shine! In addition, high school students have met with WMS administration to offer

help in other areas. The RBVHS Track Team members have come to run with the WMS Cross Country Team. This provides positive, cross-age role models and inspiration for the WMS runners. In addition, the RBV students are working to get running shoe donations for the middle school students!

The generosity of these students is an example of the kindness that exists in our district, and we should all be very proud!



# Vista Visions *Academy*

305 E. Bobier Dr., Vista, CA 92084 • 760/724-4785 • www.vusd.k12.ca.us



**JoAnn Jones**  
*Principal*

## An Individual Path

Vista Visions Academy opened in August of 2012. It provides a WASC-accredited home school and independent study program for students in the kindergarten through twelfth-grades. Students can enroll from throughout the Vista Unified School District as well as surrounding communities.

The home school program for K-5 students supplements parent instruction with on-campus lessons in science, art, and math two days a week. For students in grades 6-8, VVA offers a blended model of parent and on-campus instruction three days per week.

Teachers provide instruction in math, and supplemental instruction in social studies, science, writing and art. Independent study high school students have an individualized and flexible schedule of college prep courses which includes weekly on-campus science and language labs, and advisory. High school students may select from textbook-based and/or online courses.

Vista Visions also offers extracurricular instruction in instrumental music like guitar, keyboards, percussion and voice, as well as art and drama. The music students perform at school and community events, while the drama students present a spring musical at the Avo Theater each May. An active parent-teacher organization sponsors monthly fundraisers, field trips and school spirit activities. They also work with students to publish the yearbook.

Vista Visions Academy serves a diverse population. The class sizes are small enough to accommodate individual student needs. This new jewel in the VUSD provides another option for students and parents to find the right path for education. Enrollment applications can be found on our Web site, at [vistavisionsacademy.com](http://vistavisionsacademy.com).

# Adult Education *R.O.P.*

305 E. Bobier Dr., Vista, CA 92084 • 760/758-7122 • www.vusd.k12.ca.us



**Ebon Brown**  
*Principal*

## Celebrating Career Teach Ed Month

Live chickens, an old jalopy and mock wounds made for a peculiar lunchtime display at Vista High. The exhibits were part of the Vista Adult School's celebration of Career Technical Education (CTE) Month. The celebrations highlighted classes at Vista High, Rancho Buena Vista High and Mission Vista High School that offer CTE pathways in multiple subjects and fields.

CTE teachers explained the value of the programs while students gave peer-to-peer advice to potential enrollees. In two fascinating presentations, medical students applied makeup to simulate wounds to be treated by other students and agriculture students showed a couple of caged chickens.

All three high schools in VUSD have sequenced CTE courses designed to integrate academic rigor and relevant industry skills, with a focus on transition to community college, university or vocational school. Most classes

in the program are articulated with Palomar and MiraCosta colleges, and students who earn a B or better can get college credit for taking approved CTE classes. Students are encouraged to enroll in career-focused courses of their choice.



**Auto shop student Cynthia Ramirez steers a 1929 Ford Model A as classmates push it onto the school's Quad area for the lunch time event. Her Vista High School class is working on the old car.**

## Life Without Technology



Kent Kawaguchi

"What would you do if you didn't have Internet, a cell phone, text messaging, video games, or Facebook?" This was the first question author, columnist, and ESPN sports analyst, Mike Lupica asked his audience as he began his presentation to young readers, teachers and parents. He explained to his attentive loyal fans in Newport Beach, California that he didn't have all of the technology that is available today. Instead, he stated that "books can transport you into the life of another."

Mr. Lupica is known for writing many young adult sports novels such as *Travel Team*, *Heat*, *Miracle on 49th Street*, *Summer Ball*, and his latest novel *True Legend*. As a TV anchor for ESPN's "The Sports Reporters," columnist for multiple newspapers and magazines, and author of national bestsellers and award winning novels, Mike Lupica inspires others to use their time to read and learn life lessons through his two passions: sports and reading.



Kent with Mike Lupica

Mike Lupica originally wrote for adults, however it was his son who inspired him to write for adolescents. His son was cut from a basketball travel team due to his short height. Because of his son and many other kids who were told they weren't good enough to make the team, Lupica decided to make a basketball team comprised of all of the kids whom were cut from other travel teams. As the season progressed, Lupica's team started upsetting teams that were beating his team earlier in the season. Mike Lupica noticed a boost in confidence and self-esteem in every single one of his players. He witnessed player's renewed perseverance and drive to overcome failure as they learned to fight their way to the top. These are life skills and topics Mr. Lupica enjoys writing about. Mr. Lupica said that his "books do not contain vampires, wizards, or werewolves, yet kids love to read them. They are about friendship and kids trying to do something great in sports through teamwork and loyalty."

