

FREE

School News

Education + Communication = A Better Nation

Covering the Alhambra Unified School District



Volume 1, Issue 2

November 2019–February 2020

Unique Academic Programs + Parent Engagement Multiply Student Success



The exuberant AUSD Marching Band embodies the Power of Hope as they head to the 2020 Rose Parade! The year-long journey to be Rose Parade-ready took the dedication of 300 students and three band directors from three AUSD high schools plus support from families, the district, and community.

www.SchoolNewsRollCall.com



Denise R. Jaramillo

Unique Academic Programs + Parent Engagement

Your enthusiastic response to the debut issue of this magazine broke a 20-year *School News* publishing record for digital magazine email requests! Thank you for caring about our students and schools.

In this issue, our twin themes are the unique academic programs at our schools and the crucial importance of parent engagement for student success.

You will read about the difference that mindfulness programs make, what student-grown gardens teach, our new Aspiring Medical Professionals Academy, PTSA leaders who are innovating ways to include more parents, how integrating the arts into all subjects fuels learning, the multicultural school celebrations honoring our diverse community, the Senior Symposium workshops on post-secondary options created in response to student feedback, and how parent engagement strengthens our Mandarin Dual Immersion Program.

We know that families are the keystone that holds the educational framework together. A study by Southwest Educational Development Laboratory found that when schools, families, and community groups work together, children do better in school, stay in school longer, and like school more.

By nurturing the habits of empathy at home, parents add to the culture of belonging in our schools. When parents help their children recognize and understand the feelings and needs of others, connection grows and students learn more — and more easily. Looking for simple ways for your child to see you extend kindness will show what it is like to be a “Kindness Giver,” according to educator and author, Dr. Michele Borba. These are the essential habits required for healthy relationships, happiness and mental health, and social emotional skills, like self-regulation.

When we unite to support education and foster a positive school culture, we empower students to take full advantage of all the opportunities for academic excellence at ASUD.

SUPERINTENDENT

Programas Académicos Únicos + Participación de los Padres

¡Su entusiasta respuesta a la primera edición de esta revista rompió un récord de 20 años de la publicación de *School News* para solicitudes de correo electrónico de revistas digitales! Gracias por interesarse por nuestros estudiantes y escuelas.

En esta edición, nuestros temas gemelos son los programas académicos únicos en nuestras escuelas y la importancia crucial de la participación de los padres para el éxito de los estudiantes.

Leerá sobre la diferencia que hacen los programas de atención plena, lo que enseñan los jardines cultivados por los estudiantes, nuestra nueva Academia de Aspirantes a Profesionales Médicos, líderes de PTSA que son formas innovadoras de incluir a más padres, cómo la integración de las artes en todas las materias fomenta el aprendizaje, las celebraciones escolares multiculturales en honor a nuestra comunidad diversa, los talleres del Simposio para Estudiantes de 12vo Grado sobre opciones postsecundarias creadas en respuesta a los comentarios de los estudiantes y cómo la participación de los padres fortalece nuestro Programa de Doble Inmersión en Mandarín.

Sabemos que las familias son la piedra clave que mantiene unido el marco educativo. Un estudio del Laboratorio de Desarrollo Educativo de Southwest encontró que cuando las escuelas, las familias y los grupos comunitarios trabajan juntos, los niños obtienen mejores resultados en la escuela, permanecen en la escuela más tiempo y les gusta más la escuela.

Al fomentar los hábitos de empatía en el hogar, los padres se suman a la cultura de pertenencia en nuestras escuelas. Cuando los padres ayudan a sus hijos a reconocer y comprender los sentimientos y las necesidades

独特学术课程 + 家长参与

您对本杂志首次发行的热情回应，打破了二十年来用电子邮件申请阅读《学校新闻》电子杂志的记录！感谢您关心我们的学生和学校。

我们有两个主题。第一是我们学校独特的学术课程，第二是家长参与对学生成功的重要。

你将瞭解冥想课程有什么不同的正面影响，学生在种植花园内所学到的内容，我们新成立有志就读医学专业学院，PTSA 领导者正创建新方法以容纳更多家长，如何将艺术融入所有学科以促进学生学习，学校方面为尊重多元文化社区，而举办多元文化的庆祝活动，为回应学生建议提供高中毕后的研讨会，以及家长参与如何可以加强我们的普通话双语浸入课程计划。

