

School News

Education + Communication = A Better Nation

Covering the Centralia Elementary School District



Volume 16, Issue 62

March 2023



We celebrate Los Coyotes as a 2023 CA Distinguished School and Danbrook as a 2023 National Center for Urban School Transformation (NCUST) America's Best School.



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Exceptional Opportunities for Students

As an award-winning district, Centralia Elementary School District continues to meet the diverse educational needs of all students and create lifelong learners by providing exceptional opportunities for students. We are proud to provide the following programs and services for our scholars:

- Visual and Performing Arts (VAPA) including Strings Music and Chorus
- Dual Language Immersion (DLI) program-Spanish
- Expanded Full-Day Transitional Kindergarten (TK) program for students that turn five by April 30th
- Design Thinking Labs and STEAM (Science, Technology, Engineering, Arts, Math) programs
- Afterschool Expanded Learning Programs with academic and enrichment opportunities
- Multi-Tiered System of Supports (MTSS) in academics, mental health, social emotional learning (SEL), and behavior
- Community Schools implementation at three sites

We continue to focus on three key areas:

1. Addressing the needs of the whole child - Ensuring that students feel safe, encouraged, engaged and challenged in school, prioritizing social emotional learning (SEL) and mental health with Social Workers or Counselors and SEL support staff at each school site.
2. Addressing academic success - Providing opportunities for academic success in reading, writing and mathematics; Using our classroom teachers' expertise, providing additional intervention staff for each school site, providing access to our online programs at home; Doing all we can to move each student forward academically.
3. Preparing students to be future-ready- Providing opportunities for collaboration, communication, creativity, critical thinking and citizenship in the classrooms and Innovation Labs

We celebrate Los Coyotes as a 2023 CA Distinguished School and Danbrook as a 2023 National Center for Urban School Transformation (NCUST) America's Best School.

We thank our parents for continuing to be great partners with our schools, igniting life-long learning habits in all of our students. As Superintendent, I am in awe of each of our schools and their great efforts to create school environments that provide high quality and memorable education experiences for each child.

RAISED ON ROCKVIEW

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





Kay Coop
Founder/Publisher



Netragrednik

School News

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www.schoolnewsrollcall.com

Covering the

CENTRALIA ELEMENTARY SCHOOL DISTRICT

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the advertisers in this publication.

Superintendent Martinez begins this issue with her message on page 3 highlighting the exceptional opportunities available for students. The classrooms have certainly come a long way from the days of the 3 R's and chalkboards!

In this issue you will read articles on many topics including the Great Kindness Challenge Week, Visual

and Performing Arts (VAPA), the importance of parent involvement, Design Thinking Process, and so much more...

Student book reviews are on pages 14 & 15. We included a music review on page 16 and a word search contest (all ages may enter).

Our next issue is May 10.

Have a Fun Spring Break!



BEACH BLVD

Community Resource Fair



MARCH 18

9AM-1PM

WEST ANAHEIM YOUTH CENTER

JOIN US FOR THIS FREE EVENT!



ANAHEIM.NET/BEACHEVENT





How to get kids on a good sleep schedule when it's time to "Spring Forward"

By: Gary Feldman, M.D., developmental & behavioral pediatric and sleep medicine, Stramski Children's Developmental Center, MemorialCare Miller Children's & Women's Hospital Long Beach

Spring is an exciting time when we receive an additional hour of sunlight. While the annual daylight savings time, "spring forward," offers more sunlight in the evening, it also means that we lose an hour of sleep. This time change can disrupt normal sleep patterns for children.

Some tips to help your child adjust to the time change:

- Gradually Shift Bedtime — Have your child move their bedtime up by 20-minute increments each night starting three days before the time change.
- Keep a Bedtime Routine — Bedtime routines help cultivate strong sleep cues to help your child fall asleep at bedtime. If your child is not falling asleep after bedtime, don't give in to excuses they may make to get out of bed. Keep them calm and preserve the bedtime routine.