In Mr. Lupica's novels, his characters portray qualities of being a good teammate and persevering toward their ultimate goal. Through his writing and his characters, he hopes his young readers will be inspired and learn from what they read and apply it to their own life. He said, "Playing sports is more than just throwing or hitting a ball. It's about learning how you get up after getting knocked down and that is truly the measure of your talent, heart, and character."

**Don't forget to include the library in your summer plans.**

**Our next issue is November 13.**

**Thank you for reading School News All of our issues are posted on our web site [www.schoolnewsrollcall.com](http://www.schoolnewsrollcall.com)**



## Teen Rudeness



Dr. Shari Sweetnam

**Dear Dr. Shari,**

I have heard a great deal about teen rudeness and should be more accepting of it, I guess. But, I just can't accept my teenager making me feel like such an unwanted outcast. When I am with her and her friends, she won't even speak to me and generally doesn't want me around. She treats me like I am not "cool" enough and as a single mom and that really hurts.

We do have dinner together and we have nice talks almost every day so I don't get it. Help me wake her up! —CJ

**Dear CJ,**

Hold on just one second!

First of all, rudeness, is NOT acceptable...not at any age... not at any time. So, the idea of "being accepting of it" needs to be destroyed. Please, NEVER accept rudeness. that is how sweet children become obnoxious people that no one can stand. Don't do this to your child.

Secondly, CJ, you must understand that parents are outcasts in the teen world. You are not cool. You might be a "cool mom, a cool coach, a cool teacher, but in the teen-world you are not cool. You can work on accepting that.

Here is the harsh, cold reality CJ: We were to teens once. We didn't want to hang out with our parents either. No one, who is old enough to parent a teen, is actually cool to "hang" with, as an equal, in a teen circle. And, CJ, if you find that one does exist, check them out...because that is creepy and likely a sketchy situation.

Even in organizations like Big Sisters/Brothers of America and other advocacy groups that promote healthy relationships between adults and children, the adult serves as a positive role model not a buddy on equal footing.

Between parent and teen, there is a power differential. The parent/adult is in the leadership role and is responsible for setting an example, teaching, acting as a role model. This is a positive and necessary reality, but it is the same fact that makes it "not cool" to hang out with you.

You can be cool in your own age group, at your work, in your running club, knitting club or book club, but please, for your child's sake, do not try to be cool in the teen world.

Teens, by instinct and biology are at a stage in which they crave independence. Your presence impinges upon that. It has nothing to do with your lack of coolness, CJ, so relax.

The good news, is that you are not, technically, an outcast by society's standards. You have a whole generation at the "uncool" party. Come join us.

You can be cool in your own age group, at your work, in your running club, knitting club or book club, but please, for your child's sake, do not try to be cool in the teen world.

Here are a couple of ground rules that might help you deal with your situation:

- Rudeness is not acceptable. As a parent you are personally responsible for making sure that your teen understands and abides by this.
- Adults don't "hang out" with teens as (equal footing) buddies. Be a cool Mom, not a buddy.

Part of the difficulty of raising a teen is that a healthy separation needs to occur. That little girl that you used to hold and cuddle is almost an adult. The times when she yelled "Mom watch!" over her every cartwheel and belly flop are mostly over and she is in more need of her space.

This is painful, CJ, I know. I could bawl my eyes out over it, but it is healthy, and the best thing for your child.

Hang tough, write back and let me know how you are dealing with this. We are all in it together.

Dr. Shari Sweetnam is the Founder of BRAINPOWER *The Ultimate Program for Schools*. Author, Motivational Speaker. Follow on Youtube and twitter: DrShariS, contact: info@doctorshari.com

## How To Be a Super Hero

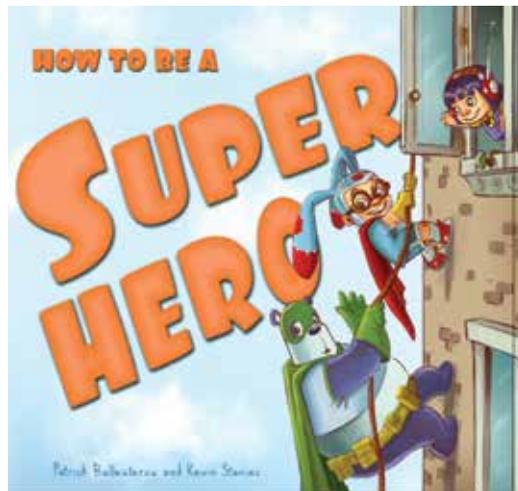
Look up in the sky. Is it a bird? Is it a plane? Why no, it's a SUPER BUNNY! We all love being our favorite super hero—the good guy who has superhuman feats of strength, speed, and flight, and of course saves the day.

