Costa Mesa High School (CMHS) Cheer Squad receives Grand Masters Award and both JV and Varsity Teams qualify for the National Competition.

On January 20, 2009, the CMHS Varsity Cheer Team competed and qualified for the national competition by winning the Grand Masters Award...for the first time since 1996. In addition, the Junior Varsity Cheer Team took first place in their competition and also qualified for the national competition.

Both teams will travel to Las Vegas on April 18, 2009 to attend the national competition. Not only is this the first time the teams have qualified for nationals, this is the first time the teams have competed since 2002.

Congratulations to the Costa Mesa High School Cheer Teams!

Davis Magnet School

The Newport-Mesa Unified School District Board of Education made a final decision regarding the Davis Magnet School program at the regular meeting on January 13. The decision follows a year-long process of seeking the community's input district-wide through a public survey and a series of public forums and Board meetings.

The Board of Education directed staff to develop a K-6 magnet school program at Davis School in the areas of math, science and technology, with options in the arts as part of the overall program. The Davis Magnet School will open in September, 2009.

The district is currently going through the open application process to hire the new principal for the magnet school. It is anticipated that the process and selection will be completed by March.

In the meantime, district staff is developing the program as directed by the Board and assembling information regarding the school enrollment process. We anticipate this information will be available in February.

Detailed background information and a summary of the Board's public process are available on the Board of Education's Web site at www.nmusd.us. Questions about the instructional program can be directed to Mrs. Susan Astarita, Assistant Superintendent of Elementary Education, at sastarita@nmusd.us.

Your Reading Electives Inside:

Orange County Department of Education.......................Page 3
N-Mesa Schools Foundation .......4
Newport Beach Public Library......5
Newport Chamber of Commerce 6
Financial Tips ..................6
NMUSD Schools ............7-9, 14-20
School Health Services ..........21
Education Technology ..........21
School Readiness .............22
Harper Preschool .............22
Adult Education ..............22
Nutrition Services ...........23

www.schoolnewsrollcall.com
Happy New Year!
By now you are well on your way to keeping your resolutions (or like me have abandoned them in favor of a morning muffin). The year seems to be moving along faster than ever. Spring Break and summer are right around the corner so be sure and check out our Camp/Activities Section beginning on page 10.
As we each struggle with our personal budgets, it is difficult to imagine balancing a District budget. Superintendent Hubbard’s message on page one was informative and encouraging.
What You Need To Know About Homelessness

With the current economic crisis, record breaking foreclosures, and job losses, the number of families that will become homeless is likely to rise. This unstable economy can directly impact children and youth as their parents struggle to keep their homes. Families may find themselves moving in with relatives or friends living in a motel, shelter, camp ground, car, or on the streets. The toll of an unstable economy and a devastating housing crisis is high and Orange County's children and youth are not immune to the effects.

The numbers of homeless children and youth living in Orange County is staggering. In 2007-08, Orange County school districts identified more than 16,422 homeless children and youth—a twenty percent increase from the previous school year. Of these homeless children and youth, the majority lived in doubled or tripled households (15,175), followed by motels (787), shelters (386), and unsheltered areas such as cars, parks, or camp grounds (60). This increase in numbers brings new challenges for our schools to ensure that homeless children and youth are safe and attending school.

Under the United States Department of Education’s No Child Left Behind Act, the McKinney Vento Act of 2002 provides educational rights to homeless children and youth. The McKinney Vento Act is responsible for providing funding and policy to meet the educational needs of children and youth who are homeless. Every school district must identify homeless children and youth, maintain students in their school of origin, provide transportation (if requested) to ensure access to the school, enroll homeless students immediately, even if regularly required documentation is missing, and designate a local homeless liaison to ensure that the specific provisions listed above are met.

In 2003, the Orange County Department of Education (OCDE) received funding to help expand services and support for all Orange County public school districts and community agencies by implementing the Homeless Outreach Promoting Educational Success (HOPES) Collaborative. For the past five years, the HOPES Collaborative has served as a partnership between OCDE, the Orange County Homeless Prevention office, 28 Orange County school districts, community and faith-based organizations, and homeless shelter and service providers. The collaborative works to remove educational barriers, increase school attendance, and ultimately improve the academic success of homeless children and youth.