我们知道，家庭是维系教育框架的基石。西南教育发展实验室(Southwest Educational Development Laboratory)的一项研究发现，当学校、家庭和社区团体一起共同合作时，学生在学校表现得更好，在学校学习的时间会更长，并且更喜欢上学。

通过在家里培养学生同理心的习惯，这样家长就可使我们学校加深了归属感的文化。当家长帮助他/她们自己的子女认识和理解他人的感受和需求时，他们之间的联系就会增强，学生也会更加容易轻松学习。教育家兼作家 Michele Borba 博士说，寻找简单的方式让你的子女看到你仁善的一面，已作“仁善”的示范。这些是健康人际关系、幸福感和心理健康以及社交情感技能(如自我调节)所需的基本习惯。

当我们团结起来支持教育并积极培养学校正面文化时，我们更能够让学 生充分利用阿罕布拉联合学区 ASUD 的所有学术卓越机会。

**November 11
Veterans Day Holiday**

**November 25
Thanksgiving Break**

See **SUPERINTENDENT** • Page 4

BOARD OF EDUCATION



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Supercharge Your Child's Success

Did you know the biggest predictor of a child's success in school is having parents who are engaged with their student's school? It's not how much money the family makes or how much education the parents have — what supercharges your child's success is your active participation and partnership with the school.

What can you do? We have a few ideas:

Meet your child's teacher and check your child's homework + schedule daily. You can meet with a teacher anytime, not just during parent-teacher conferences. Let the teacher know you want to help your child learn. Email, call, or send notes to keep up with your child's progress. Share your concerns and compliments.

If you need translation help, ask! The school has staff to translate for you. What you have to say is important!

Visit the school + its website. Learn all the resources and meet the school staff available to help. Mark school holidays, upcoming events and testing dates on your family calendar. Add staff information to your contacts list.

Encourage your child to read + model reading at home. Helping your child love reading is a lifelong gift that jumpstarts school success. Visit the library, read aloud, and talk about books with your child.

Get involved. Volunteer as a classroom helper, read a story to the

See **BOARD** • Page 5

Súper Cargue el Éxito de su Estudiante

¿Sabía que el mayor predictor del éxito de un niño en la escuela es tener padres comprometidos con la escuela de sus hijos? No es la cantidad de dinero que gana la familia o la cantidad de educación que tienen los padres; lo que impulsa el éxito de su hijo es su participación activa y su asociación con la escuela.

¿Qué puedes hacer? Tenemos algunas ideas:

Conozca al maestro de su estudiante y revise la tarea + el horario todos los días. Puede reunirse con un maestro en cualquier momento, no solo durante las conferencias de padres y maestros. Dígale al maestro que quiere ayudar a su estudiante a aprender. Envíe un correo electrónico, llame o envíe notas para mantenerse al día con el progreso de su estudiante. Comparta sus preocupaciones y cumplidos.

Si necesita ayuda con la traducción, ¡pregunte! La escuela tiene personal para traducir para usted. ¡Lo que tienes que decir es importante!

Visite la escuela + su sitio web. Conozca todos los recursos y conozca al personal de la escuela disponible para ayudarlo. Marque las vacaciones escolares, los próximos eventos y las fechas de exámenes en su calendario familiar. Agregue información del personal a su lista de contactos.

Anime a su estudiante a leer + modele la lectura en casa. Ayudar a su estudiante a amar la lectura es un regalo para toda la vida que impulsa el éxito escolar. Visite la biblioteca, lea en voz alta y hable sobre libros con su estudiante.

See **BOARD** • Page 5

让子女获得更大的成功

您是否知道预测孩子能否在学校取得成功的最大因素,是家长与孩子所就读学校建立密切关系?而不是家庭赚多少钱,也不是家长曾接受多少教育,而是您的积极参与,与及和学校建立伙伴关系,才是孩子取得成功的重要因素。

你能做些什么?我们有一些想法:

请与孩子的老师见面,每天检查孩子的作业+时间表。您可以随时与老师见面,而不仅是在家长/教师会议。让老师知道您想帮助您孩子的学习。通过电子邮件,电话或发送便条来跟进孩子的学习进度。分享您的关注和赞美。

您如果需要翻译,请咨询学校!学校有工作人员会为您提供翻译。您的意见是至为重要的!