- Turn Off the Light — Ensure your child's room is dark at bedtime and expose your child to light at wakeup time.
- Wake Your Child Up on Time — In the morning, don't compensate for the lost hour of sleep. Wake your child up based on current clock time.
- Patience is Key — Be patient if your child is sleepy for a few days. Try not to let them nap if it's not their usual practice.

Teenagers may take longer to adjust to the new time change.

This year's daylight-saving time begins at 2 a.m. on Sunday, March 12, 2023. Don't forget to mark your calendar to set your clocks forward one hour. Here's wishing you and your family healthy sleep.



Athena, Age 2



It takes a village.

At just seven weeks old, Athena's heart stopped. MemorialCare Miller Children's & Women's Hospital saved her life. Our cardiac specialists, nurses and therapists all worked together. Reassuring her family. Helping her grow strong. And forging a successful path forward. Because we knew, to help Athena, it would take a village. Dozens of highly trained pediatric specialists across our network. Giving families access to exceptional, specialized care. Now Athena can be a kid again...and her heart is full.

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Buena Terra *Elementary School*

8299 Holder St., Buena Park, CA 90620 • 714/228-3220 • bt.cesd.k12.ca.us



Bianca Marchese
Principal

Expressing Gratitude

Buena Terra Eagles celebrated Kindness Week with many activities. Each day was a different spirit day to spotlight ways we can be kind such as Team Spirit day where students wore sports clothing to represent that it takes teamwork to be kind. Another day was Pajama Day where students were reminded to Dream about a Kind World. Students wrote letters to local community heroes such as the Buena Park Police Department and the Orange County Fire Authority. Students also took a day to express appreciation for the people who work so hard at the district office. Grade levels teamed up to paint rocks for our Kindness Garden. Buena Terra Eagles always practice kindness but having a week to focus on various activities was a nice way to highlight the different ways we can express gratitude.



Centralia *Elementary School*

195 N. Western Ave., Anaheim, CA 92801 • 714/228-3210 • ct.cesd.k12.ca.us



Enrique Romero
Principal

Leader in Me School

Centralia Elementary has a unique opportunity this year as we have embarked on our journey to become a Leader in Me School! Leader in Me is an evidence-based, comprehensive model that builds leadership and life skills in students, creates a high-trust school culture, and lays the foundation for sustained academic achievement.

Leader in Me is based on teaching the 7 Habits of High Effective People to children. It focuses on 5 Paradigms: 1) Everyone can be a leader 2) Everyone has genius/strengths 3) Change starts with me 4) Educators

empower students to lead their own learning and 5) We develop the whole person when supporting our students. The mission is to unleash the greatness in students, educators, and school communities. A team from Centralia, including our superintendent, had the opportunity to experience a Leader in Me Symposium where they connected with teams from other Leader in Me schools and were given a glimpse of what the future holds for our students and school community. Although we have just started this transformation, we are excited and looking forward to this amazing opportunity!



Danbrook *Elementary School*

320 Danbrook St., Anaheim, CA 92804 • 714/228-3230 • db.cesd.k12.ca.us



Dr. Angelica Montelongo
Principal

Design Thinking Labs

We believe that providing a quality STEAM education will allow our students to be better prepared for college and careers. This year, in our Innovation Lab, our goal is to teach our students the Design Thinking Process. Each week, students in 2nd-6th grade have the opportunity to visit the school's Innovation Lab to learn about the Design Thinking Process so that they will be able to implement it in all facets of their lives.

Our students will develop the habit of analyzing a problem, thinking about how to solve it, creating prototypes, and testing out their prototypes. With an opportunity to refine their prototypes, students will develop grit and perseverance as the best solution never comes during the first trial.