The HOPES Collaborative fosters partnerships and provides technical support and professional development opportunities for Orange County school districts through their homeless liaisons. In addition, the collaborative facilitates homeless liaison network meetings to provide district homeless liaisons with opportunities to receive updates from the state and federal government, share best practices and resources, problem solve issues, educate school staff and community service providers regarding McKinney Vento Act requirements, and collaborate with the Orange County Homeless Prevention Manager, to coordinate services and develop effective ways for homeless children, youth, and families to access government and community services.

For More Information
For additional information, contact Jeanne Awrey, Orange County Department of Education, HOPES Coordinator at jawrey@ocde.us or 714 966-4093.

Additional Resources:
Orange County Department of Education http://mv.ocde.us
California Department of Education http://cde.ca.gov/sp/hs
National Center for Homeless Education www.serve.org/nche
National Association for the Education of Homeless Children and Youth www.naehcy.org

William M. Habermehl
Superintendent

Orange County Department of Education
200 Kalmus Drive, Costa Mesa, CA 92628
714/966-4000 www.ocde.us

Newport Children's
Medical Group
Serving O.C. for 35 Years
★ Experience ★ Quality ★ Access Guarantee

Primary Pediatric & Adolescent Care
★ Same Day Appointment Guaranteed
★ After Hours, Weekend & Holiday Care
★ Voted by their peers as “Top Doctors” in OC & America
★ 24/7 Board Certified Physician Coverage

Specialists Trained In:
★ Pediatric Emergencies & Critical Care
★ Pediatric Asthma & Pulmonary Care
★ Pediatric Endocrinology & Diabetes
★ Growth Disorder & Weight Control
★ Pediatric & Adult Sports Medicine
★ Fitness Evaluation & Injury Prevention

Zacharia Reda MD, FAAP, FCCP
L.M. Feingold MD, FAAP
J.A. Rothman MD, FAAP
Ferdinand Del Mundo MD, FAAP
Christine Kornu MD, FAAP

Elsa Fernandez MD, FAAP
William Holm MD, FAAP
Pediatric Endocrinology
Angela Gagliardi MD, FAAP
Pediatric & Adult Sport Medicine

FASHION ISLAND OFFICE
1401 Avocado St., Suite 802
Newport Beach, CA 92660

HOAG OFFICE – NEW LOCATION
1640 Newport Blvd., Suite 210
HUNTINGTON BEACH OFFICE
17822 Beach Blvd., #373
949-644-0970
www.newportchildren.com
Newport-Mesa Schools Foundation
1601 Sixteenth St., Newport Beach, CA 92663
949/631-3293  www.newportmesaschoolsfoundation.org

Foundation Happenings

It’s an exciting time for the Newport-Mesa Schools Foundation, as we prepare for our annual banquet honoring Newport-Mesa teachers. These teachers won grants they submitted for programs and materials to be used in their classrooms. Donations are coming in for our silent auction and drawing, which is always a highlight of the night’s festivities. We will also be honoring the Newport-Mesa Teachers of the Year. These awards are co-sponsored by the Newport-Mesa Schools Foundation and the Newport-Mesa Federation of Teachers.

This year our annual event was held on February 5 at the Costa Mesa Hilton. The foundation offers our congratulations to our district teachers for the large number of creative and innovative grants submitted this year. Their hard work on behalf of our students will help our district to continue to be on the cutting edge of educational excellence.

The foundation also thanks our generous donors, who support us every year with our fund-raising efforts.

Penne Ferrell

We are saddened to report the passing of one of our longtime foundation Board members, Penne Ferrell. Penne passed away on December 14, 2008. A wonderful memorial service was held for her on January 3. Over 100 friends and colleagues attended to pay their respects and to salute her longtime service to the Newport-Mesa students and other educational endeavors. She will be greatly missed by all who knew her. In lieu of flowers, donations are being accepted to the Newport-Mesa Schools Foundation in her name.

Barbara Rothman
President
Wrap Up The Winter

Unleash your inner-artist or actor! As the winter season draws to a close, the Children’s Department at the Newport Beach Public Library has lots of fun and creative programs featuring crafts and theater.

There’s a “Mardi Gras Celebration!” at the Mariners Branch Library on Tuesday, February 24 at 4 p.m., and an “Australia Day” event at the Central Library on Wednesday, March 4 at 4 p.m. Children will also enjoy an imaginative day of construction using fun, edible materials inspired by “Iggy Peck, Architect,” on Wednesday, March 25 at 3 p.m. at Mariners.