请来参观学校及登入学校网页藉此认识校方提供的所有资源,并与学校教职员会面,他/她们可以随时为您服务。请在您的家庭日历上标记学校假期,及即将举行的学校活动和考试日期,把学校员工通讯录添加在您的联系列表内。

鼓励您的孩子阅读+在家里示范阅读的习惯。培养孩子喜爱阅读是一份终身的礼物,它能帮助孩子在学习上取得成功。参观图书馆,大声朗读,并与您的孩子谈论书本内容。

请多多参与。例如在教室内担任志愿者,在课堂上给学生读故事,在职业日担任演讲嘉宾,参加学校的音乐会和戏剧,加入家教会(PTA)或俱乐部的支持者(Booster Club)。

请花时间与您的孩子谈论她或他每天所经历的事情。您的孩子在与您对话时学会如何与您交谈和如何聆听您的说话。这两项技能对学习成功至关重要。

教导孩子懂得仁善的美德和价值。问问您的孩子他/她们当天做了一件什么事情来帮助别人。孩子们在关心别人和被关心,是能够学习得最好的时候。

认识更多信息: www.ausd.us /家长资源(Parent Resources)



Kay Coop
Founder/Publisher



Neta Madison
Netragrednik

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www.schoolnewsrollcall.com

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FOUNDER/PUBLISHER: Kay Coop
562/493-3193 • kay@schoolnewsrollcall.com

ADVERTISING SALES: 562/493-3193

CONTENT COORDINATOR: Barbra Longiny

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COPY EDITORS:
Lisa Brock, Kate Karp & Anna Zappia

SOCIAL MEDIA: Nancy Lueder
Netragrednik by Neta Madison



SCHOOL NEWS ROLL CALL, LLC

P.O. Box 728, Seal Beach, CA 90740
562/493-3193

www.schoolnewsrollcall.com

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Fall is in the air and the holidays are so close you can almost smell the turkey cooking in the oven.

Superintendent Denise R. Jaramillo begins this issue on page 2 with a positive message and the importance of parental involvement.

The responses we received to our first issue leave no doubt the Alhambra Unified School District parents and community care about the students.

Happy Holidays to you and your families from the *School News* staff. Our next issue is, March 4, 2020.

SUPERINTENDENT • From Page 2

de los demás, la conexión crece y los estudiantes aprenden más — y con mayor facilidad. La búsqueda de formas simples para que su hijo lo vea extender su amabilidad mostrará lo que es ser un “Donante de Bondad”, según la educadora y autora, la Dra. Michele Borba. Estos son los hábitos esenciales necesarios para las relaciones saludables, la felicidad y la salud mental, y las habilidades sociales y emocionales, como la autorregulación.

Cuando nos unimos para apoyar la educación y fomentar una cultura escolar positiva, empoderamos a los estudiantes para aprovechar al máximo todas las oportunidades para su excelencia académica en AUSD.

Alhambra Educational Foundation

Presents

We HOPE, They DREAM, We All ACHIEVE

Win a 2020

Honda Accord



All proceeds will benefit the 2020 Rose Parade Alhambra Unified School District Marching Band.

AEF is requesting a donation of \$50 for each ticket.

Winning ticket will be drawn on November 20, 2019 at the “Tri-City Band Field Show” at San Gabriel High School, 6 pm - 8 pm, 801 S. Ramona Street, San Gabriel, CA 91776.

Visit www.aef4kids.com for additional information.



Stephen R. Perry
President

Marching Band is Rose Parade Bound

Every New Year's Day millions of people watch the Pasadena Tournament of Roses Parade. This year, with the help of AEF sponsorship, the Alhambra USD All District Band, will be

one of only 23 bands invited to march down Colorado Boulevard.

Hailing from the cities of Alhambra, Monterey Park, Rosemead, and San Gabriel, the 270 band members and 30 color guard from Alhambra, Mark Keppel, and San Gabriel High Schools have come together to form the AUSD Marching Band.

The three high school band directors, Mark Trulson, Justin

Lee, and Benjamin Coria have the unique honor of leading their students in the 2020 Rose Parade steered by Laura Farber, CEO and President of the Tournament of Roses, and beloved AUSD alumna.



Cheer the AUSD Marching Band at the Tri City Band Field Show, a 2020 Rose Parade Preview Celebration. Meet Tournament of Roses CEO and President, Laura Farber, when she presents the official Rose Parade Banner. This special event takes place on November 20, 2019, at San Gabriel High School from 6 pm to 8 pm.

Supercharge Your Child's Success • From Page 3

class, give a talk on career day, attend school concerts and plays, join the PTA or the Booster Club.