Recently, 4th grade classes participated in a Superhero themed course that empowers students to become creators in the field of <smart> technology. Students will practice storytelling, creating electrical circuits and devices, design thinking, game design, and coding through hands-on units and sustainability-themed projects. Our 5th grade students participated in a 'time travel' themed course that creatively

empowers students to become changemakers in a digital economy. Students practice prototyping, graphic design, 3D modeling, and 3D printing through hands-on units and sustainability-themed projects. Sixth-grade students participated in an environmental ocean voyage themed course that follows a group of researchers and scientists aboard the research vessel, New Horizon, on the Scripps Environmental Accumulation of Plastic Expedition mission as a chronicled in the book, "Plastic, Ahoy!" by Patricia Newman. Students travel along with the scientists to the Great Pacific Garbage Patch while learning how Artificial Intelligence, Robotics, and Design Thinking can be applied to real world sustainability challenges.



Dysinger Elementary School

7770 Camellia Dr., Buena Park, CA 90620 • 714/228-3240 • dy.cesd.k12.ca.us



Dr. Anissa Sorley Sequeira
Principal

Peer Assistance Leadership (PAL)

Student leadership continues to grow at Dysinger through our Peer Assistance Leadership (PAL) program. The PAL program seeks to develop leaders in students by training them to work as leaders on our campus. Students collaborate with the leadership team, their peers, and adults on campus to bring fun and exciting activities to our school. More importantly, our PAL mentors, Ms. McShea and Ms. Alvarez, teach PAL students how to advocate on behalf of themselves, their peers, and most importantly their community. Traditionally PAL has brought Dysinger a myriad of fun activities such as spirit weeks, arts and crafts, gratitude and kindness grams, and games and events. In addition, PAL students read weekly to children in primary grades and in our special needs programs. But this year, PAL students are expanding their influence by advocating

for the needs of their community. Dysinger's student leadership spent several weeks researching organizations in our local community that give to those in need. Once they identified groups they wanted to partner with, they reached out to those organizations and began planning. Part of their ongoing plans include running donation drives for Dysinger families to participate in, collecting and organizing items, preparing items for donation, and donating collections to local partners for community distribution and giving back. An important part of this process has been teaching our PAL students to seek out organizations that are non-profit and serve our immediate community, located in Buena Park. This next step in Dysinger's student leadership is life changing for our student leaders, student and school community, and the residents of our local community. Dysinger is very proud of our PAL students and the difference they are making in all of the lives they touch.



Los Coyotes *Elementary School*

8122 Moody St., La Palma, CA 90623 • 714/228-3260 • lc.cesd.k12.ca.us



Dr. Vicki Wong
Principal

California Distinguished School

Los Coyotes Elementary School is the proud recipient of the California Distinguished Schools for the 2023 school year. This January, the California Department of Education identified 356 elementary schools for either closing the achievement gap or achieving exceptional student performance. Los Coyotes is honored to be receiving recognition for outstanding student performance. The California

Distinguished Schools Award is undoubtedly the result of the hard work of our students, teachers, parents, and staff, who are committed to creating a positive school culture where students can learn and develop life skills needed for future success.

At Los Coyotes, we focus on whole-child learning. We provide our students with the academic, social-emotional, and behavioral support they need to thrive. What sets Los Coyotes apart from most schools is that we believe that students should have a voice and autonomy in their learning. We strive to empower our students to drive their learning through individual goal-setting, self-reflection, student-centered discussions, and opportunities to lead and serve our school community.

As the principal of Los Coyotes Elementary, I salute our school community for their daily work to ensure our students' success. The California Distinguished School Award is the work of many. It is an honor to be a part of such a committed group of students, teachers, staff, and parents.



San Marino *Elementary School*

6215 San Rolando Way, Buena Park, CA 90620 • 714/228-3280 • sm.cesd.k12.ca.us



Dr. Omaira Lee
Principal

Parent Involvement

Parental involvement can have a positive impact on early learning and development, and on student achievement across the grades. As such, San Marino is pleased to provide the Latino Family Literacy Project parent workshops to teach parents and guardians the importance of establishing a family reading routine with their children,

how to share the book and help both parents and school age children learn English vocabulary, together as a family. Parent participants receive free children's books through this workshop as they learn from staff trainers. Parents and guardians have provided positive feedback on the parent workshop series and appreciate the parent education component of our school and district. We look forward to celebrating the completion of the series through a parent graduation ceremony.