Educational Events

The “Seasoned with Theater” series continues in 2009. These programs are a great opportunity for children age six and up to learn about the workings of theater from professionals, and for free! Seasoned with Theater is sponsored by the NBPL Foundation in partnership with South Coast Repertory. Free acting workshops will be held on Saturday, February 21 and March 21 from 2 to 3:30 p.m.

“Indian Summer,” a fun musical production that explores a special time in California history, and links directly to the elementary history/social science curriculum, is coming to the library on Saturday, March 7 and April 4, with performances at 10 a.m. and 12 noon. Both 45-minute shows will be followed by a 15-minute talk-back with cast members.

Stop by for a fun, creative and educational program, and pick up some books, music or movies!
Two Thumbs Up To Career Pathways Program

By Laurie Rybaczyk, Chair – Education Committee

Last October, the Education Committee of the Newport Beach Chamber of Commerce held its first meeting of the year, where Dr. Hinman, Assistant Superintendent of Secondary Education, spoke about the district’s plan to implement a Career Pathways Program at Newport-Mesa Unified School District’s high schools.

Career education has always been a part of the educational services available to students, but Career Technology Education (CTE) is leading students in a new direction and has specific goals with identifiable outcomes. A key element of CTE is applied hands-on learning that directly relates to the skills required for the identified occupation or vocational track. The program is driven by the state, which holds the vision that every student should leave school with employable skills and a perceived connection between school work and workforce preparation.

In a subsequent meeting, Steve Glyer, Director of Education Technology for Newport-Mesa, met with the Newport-Mesa Chamber of Commerce President and Chief Executive Officer Richard Luehrs, and Board Chair Laurel Zaeske to discuss the goals of CTE. Both Luehrs and Zaeske concurred that it would provide an invaluable connection for both students and the business community.

Raising awareness among the businesses and identifying the specific needs of the schools and the district programs is a precursor in expanding the partnership in the chamber’s education program. Zaeske made it clear and simple by saying, “The chamber just needs to know how it can help.” As CTE takes flight in the spring of 2009, the chamber is willing to be a conduit for its success.

Financial Tips

Individual Retirement Accounts

It’s never too late or early to start planning your retirement. Most consumers are not sure which type of IRA will benefit them more. Traditional and Roth IRAs have significant tax advantages; you just need to know which one suits you and your retirement goals.

Traditional IRA

The benefit of a Traditional IRA is that the contributions you make may be tax-deductible in the year that you make the contribution. If you make a $5,000 contribution into a Traditional IRA this year, you may reduce your current taxable income by $5,000. Since the contributions are done on a pre-tax basis, that means you will be taxed in the future when you withdraw money from the IRA. This money will be taxed as ordinary income. If you expect to be in a lower tax bracket when you retire, you may see the greatest tax benefits from a Traditional IRA. Keep in mind that you must begin taking required minimum distributions at age 70. Maximum contribution is $5,000 or for anyone 50 years and older, $6,000 per year.

Roth IRA

With a Roth IRA, your contributions are made on an after-tax basis. There is no current tax benefit to you when you make a contribution, instead you pay no taxes when you withdraw the money provided it’s been in the account for five years and you are older than 59 1/2, or you become disabled, or you use the funds for a first-time house purchase with a $10,000 lifetime withdrawal limit. Unlike a Traditional IRA, you can make qualified distributions from the Roth IRA tax free. This typically benefits those who expect to be in a higher tax bracket upon retirement. Additionally, Roth IRAs do not require that you take required distributions upon reaching age 70 1/2. This can be increasingly important as people are living and working longer. Also keep in mind that there are income limitations that may prohibit higher income individuals to participate in a Roth. Consult an IRA Specialist at your financial institution for more detailed information.

Jeffrey A. Napper
LBS Financial

LBS Financial Credit Union

Adding Value to the Neighborhood

For more than 70 years, LBS Financial has been providing exceptional value and good old-fashioned neighborhood values. That means lower rates on loans, higher rates on savings, 25,000 no-slipage CO-OP® ATMs, free online banking and more than 2,600 Shared Branches nationwide.

If you live or work in Orange County, join us. Visit our Newport Beach location at:

1401 Quail Street
Newport Beach
(corner of Jamboree and Campus Drive)

Call us! 949-642-0474

114 E. 19th St., Costa Mesa, CA 92627 • (Across the street from Borders)
www.yesworks.org

FREE Individualized Services:
- Assistance with: Applications & Resumes
- Referrals to Local Employers
- Skills Assessment/Career Counseling
- Computer Lab with Internet Access
- Pre-Employment Skills Training Classes
- Advanced Employment Skills Classes, including: Financial Literacy

Mayra Martinez is the Head Cashier for the 59¢ Only Store.