This is a story that reveals the secrets of what it takes to be a super hero and pushes the imagination. Join us as we take a unique look into characters as they learn about confidence, creativity, and most of all teamwork.

Creators Patrick Ballesteros and Kevin Staniec will embark on a book tour in 2013 to share with kids how they made their characters come to life and how they wanted and still want to be super heroes.

*How to be a Super Hero* is their third book, following *How to Catch a Cloud* and the *Adventures of Super Bunny and Giant Cat Bear and Charlie*, available on Amazon.com.

If you'd like Kevin and Patrick to visit your school and share their inspiration please send an e-mail to [annie@paperfarms.com](mailto:annie@paperfarms.com). You can read more about this book and its creators at [www.treeshousebandits.com](http://www.treeshousebandits.com).



Books are available online and in your local bookstore, library, and children's retail shops. [www.treeshousebandits.com](http://www.treeshousebandits.com)

## Parent To Parent

### Educational & Safe Scavenger Hunts



Jodie Lynn

**Q.** I have heard that playing scavenger games involving specific hunts in the neighborhood can actually build memory, reading, communication and math interpretation skills. We would like to put together a few for our kids this summer and was wondering if there was a set of ground rules we needed to implement, having flexibility for younger kids.

— Francie Roberts in Boise, ID

**A.** Rules are already pretty flexible in scavenger hunts, so there is no need to worry about increasing the time frame to find things if needed. For example, if the younger kids become frustrated, reduce the number of items on the list or make them easier to find for the first game. Gradually build to a more challenging one. Since just about anything can be utilized as an item to be found, matched or gathered, if there is concern among the parents about an outside neighborhood hunt, consider creating one inside your own houses or yards, or perhaps ask permission from the school to use the playground. Changing the collectibles can also be an unexpected and creative twist while encouraging the kids to be active and adventurous. Indoor hunts are pretty cool using newspapers, magazines, pictures, books, toys and lots more. Math, communication and other educational skills can be a part of the guidelines as you're organizing them. Be sure that everyone understands the rules, keep everything age appropriate, stay flexible by reworking the guidelines should you need to do so and encourage the kids to have fun without additional stress or pressure.

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

## Can You Canoe?



Kate Karp

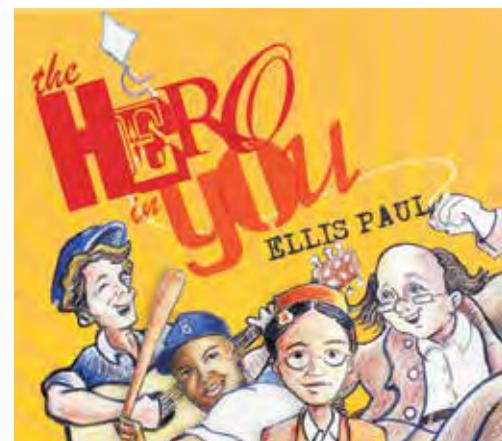
The Okee Dokee Brothers—actually lifelong friends Justin Lansing and Joe Mailander—invite us on a canoe trip down the Mississippi by grace of their 2013 Grammy-award-winning CD/DVD combination. The DVD's video chronicle of their monthlong trip is a study in geography and sociology, utterly American in the topographic and literary senses. Trains rumble by on the riverbank, turtles lay their eggs in the mud, two children dressed as Becky Thatcher and Tom Sawyer are captivated by the Brothers' challenge to spell *Mississippi*.

It's hard to select a standout selection on the music-only CD. Like the Mississippi, the songs flow into the motif of the river journey. American traditional bluegrass and melody lines from familiar public domain sea chanteys and folk songs combine to re-form as the paddles that move the craft. Lansing and Mailander play banjo and guitar, respectively, and the canoe's crew, if canoes have crews, consists of technicians, photographers, guest artists, and musicians who play everything from accordions and fiddles to bass harmonicas and tomato boxes. The CD is easy to listen to and provides a great background to the outstanding, remarkable DVD video.

Evident to viewers and listeners will be the strong undercurrent of respect for and appreciation of the beauty of everything nature manifests, from the soaring water birds to the terrible storm that uprooted their tent to 22 pesky mosquito bites. Completing the theme is the wisdom of the river people. In the most memorable part of the video, Kenny Selway, the "last river rat," spoke of the generations before him and the trouble on his mind: the eroding respect for the river's ecology. The Okee Dokee Brothers brought this home with them, and it's their souvenir gift to you.