When you can be anything, be kind!

G.B. Miller *Elementary School*

7751 Furman Rd., La Palma, CA 90623 • 714/228-3270 • ml.cesd.k12.ca.us



Robyn Yarbrough
Principal

Music is in the Air!

Here at Miller Elementary School students enjoy participating in VAPA (Visual and Performing Arts) classes, which include general music, choir, and strings instruction. This year, students in 4th-6th grade have the opportunity to learn how to play a string instrument, being given the choice between violin, viola, or cello. Within this program,

students at both beginning and intermediate levels are introduced to basic music concepts and note-reading, correct sound production, as well as string instrument techniques. In addition, all students in the program get to participate in school and community performances - showcasing to families and friends all that they have learned. We are excited to see our students' musical skills, as well as their love for music, continue to grow!



Students participating in Music class.



Raymond Temple *Elementary School*

7800 Holder St., Buena Park, CA 90620 • 714/228-3290 • rt.cesd.k12.ca.us



Shawn Stuht
Principal

Soaring with Kindness

Raymond Temple Elementary School “Soared” through the Great Kindness Challenge Week with school activities and spirit days. Students completed #KindnessTags to express words of kindness to students and staff; learned

how to show kindness to themselves with a calming mindset; gave class “shout-outs” to create a positive classroom culture; and had meaningful discussions on how to “Fill Your Bucket” for positive well-being. Spirit days included: Wearing orange to show kindness to others; Wearing Green to show gratitude, Red for self-kindness, and Blue for encouragement.

Families joined in on the Kindness Challenge with a Family Checklist of kind activities. Families showed acts of kindness in the community such as: Writing words of kindness with chalk on the sidewalks, visiting and thanking the Buena Park Librarian with a letter of thanks, and taking cookies to the Buena Park Fire Station. Families who completed 10 acts of kindness were eligible for a Raffle for tickets to Knotts Berry Farm. Congratulations to the Kammes and Jung Families.



Daniel's Review



Daniel H.

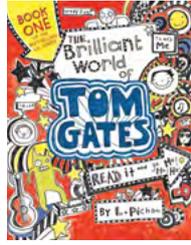
Very Funny Book!

Title: *The Brilliant*

World of Tom Gates

Author: Liz Pichon

The Brilliant World of Tom Gates is about a boy named Tom. Tom and his best friend Derek are in a band called Dog Zombies



and they both want to go to a Dude3 concert but Tom has many silly problems to deal with. Read this book to see what happens and to laugh out loud! This book is very funny and has really funny pictures. I loved this book and can't wait to read the other books in this series!

Daniel is in third grade and he likes to spend time with his family playing board games, reading, and playing sports like tennis, basketball, and bowling.

Maple's Review



Maple

A Dangerous Journey

Title: *The Extremely Inconvenient*

Adventures of Bronte Mettlestone

Author: Jaclyn Moriarty

Bronte is ten years old when her parents suddenly die. She lives with her Aunt Isabelle when she finds her parents' will.



It says that she must visit all ten of her aunts, except for Aunt Isabelle, and give them gifts. There is ancient magic in the will, and if Bronte does not do what it says, then her town, Gainsleigh, will be ripped apart. On Bronte's journey, many wonderful things happen, such as visiting a beautiful library and learning to speak some of the Dragon language. This book has fun mini quests, and some pretty big ones too. If you enjoy books about danger and tough girls, you will love this book. I adored this book, and I bet you will too!

Maple is in 5th grade. They love reading, petting their dog, and playing with their friends. They want to be a librarian when they grow up.

David's Review



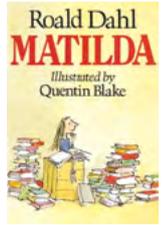
David H.