Talk with your child about her or his day. Your child learns how to talk and how to listen from you. Both skills are vital to school success.

Value and teach kindness. Ask your child one thing they did that day to help another. Children learn best when they care and are cared about.

Learn more: www.ausd.us/ParentResources

Súper Cargue el Éxito de su Estudiante • From Page 3

Involucrarse. Voluntario como ayudante en el salón, lea una historia a la clase, dé una charla el día de la carrera, asista a conciertos y obras de teatro en la escuela, únase al PTA o al Club Booster.

Hable con su estudiante obre su día. Su estudiante aprende a hablar y a escuchar de usted. Ambas habilidades son vitales para el éxito escolar.

Valorar y enseñar amabilidad. Pregúntele a su estudiante una cosa que hizo ese día para ayudar a otro. Los niños aprenden mejor cuando se preocupan por otros y otros se preocupan por ellos.

Obtenga más información: www.ausd.us/Recursos para padres

Alhambra Council PTA

1515 West Mission Road., Alhambra, CA 91803 • 626/386-3690 • www.ausd.us



Christina Lerma
President

Your Time is a Gift to your Child

Your PTA membership dues make a real difference at your child's school, funding field trips, school equipment, and educational and cultural assemblies. We thank AUSD families for joining our efforts to add enrichment activities and equipment for our students.

Parents may not realize just how much their school involvement can impact their student. New studies show that when a parent or guardian participates at their child's school, it leads to higher student grades and test scores, more positive peer relationships in middle school, and lower rates of depression in high school. PTA offers many flexible volunteering opportunities to fit your schedule. By volunteering, you are giving your student long term benefits such as positive self-esteem, stronger work ethic, healthy social skills, and a unifying sense of community.

Alhambra Council PTA: everychild.onevoice



Alhambra High School

101 S. 2nd St., Alhambra, CA 91801 • 626/943-6900 • ahsmoors.org



Fourth Annual Senior Symposium

In September, when Alhambra High's school counseling office held its fourth annual Senior Symposium on post-secondary options after graduation, they created a new format in response to student feedback. Because student surveys indicated they were overwhelmed

with a one-session presentation, this year, the Senior Symposium combined a conference and self-select workshops so students could decide what was most important to them.

Seniors were able to choose from workshops led by in-house and outside experts, including but not limited to CSUs, UCs, common app, out-of-state colleges, specialized programs at community colleges, DREAM Act, apprenticeship programs, in-demand careers, SAT/ACT, military, letters of recommendation, personal statements and resume building. All students participated in a general session presented by Dennis Schroeder, financial aid director at Los Angeles Mission College.



Getting ready for our 4th Annual Senior Symposium takes teamwork!

Martha Baldwin Elementary (K-8)

900 S. Almansor St., Alhambra, CA 91801 • 626/943-3300 • baldwinelementary.org



ASB Welcome Garden

Baldwin's Associated Student Body (ASB) knows how important it is for all students to feel connected and welcome at school. Baldwin

ASB students have created an inviting garden near our play area for students to enjoy. The garden has varied plant life. There are wood-slice decorations from every classroom. It is also a place for students to sit and enjoy the shade.

On Tuesdays and Fridays, ASB has started Interactive Game Days. These games act as a catalyst for students to interact, make new friends and compete in hands-on learning.



The ASB Garden is the place where Baldwin students play interactive games like chess (shown here) and Jenga. Students meet new friends and participate in games they might not play other wise.

Brightwood *Elementary (K-8)*

1701 Brightwood St., Monterey Park, CA 91754 • 626/570-6200 • brightwoodelementary.org



Natalie Tee Gaither
Principal

Partnership for Student Success

The famous proverb “It takes a village to raise a child” is clearly demonstrated at Brightwood School, where over 220 active PTA volunteers work closely with teachers and staff members to enrich students’ educational experiences inside and outside of the classroom. Research consistently shows parental support and involvement are key to increasing student achievement.

“PTA’s goal is to help our teachers deliver a better educational experience

by providing enrichment activities and student recognition.” explained Brightwood PTA President Kristine Lau. “We work to increase parent engagement and foster a stronger sense of community through special family events, and we are fortunate to have a network of volunteers who dedicate their time and resources to help out. We really do feel like a family at Brightwood.”

Pictured here is the team of hardworking volunteers behind last spring’s PTA Earth Day celebration at Brightwood. This is just one of many annual events the PTA provides for our students.