Walk-In Youth Service Hours:
Mon & Fri: 1 p.m. – 5 p.m.
Tues, Wed & Thurs: 2 p.m. – 6 p.m.

YES is a community supported, non-profit agency which serves as a bridge between people seeking employment and the business community seeking employees.

Call us! 949-642-0474
114 E. 19th St., Costa Mesa, CA 92627 • (Across the street from Borders)
www.yesworks.org
**We Are Bound for College!**

The first-graders at Adams Elementary are learning all about college! As part of a school-wide program to promote the ideas of going to college, setting goals and thinking about the future, the first-grade team is working hard to teach children the importance of higher education.

In Mrs. Pimentel’s class the students learn about the USC Trojans. In Mrs. Rodgers’ class they adopted the UC San Diego Tritons. In Mrs. Ferguson’s class they chose the MIT Beavers, and Miss Reese’s class is proud to be the Chapman Panthers!

The students are encouraged to wear a college T-shirt every Wednesday to show they’ve got the spirit. In addition to each classroom having bulletin boards that display a variety of college photos, banners, stickers and pendants, the students are also learning academic vocabulary words that pertain to college.

Adams Elementary definitely has the college spirit!

**Two Ways of Learning**

Several years ago, Back Bay Continuation High School changed from the traditional semester year to a new trimester schedule. This was done to give students the opportunity to complete 15 classes a year, as opposed to 12 classes at the regular comprehensive high schools.

The results have been excellent. Students are now able to make-up failed classes by scheduling five per trimester. They completed their first trimester in November, and have started their second set of classes.

The challenge now is to cover all of the California state standards in 12 short weeks, instead of 16 as before. Teachers focus on only the standards, and their hard work has resulted in higher test scores.

**The Traditional Approach**

Monte Vista Independent High School has continued with the traditional two-semester year. Students who choose to move faster can simply shorten the amount of time they spend in class by completing their work at a faster pace. They take one class at a time, and are expected to finish every three weeks. Sometimes they will complete a concurrent elective in only six weeks.

Independent study requires that students meet weekly for two hours and then complete the work outside of school. This setting works well for students who have strong study habits and a good work ethic.

With all of that free time, it seems like a great way to go to high school, but many students are surprised by the hard work it takes to get everything completed, especially without the teacher’s help!
The Spirit of Giving

In December, our first-grade students had a great surprise waiting for them as they walked into their classrooms. The Volunteer Center of Orange County had left brand-new backpacks on their chairs, full of school supplies, books and other goodies. Following that excitement, student volunteers from Corona Del Mar High School came to each first-grade classroom to read a story about sharing. This Spirit of Giving service-learning program culminated with the volunteers leading discussions on giving. Our thankful first-graders practiced their writing skills by composing thank you letters to the volunteers.

Part of teaching self-acceptance is honoring your children as they are instead of who you think they should be. When parents and family members listen non-judgmentally and mirror what children say, the children are able to develop a realistic self-view and can take responsibility for themselves when they make mistakes.

When students don’t honor and appreciate themselves, they often seek love and approval from others. Even as adults, this puts them at risk of settling for jobs and relationships just to feel okay about them. When your child is able to acknowledge his or her intrinsic worth, he or she is more likely to make life choices that allow for reaching full potential.

As always, I have appreciated your trust in our work with your children. Please don’t hesitate to contact me if my staff or I can be of help to you.

John Sanders
Principal

The Curious Savage, the first production, opened in the Lotts Theatre, directed by Barbara VanHolt. Drama has survived budget cuts, a condemned theater, skunks and fires—it’s hard to keep a good thing down.

These are exciting times for drama as we prepare to open our new theater at Newport Harbor. The Lotts is nearing the end of construction and will again be filled with the sounds of students performing Gershwin, Sondheim and Rodgers and Hammerstein. We hope for a September opening. The district has put a lot of thought, energy and money into the new theater, which will be one of the finest performance spaces in the county. A grand-opening celebration is in the works, featuring alumni from CdM’s beginnings to perform songs and scenes from past shows. Our first musical in the new venue is still in discussion, but it’s guaranteed to be big, maybe with someone flying….