Smart and Funny

Title: *Matilda*

Author: Roald Dahl

Matilda is a book about an intelligent girl whose parents neglect her. When she starts going to school, she meets a nice and caring teacher, Miss Honey. Matilda



later discovers that she has a special talent. What is her special talent? You should read the book not just to find out but also if you want to laugh! The things that Matilda does throughout the book were funny and the author's writing is hilarious. This is one of my favorite books and I'm sure it will be yours too!

David is in fifth grade and he loves to read and play piano. He likes math and activities such as tennis, basketball, and bowling.

Tegan's Book Review

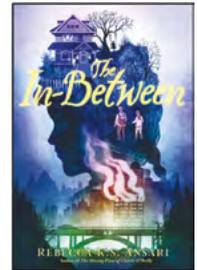


Tegan

Mysterious Saves

The In-Between,

a captivating fiction written by Rebecca Ansari, revolves around the complicated life of Cooper, a teenage boy living in a poor household, with the



absence of a father. As a strange new neighbor; a young girl named "Elena" moves in alone, Cooper and his younger sister Jess start to investigate the secrets she hides.

While Cooper and Jess realize that Elena has been the ignored figure that saved one juvenile's life each mass incident, they fail to quickly recognize that Elena herself has to die painfully and wake up only to repeat the process. Cooper and Jess introduce themselves into the dark world where the mysterious girl is trapped in between life and death, and make it their mission to save Elena. Readers are taught the importance of remembering the forgotten and what it means to be seen. All in all, I rate this novel 5/5.

Tegan Y. is a fifth grader who enjoys art, biking, writing, and reading.

Love to Read!

Kailani's Review



Kailani T.

Perfect vs Excellence

"Strive for Excellence" is book 2 of 4 in the Perfect Balance Gymnastics Optional Series by Melissa Torres. The story is about Marissa, a hard-working gymnast and a smart girl who has always done very well in school and in gymnastics. At the



start of 6th grade, Marissa expects herself to continue to be perfect in school and in gymnastics. Is training level 6 optional while starting middle school that difficult? Can Marissa still have a successful competition season while keeping up with 6th grade schoolwork? Can she still be perfect? Does she have to be perfect?

I am thankful to have finished reading this book before my rough weekend I just had. My last gymnastics meet was the worst ever, and it was on the weekend I had so much homework. While being disappointed from the meet, this book literally saved me from being too upset with myself. I give this book 5 out of 5 stars and would highly recommend it to anyone who thinks perfection is the only way to be.

Kailani is a 5th grader who loves to read. When not reading, Kailani likes to play with her brother, jump on the trampoline, listen to music, and ride horses.

Yoona's Review



Yoona C.

Friendships

Title: *Rules*
Author: Cynthia Lord
Catherine is a 12 year old girl that is talented in drawing. She has a brother named David. David is diagnosed with autism. David and Catherine's



mom would go to OT. Catherine would sometimes come to. That's where Catherine met a friend called Jason. Jason is a teenage boy in a wheelchair that can't talk. They first meet when Catherine is bored and draws Jason. Jason catches her and tells his mom with his communication book. Jason's mom gets angry, but that soon leads to Catherine making word cards for Jason. Catherine also meets another person named Kristi. Kristi is a "cool" girl as said by Catherine. At first, Catherine is embarrassed to tell Kristi she has a brother that has autism and a friend who is in a wheelchair. Will Catherine learn to value good friendships? Will she find out what is truly important to her? Read to find out!

Yoona is a 4th grader. She likes to read books and create stories. She also enjoys playing soccer.

Aubtin's Review



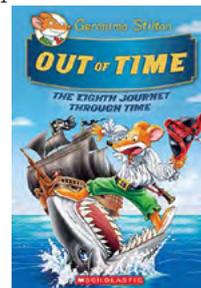
Aubtin M.