The team of hard-working volunteers behind last spring’s PTA Earth Day celebration. This is just one of many annual events the PTA provides for our students.

Century *High School / Independence High School*

20 S. Marengo Ave., Alhambra, CA 91801 • 626/943-6681 • centuryhs.org / independencehs.org



Phuong Nguyen
Principal

Rewards at The Hub

*By Patty Garcia,
Century Teacher/Advisor*

In September we launched our student store, The Hub, with a grand opening. As part of PBIS (Positive Behavior Supports), our students can earn rewards for doing what is right, and then they get to purchase items with their Centurion Cash (CHS) and SOAR Cards (IHS).

Coveted items for sale at The Hub include basketballs, water bottles, thermos bottles, snacks, and school supplies. Century High junior Adrian Miller, The Hub’s first customer, was excited to be able to purchase a reusable soft drink bottle with the Centurion Cash he had earned for being a model student!

At our barbecue celebration for The Hub, students could buy cheeseburgers for two Centurion Dollars or SOAR Cards. The students loved them so much that they ended up buying three or four burgers by the end of the day! Other students shared the wealth and purchased burgers for themselves and their friends. The event was a great success!



Adrian Miller, Century High junior, was the Hub’s first customer. Manning the store is counselor, Ni’Kysha Johnson who looks on with a big smile.

Emery Park *Elementary (K-8)*

2821 W. Commonwealth Ave., Alhambra, CA 91803 • 626/943-3340 • emeryparkelementary.org



Jeremy Infranca
Principal

Dia de los Muertos Beauty

Our unique small community at Emery Park School embraces the richness of the Latino culture with our annual Dia De Los Muertos (Day of the Dead) celebration. Parents, staff and students work for weeks to put together a special event that combines art, family traditions and celebrating loved ones who have left us by creating visually astounding tributes. This October, we

celebrated in an auditorium filled with art, face painting, games, a costume contest and a special Trunk or Treat for our students.

An event of this magnitude happens because every year, our parents embrace the commitment and follow through from beginning to end to make it an unforgettable signature event. Emery Park's Dia de los Muertos event galvanizes our students, parents and staff. We relish the laughter in the moment and appreciate the cultural reverence the evening provides.



The beauty of Emery Park's Dia De Los Muertos event galvanizes our students, parents, and staff.

Fremont *Elementary (K-8)*

2001 Elm St., Alhambra, CA 91803 • 626/943-3360 • fremontelementary.org



Robby Jung
Principal

Parents Add to Charger Store Launch

Our Fremont students were so excited to see the launch of the Charger Store this year.

But, as with all new things, our staff found ways to make it even better. One of the best ideas was to recruit parent volunteers to help manage the store. And so, instead of engaging parents by asking them to join us for a workshop, we invited them to roll up their sleeves and come be amazed by our students while serving them and Fremont School!

The students loved it and the parents were wonderful. Thank you!



Some of our wonderful Fremont parents joined the launch celebration of the our Fremont Charger Store. They are ringing up purchases for excited students lined up to spend the Charger Rewards they earned for demonstrating the Charger motto: Respect Yourself • Respect Others • Respect the Environment.

Garfield *Elementary (K-8)*

110 W. McLean St., Alhambra, CA 91801 • 626/943-3380 • garfieldelementary.org



Dr. Stephanie Richardson
Principal

Arts Enhanced Learning

As one of the 27 California Turnaround Arts Schools, we are on a continuous quest at Garfield School to leverage the arts to help enhance student learning.

Our eighth-grade teachers Curtis Duong and Mark Tu use Visual Thinking Strategies (VTS) to engage their students, but more importantly, to also develop their critical thinking skills. As a regular practice, a brief but valuable portion of their instructional day is used to have students view selected visual art pieces and then hold discussions that are guided by three essential questions. These questions motivate the students, prompt whole-class discussions, and encourage individuals to express and support their thinking in an articulated response.

It is as though these two teachers are bringing the experience of the art museum to the classroom. We then see students transfer these skills to other academic areas when they are demonstrating their discussions, sharing different perspectives, justifying their thinking, and enjoying the learning experience.



Garfield eighth grade teachers, Curtis Duong and Mark Tu, bring a museum experience of viewing selected visual art pieces to their classes as part of Visual Thinking Strategies (VTS) to help students develop critical thinking skills.