## The Hero In You, Ellis Paul

Channeling Woody Guthrie and Pete Seeger in both content and style, songwriter/ musician Ellis Paul has put together a collection of little ballads celebrating heroes sung and unsung—until now. You'll recognize most, if not all, of the champions of all walks and stripes featured in the 14-song CD *The Hero in You* (Black Wolf Records), which also includes a booklet containing song lyrics and short bios of the subjects. And the title song? That one's for you!



Paul masterfully accompanies himself on guitar in the same folksy manner as did Guthrie, Seeger Ben Franklin and Bob Dylan in the early days of his career. Thomas Edison and Ben Franklin are as honored for their inventions as are Jackie Robinson, Rosa Parks and journalist Nellie Bly for their bravery. At the turn of the 19th century, Bly checked herself incognito into an asylum to expose the poor treatment of mentally ill patients and wrote about it, with very good results. Other individuals who may not have made the A-lists of most history texts include Martha Graham, Georgia O'Keeffe and a man who was called Mr. Tee Tot and who was Hank Williams's mentor. Not surprisingly, Woody Guthrie is included. Augustus Jackson, an African-American who became the White House chef during James Madison's presidency, is bound to be a favorite—he got the whole ice cream thing going.

Send the children off to summer glories with the words and spirits of these songs. It's hoped that they'll find the heroes in themselves and in others.

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

## Ankle Sprains



**Dr. Doug Richie**

Long distance running is a relatively safe activity with many long term health benefits. Occasionally injuries will happen, and these are usually due to overuse or poor footwear. However, even runners are susceptible to the most common injury in sport: the ankle sprain. Ankle sprains remain one of the most poorly understood injuries and this may explain the fact that over 25% of all people who suffer an ankle sprain never fully recover and will go on to suffer long term problems.

Most ankle sprains occur in people who have suffered a previous sprain. This illustrates the problem that poorly treated first time sprains will commonly lead to recurrent sprains in the same individual. The old term notion that “it’s only a sprain” after an ankle injury is now outdated as we have learned that injuries to the ankle ligaments can be more serious than a bone fracture.

The message here is that all individuals should seek immediate professional evaluation of any ankle sprain, even if it appears benign. New techniques of protected immobilization of the injured ankle as well as functional rehabilitation therapy can almost assure a complete recovery. On the other hand, simply applying ice for a few days and wearing an ace wrap will potentially prevent healing of ligaments and lead to long term problems. Yes, it is recommended to apply the “RICE” treatment after an ankle sprain: rest, ice, compression, elevation. But this is only the beginning. Medical evaluation can determine if there is ligament damage to the ankle after a sprain, and will determine if long term bracing or physical therapy is indicated.

When ligaments fail to heal, athletes will have a constant feeling of a weak or unstable ankle. Furthermore, many unstable ankles will develop debilitating arthritis which is almost impossible to treat in later life. All of these negative effects from a simple ankle sprain can be prevented with proper medical evaluation and treatment.

Dr. Doug Richie is a sports podiatrist who has practiced in Seal Beach for 28 years. He is president of the American Academy of Podiatric Sports Medicine and serves as a medical advisor to U.S. A. Track and Field. 562/493-2451

## Art To Grow On

### Friendship

I have great memories of friends coming over after school. We’d play in my room or outside and just have fun. As I got older, I remember how important it became to have those friends around when we had to study together, attend school events, or even wish one another a great summer.

Preschool is the opportune time for our children to learn how to be good friends, to make friends, and most of all, to play. In elementary school, things get busier. Homework, sports, dance classes, piano—I remember when a friend of mine let her children play outside and they couldn’t find anyone to play with. She finally realized they were all at after-school activities! She immediately decided to make sure she didn’t overschedule her own children. Her experience has stayed with me for years.

Our son, who’s in first grade, just started basketball, and he loves it. But the highlight of his week occurs on Wednesdays, when one, two or three friends from school are invited to play. Word has spread, and the number of children waiting to play is quite something! The laughs, joy and spontaneity remind me of when I was their age.

Open-ended play is extremely important as our children get older. They play ball, run—and the laughs! Truly the best part!

Spring is here—the perfect time to invite friends over to play. Whether outside or inside, you’ll help create great opportunities for your children to develop lasting and meaningful friendships.

Lauren Perelmuter, President/Founder of Art To Grow On Children’s Center, Inc.  
www.art2growon.com 310/625-6028

## Gearing Up for Summer



**Sandy Spurgeon McDaniel**

For some parents, the arrival of summer means less stress because the school schedule is not a part of the daily routine. For other parents, having the children home all day every day is stressful. Whichever arena you are in, the reality of life is that summer vacation is almost here for the traditional schools.