Fun Ride through History

Title: *Geronimo Stilton – Out Of Time*

Author: Elisabetta Dami

Geronimo Stilton is a best-selling author running a newspaper called The Rodent's Gazette. He lives in New Mouse City, Mouse Island. Geronimo and



his friends are at the museum for a very special event. Then three artifacts went missing and director of the museum asked Geronimo to help. Geronimo goes off on a journey through time by a time machine. He meets Alexander the Great, Cleopatra, Sir Francis Drake and Mozart. Can Geronimo find all the artifacts before time runs out?

This is an adventurous, historical, educational and a very funny book. I enjoyed learning about famous people in the history in such a fun book. I hope you will too.

Aubtin is a 1st Grader. When not playing, Aubtin does writing, reading, and drawing. He also likes sports, swimming, music, computers, and trains. He cares a lot about his family and friends.

Sandra's TLC Child Care

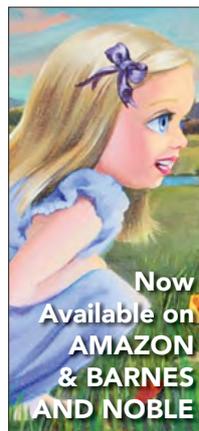
Licensed Loving Child Care • 6 Weeks and Older

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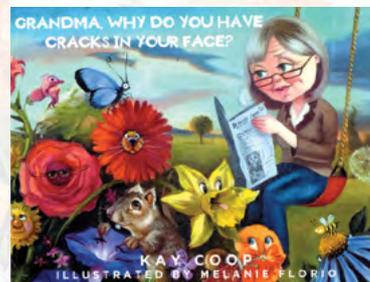
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Grandma, Why Do You Have Cracks In Your Face?



By Kay Coop | Illustrated by Melanie Florio

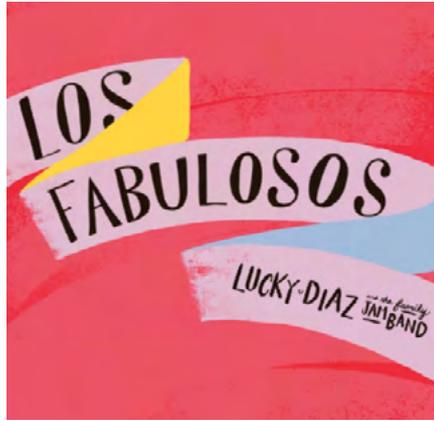
Note-ables



Kate Karp

Los Fabulosos

Los Fabulosos by the Grammy award-winning Lucky Diaz and the Family Jam Band is one of the wackiest collections of original children's music I can remember hearing. The first song, "Ridiculous," is just that — it's like the Beatles at their silliest, except with a Latin beat. As background music for the [video that Lucky Diaz](#) patched together using public-domain video footage that are probably older than your grandparents, it's wonderful, highlighting rapid-motion silent films of elaborate stunts, towering unicycles, a woman and a dog jumping rope, and a very old cartoon. "Elephant" and "Elevator" are energetic. Children can skip wildly to the elephants' rhythm, remembering to periodically hydrate, just as elephants do. "Elevator" plays on children's glee about being a "glutton for buttons"—just remind them to not play with the elevator in the real world. Other people need to use it, you know.



"Me Gusta" is a bilingual two-parter, with the Spanish and English flowing into each other and out again and then merging into a cha-cha. The song celebrates body awareness and the great things bodies do: "Me gustan mis ojos, they help me see the world. Me gustan los manos, holding hands make me smile. Me gusta ti—you make me hap-py!" This song may choke you up—it sounds like the best ending credits ever.

Me gusta Los Fabulosos. The collection was a worthy contender for a 2023 GRAMMY award for Best Children's Album—their second GRAMMY nomination for this category. Stream it [here on Spotify](#).

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

Fun Things and Places—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 Centralia in the subject line.

Entries must be received by April 15, 2023

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

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SWINGS

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PARTY

MOVIE

POOL

FOREST

CAMP

SEASHORE

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