Granada *Elementary (K-8)*

100 S. Granada Ave., Alhambra, CA 91801 • 626/943-3600 • granadaelementary.org



Chris Ng
Principal

40 Developmental Assets

By Tam Lai, Intervention Advisor, Gateway to Success

This fall, Granada School launched a series of innovative parent workshops, called 40 Developmental Assets, open to all AUSD parents. These are 40 positive supports and strengths children need to succeed. Half the assets focus on the relationships and opportunities children need in their families, schools and community. The remaining assets focus on the social-emotional strengths, values and commitments that are nurtured within children.

The series was designed for parents to learn how they can intentionally build the assets with their children to help them become caring, responsible and productive adults.

The series consists of five sessions, each 90 to 120 minutes in length. Parents learned about each developmental asset and the relationship between assets, high-risk behaviors and thriving indicators; and how to identify and implement practical strategies to help their children build specific assets in multiple areas of life.



A small but mighty group of Granada parents met for the October 17th session of 40 Developmental Assets.

Marguerita *Elementary (K-8)*

1603 S. Marguerita Ave., Alhambra, CA 91803 • 626/943-3620 • margueritaelementary.org



Teresa Johnson
Principal

Mandarin Dual Immersion

Four years ago the AUSD began the Mandarin Dual Immersion (DI) program at Marguerita School with two kindergarten classes and one TK class. Now this thriving program spans from kindergarten through the third grade. With 850 students in our Husky family, our DI students make up about 30 percent of our school population.

Dual language program goals are biliteracy, cross-cultural competence, and

high student achievement. Our DI students are well on their way to meeting these goals because of the dedication of our effective teachers. They follow a 50/50 model of instruction, which means that students learn in Mandarin for 50 percent of their instructional day and 50 percent in English. Mandarin is taught primarily through the highly engaging New Generation Science standards.

We are grateful to our Marguerita parents (both DI and non-DI) for working together to support our students and staff members, while also building community for our entire school.



Thank you to our incredible Mandarin Dual Immersion teachers: Ms. Wong, Mrs. Davis, Mrs. Liao, Mrs. Song, Mrs. Chen, Ms. Johnson (Principal), Mrs. Dowell (Instructional Specialist), Ms. Ai Li, Mrs. Lin, Mrs. Chao, Mrs. Tovar, Mrs. Tsai

Mark Keppel *High School*

501 E. Hellman Ave., Alhambra, CA 91801 • 626/943-6710 • enign.nmusd.us



Jeannie Gutierrez
Principal

Medical Professional Academy

Our Aspiring Medical Professionals (AMP) Academy is a California Partnership Academy operating as a small school community for those students who are interested in careers in health care. AMP classes include honors, Advanced Placement, and UC “g” electives.

Our focus is to foster an environment where all students can learn and be deeply engaged in the learning process. Class cohorts collaborate across disciplines to ensure that students can understand the relevance of each subject to their chosen career path. Our students will learn and master the skills necessary for entry level employment as they gain experience through labs, field trips, and the pharmacy internship component.

Field trips to the Western University of Health Sciences and the USC Pipeline program also give students hands-on experience with sutures and listening to the heart beat. When AMP’s graduates receive their high school diploma they are also eligible to apply for a Pharmacy Technician License through the California State Board of Pharmacy.



Two MKHS Aspiring Medical Professionals Academy students practice their stethoscope skills as part of their field trips to Western University of health Sciences and USC Pipeline Program.

LIFT (Learning Independence For Transition) Program

1515 W. Mission Rd., Alhambra, CA 91801 • 626/943-3420 • sites.google.com/site/liftausd/home

Moor Field *Early Education Center*

1001 S. Sixth St., Alhambra, CA 91801 • 626/943-3562 • moorfield.org



Harry Wong
Administrator

Our Students Can Thrive with PIP

Our LIFT (Learning Independence for Transition) program is always seeking opportunities for our adult students with disabilities to build greater vocational independence.

One of LIFT's valued partners in helping students thrive is the East Los Angeles Regional Center's Paid Internship Program (PIP). With their help, we are able to widen the pool of possibilities for students to work part time or full time in businesses and agencies in our community. This work gives students a new funding resource that enhances their ability to fully integrate in the community.

Our students are so proud of their hard work and we are so proud of them!



We are proud of Justin, one of our LIFT students, who is working at Home Depot.