Children may get more wound up, more disagreeable, more difficult to manage as the start of summer gets closer. Change is stressful, even if it is for the better. The break in routine is stressful for children and adults. It is advisable to keep your discipline strong so that you glide into summer with boundaries in place. Consistent boundaries will also help your child to contain his or her behavior and to feel safe.

My discipline system is mentioned on [parentingsos.com](http://parentingsos.com) and my new book, *Don’t Feed the Dragon*, is a discipline manual divided into three sections:

(1) what parents need to understand about children in order to successfully guide them; (2) my discipline system, and (3) answers to 130 of the top concerns of parents, listed in alphabetical order. The book is age-appropriate from tots through the teens and is available on [parentingsos.com](http://parentingsos.com).

Having your discipline system in place, it is wise to sit down as a family and make a list of things that can be done during free time. The list may be posted in a place where children can use it as a reference. To quell the endless, “I’m bored” message that children who are not used to having non-structured time often begin chanting when school ends, offer two choices: “You may refer to the chart that we created or I will choose a chore off the chores chart that will help you dispel boredom.” This plan might allow you to have your whole house cleaned in the first week of summer!

Summer is a wonderful time to train your darling children to do chores. Finally, they have time—the constant excuse during school months! Children will leave home some day—I promise!—and when they do, they need to know how to take care of a house and themselves. Chores teach a child that a house does not clean itself and how to do fundamental tasks, such as clean a toilet. If you have a housekeeper, create a space each week that the children are responsible for in terms of upkeep and give the tidiness angel one less area to clean.

It is important that children are not in so many activities that their lives become stressful. Children need time to be children! If you want your child to be successful in school, have at least a half hour a day that is devoted to school skills. If each child took a 30-minute “chill break” and read for that amount of time, their future teachers would be ecstatic! Every child needs quiet time each day that does not involve any media or mechanical gadgets, including during the summer.

Most important of all, enjoy your children! There will never be another summer like the one ahead of you. Your children will not be this age ever again. Create some sort of structure and have some time that is not structured. Don’t send your children to other people to play all the time—what each child wants more than anything else is time with you. It is easy to forget that when you are trying to keep the energy-packed chicks busy.

Thanks to all the teachers who gave so much of themselves this school year to help our children be all that they can be!

Sandy Spurgeon McDaniel has written four books. She has taught school, raised two children, worked as a consultant to schools and has taught parenting for the past 35 years. Sandy now lives in Meridian, Idaho [www.ParentingSOS.com](http://www.ParentingSOS.com) and Kindle





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SUPERINTENDENT • From Page 1



**Devin Vodicka, Ed.D.**

“I could never imagine the infusion of social media across the district today,” he said. “It is amazing that we as practitioners are rewriting our story in VUSD with 140 characters or less.”

Shannon Garcia, assistant principal at Rancho Buena Vista High School, said she considers social media one of the most powerful methods of communication available.

“I myself follow my child’s principal and school on Facebook and Twitter, and because of that, I often know about what’s happening at his school prior to any traditional communication that comes out by way of the mail, phone calls and so forth,” she said. “I see Rancho following this same model: getting information out to parents and stakeholders in a timely fashion so they know what’s happening in the here and now.”

One advantage to posting updates online is that people can read them when they have time. I expect the use of social media to grow in the future, but it won’t replace automated phone calls or letters for certain information. Instead, it will be part of a larger communication strategy.

If we want to achieve our vision of becoming the model of educational excellence and innovation we will all need to work together. In my view, developing communication systems that provide students, families, and the community with opportunities to connect and share information is an essential step in improving our collective capacity to help our students.

Please let me know if you have any suggestions for improving in our ability to effectively communicate (@dvodicka on twitter or via email devinvodicka@vistausd.org).



**Congratulations Class of 2013!**

# Going Green! 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 VUSD in subject line)

Entries must be received by July 15, 2013  
From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

- |              |           |                |
|--------------|-----------|----------------|
| Carpool      | Future    | Reduce         |
| Compost      | Garden    | Renewable      |
| Conservation | Healthier | Resources      |
| Difference   | Impact    | Respect        |
| Eco Friendly | Low Waste | Responsibility |
| Efficient    | Planet    | Reuse          |
| Emissions    | Process   | Solar          |
| Energy       | Protect   |                |
| Environment  | Recycle   |                |

**Congratulations to February Winners :**  
Seek ‘n Find —Noah Crawford  
Word Search Contest—Hanan Sako

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