Monterey Highlands *Elementary School (K-8)*

400 Casuda Canyon Dr., Monterey Park, CA 91754 • 626/570-6220 • montereyhighlandselementary.org



Dr. Wendy Molina-Solis
Principal

Husky Spaw Wellness Center

All of us at Monterey Highlands School love our new Husky Spaw Wellness Center. This is where Mailin Chan, our inspiring Gateway counselor, is committed to helping students develop social skills, build relationships,

learn to problem-solve, and find healthy ways they can decrease stress.

In the calming quiet of playing board games, doing yoga and arts and crafts, and practicing mindfulness, students learn how to be more purposeful in their responses and actions. These are skills that make it easier for students to concentrate their energy on their studies.

The room is open to all students during lunch three times a week. On Mindful Tuesdays, students practice mindfulness with our interns. Our Wellness Center supports students' social and emotional growth to help them with attention, emotional regulation and compassion, which gives them the best foundation for academic success.



Monterey Highlands students love the calm oasis of the new Husky Spaw Wellness Center. Gateway counselor, Mailin Chan, teaches students healthy ways to regulate their emotions and decrease stress, making it easier for them to concentrate on their studies.

William Northrup *Elementary (K-8)*

409 S. Atlantic Blvd., Alhambra, CA 91801 • 626/943-6620 • northruelementary.us



Dr. Rosa Northcott
Principal

Thank You PTA + Parents!

We have an absolutely amazing PTA and group of parent volunteers! You will see parents on our site almost every day donating their time in the classrooms and helping out with school events.

Because parent engagement and involvement is vital to the success of any school, we are so blessed and thankful for their continued support! At Northrup, our

PTA and parents provide teacher grants, host fun activities for students and families, and helpfully donate their time.

Northrup's PTA recently kicked off a popcorn fundraiser in late September, and is hosting a Fall Fun Fair on Friday, November 8th, to bring our staff and families together for a night of fun with game booths, food, and activities. Proceeds will fund our teachers' classroom projects as well as support school events.

Students: When you see a parent helping out at school, be sure to tell them thank you!



We love our amazing PTA and parent volunteers!

Thank you Tatiana Jackson, Northrup PTA President, Monica Rosales, Maria Araiza, Claudia Rodriguez, Marcela Barba and Ayesha Khan!

Park *Elementary (K-8)*

301 N. Marengo Ave., Alhambra, CA 91801 • 626/943-3640 • parkelementary.org



Carin Gasca
Principal

Mindfulness at Panther Spaw

We are proud of our beautiful new Park School Panther Spaw! This a place where students in grades one to eight can sign up for daily lunchtime mindfulness sessions or de-stress by drawing or playing quiet games. It is here that our students can learn

the techniques of mindfulness to reset their emotions or increase their attention.

Lily Lam, our Gateway counselor, uses stop, breathe, and think meditations projected onto a big screen as a guide, with gratitude as a meditation focus. We are seeing positive changes in student outlook and behavior, and our students are telling us that they can concentrate more easily now because of the training.

As with all wonderful projects, our generous community helped make it possible to transform a big classroom into the Zen oasis of Panther Spaw. The space now has yoga mats, growing plants, and warm candles to add to the calming atmosphere.



Students are exploring all the ways to de-stress at our new Panther Spaw.

Ramona Elementary (K-8)

509 W. Norwood Pl., Alhambra, CA 91803 • 626/943-3660 • ramonaelementary.org



Dr. Debbie Kotani
Principal

Ramona Scholars

We love our Ramona Scholars, a service club for seventh and eighth grade students that builds leadership skills by organizing school and community enhancing events and activities. Ramona Scholars act as ambassadors at parent and family activities.

We have 12 returning eighth grade Ramona Scholars and will have up to 25, when we select from new member applications.

Our first two Ramona Scholar projects for the 2019-2020 school year will be organizing a “Campus Pride” clean-up day and organizing and running our annual Thanksgiving Food Drive for local families. In spring 2020, Ramona Scholars will hold a school-wide art show.



Ramona Scholars, back row: Samantha Du, Derek Ma, Samantha Solis, Lavinna Wu, Vicki Huang, Emily Nguyen, Olayhia Matya, Sol Lujan; front row: Natalia Sanchez, advisor Mrs. Karen Bell, advisor Ms. Crystal Loi, Antoinette Pascual, Ana Penaloza.

Repetto Elementary (K-6)

650 S. Grandridge Ave., Monterey Park, CA 91754 • 626/570-6240 • repettoelementary.org



Dr. Steve Suttle
Principal

Integrating Technology

All of us at Repetto School are excited about the October delivery of more Chrome laptop carts as we continue to integrate technology into our classrooms. This addition will help give our students the tools and technical know-how they need to support their college- and career-readiness skills.

As part of AUSD’s goal of a laptop for every child, our students will be using the district’s “cloud” to communicate, collaborate, think critically, and create online with a variety of applications. This includes conducting research, creating documents and PowerPoints, and using online applications such as Google Classroom.

We are thrilled that we can offer our students the tools and experiences to help prepare them for college and career. Becoming fluent in technology will greatly assist our students in being successful in college and competing in the global marketplace.



Ms. Fong’s 8th grade students each hold their newly arrived Chrome laptop, sharing their smiles with principal Dr. Steven Suttle.

San Gabriel *High School*

801 S. Ramona St., San Gabriel, CA 91776 • 626/943-6800 • sghsmatadors.org



Debbie Stone
Principal

PTSA: the Power of Parent Participation

We are lucky at San Gabriel High to have two power house PTSA officers on board this year. We are excited to see the contagious enthusiasm of our new PTSA President, Martha Ruvalcaba, and Nora Hernandez, PTSA Treasurer.

We know when parents participate at school, they multiply the successes for their child and add to our school culture of connection. We invite parents to see for themselves what a difference they can make at — any level of participation they are able to contribute. Martha and Nora have some wonderful ideas about how to make it easier for busy parents to be involved in PTSA.

We hope you will join us at our next PTSA meeting on Wednesday, November 13th from 4-6 in the Family Center.



Our SGHS PTSA Treasurer Nora Henandez, left, and President Martha Ruvalcaba, far right, met with me, Debbie Stone, center, to discuss their ideas for making it easier for parents to become involved.

Ynez Elementary (K-8)

120 S. Ynez Ave., Monterey Park, CA 91754 • 626/570-6260 • ynezelementary.org



Janett Perales
Principal

Gifts of a Garden Bountiful

By Shelley Gee-Ryan, Assistant Principal

Ynez School's bountiful, student-centered school-community garden took root because of the magic and generosity of so many neighborhood volunteer garden whisperers. Community groups, parent pledges, Mrs. Bacca's fifth-graders and a dedicated Boy Scout donated, collaborated, shoveled, painted, and planted to help us create the garden of our dreams.

Mrs. Bacca's enthusiastic fifth-graders led interactive, hands-on lessons using their own research to teach us about organic gardening, nutrition, harvesting, and cultivating and enjoying organic foods.

The garden is a teeming, student-centered laboratory for extended, continuous classroom learning. The nutrition-enriched garden provides a sustainable physical, academic and social-emotional foundation for student engagement.

This year, Mrs. Bacca and the children continue to lead and expand the concept of indoor-outdoor learning by integrating science, research, the environment, education and sustainability.



Students gently harvest their first green beans from the Garden Bountiful.

Research: What Parents Need to Know About Kids, Media, and Body Image



How kids think, feel, and act about their bodies is a critical piece of their self-esteem and overall healthy development. Common Sense Media's new research report, *Children, Teens, Media, and Body Image*, examines the role of traditional and digital media in the development of children's and teens' body image. This review of existing research reveals some

surprising trends -- such as that half of 6- to 8-year-old girls feel their ideal body size is thinner than their current one -- but it also shows evidence that parents play a huge part in shaping how kids relate to their bodies. Some key findings:

- Many kids are dissatisfied with their bodies, and society's body appearance ideals are highly unrealistic.
- Body-image concerns start early; even preschoolers learn that society judges people by how they look.

- Parents' attitudes toward their own bodies are a big influence on how kids feel about their bodies.
- Unrealistic, sexualized, and stereotypical images and messages about bodies and gender are rampant in the media kids consume.
- Teens feel pressure to look good and cool online but also feel that social media helps their friendships and connections with like-minded peers.
- Although young girls are most susceptible, boys have issues with body image too.

Our report uncovers large gaps in research on body image and media. Several groups -- young children, boys, kids of color, LGBTQ youth -- are not well-studied, and research on online, digital media has yet to keep pace with the explosion in their use by kids and teens

Common Sense Media is an independent nonprofit organization offering unbiased ratings and trusted advice to help families make smart media and technology choices. Check out our ratings and recommendations at www.commonsensemedia.org

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