CdM is one of the founding members of OC Cappies, an international organization with over 30 schools in the OC competing. We are also involved in a SoCal musical competition program and have walked away with many awards. This year’s first play, Moon Over Buffalo, received rave reviews in the local paper. Our winter production is the premier of a new musical, No Reservations. The spring show will be another OC first.

As the state slashes arts programs, CdM theater will remain a wonderful opportunity for our students to use their creativity, imagination and talents.
After-School Learning

Learning at Davis School does not end at 2:15 p.m. when the bell rings! The teaching staff is committed to supporting all of our students for both remediation and enrichment.

Study Club meets three days every week after school to assist students with homework and projects. After-school tutoring began after the winter break for more than 50 students who scored at the basic level on their 2008 testing.

Enrichment activities include both band and choir two days per week after school. During the holidays, they performed for parents in our multipurpose room and for students during the day. A highlight was the opportunity to sing at South Coast Plaza and in the courtyard in front of the Orange County Performing Arts Center on a very cold Saturday!

Also, a new Future Scientist and Engineers’ Club began after the winter break.

We are grateful to all of the teachers who provide these opportunities for our students.

Mothers Boot Camp

Lose Weight & Have Fun!

Please see our ad on page 23.
COVERING THE Newport-Mesa Unified School District
The HULA Connection
Hawaiian / Tahitian / Polynesian Dance & Entertainment
We specialize in teaching Cultural Arts / Awareness & Authentic Music / Dances of Hawaii & Polynesia.

Teacher Workshops, School Assemblies, Entertainment for:
Luau, Community Activities, Fundraisers, Birthday Parties, Weddings, Special Occasions Tailored to your needs!
Tahitian Drumming, Wahine and Kane Hula, Tahitian and other Polynesian Dance Lessons for:
Girls, Boys, Men & Women Ages: 2½ to 101+ Years

Learn music and dances for the season! Classes now offered through the City of Newport Beach. Register at: http://recreation.citynewport-beach.ca.us/

Gift certificates available
E-mail: hawaii@fse.net
Call to Register Now! (949) 488-3348
Visit our Web site: www.HulaConnection.com

Does your child struggle with reading?

Six Week Reading Intervention
“For kids who are good in math, but struggle in reading.”
Grades 2–12

Posey Reading Tutors
(714) 369-2766 • migus@earthlink.net

Endeavor School of the Arts
103 E. 17th St. • 3 • Costa Mesa, CA 92627
(949) 548-3180
danceendeavor@gmail.com
Jazz • Ballet • Tap • Lyrical
Hip Hop • Tutu Tots
Musical Theater • Acting
www.danceendeavor.com

Join The Team
Football & Cheer
WE WANT YOU!

Join The Costa Mesa Eagles in the new 2009 season.
If your child is between the ages of 5 and 15, he is eligible to become a team member in one of Orange County’s oldest Pop Warner Football team and Cheer squads.

SIGN UP ONLINE TODAY FOR THE NEW 2009 SEASON
also visit us at Estancia High School for our Pop Warner Open House.
Check website for details.

YMCAOC
Family membership features and benefits:
• Our safe program is conveniently located on your child’s campus.
• Our child care programs are licensed to meet state standards for safety and quality.
• Our affordable rates are structured to remain consistent throughout the year.
• Diverse YMCA OC Membership programs include: YGuides, YARTS, Sports, Aquatics, and YMCA Fitness facilities.

One of Orange County’s leading not-for-profit charitable organizations. Financial assistance available for all programs.

Reserve your place today!

Please contact your closest YMCA branch

Beach Cities
San Clemente
949/492-1929

Saddleback
Valley
Mission Viejo
949/385-6332

South Coast
Laguna Niguel
949/989-9622

Central OC
Newport Beach
949/641-8991

SCE Valley
Mission Viejo
949/385-6332

West County
Huntington Beach
949/764-0222

Visit & Sign-up online: www.YMCAOC.org
Celebrations!
We have much to celebrate! We began the school year as a California Distinguished School and received the Governor’s Fitness Challenge Award! We also received a Green Up Our Schools grant that has assisted our weekly recycling on campus. We were excited to “Go Green” through sending home electronic Monday packets, rather than paper packets, through our School Loop Web site. After winter holiday, we were thrilled to learn that we were awarded the 2008 Honor Roll School from the California Business for Education Excellence. This is the third year in a row that we’ve receive this high-achievement award.

Becoming a well-rounded citizen is also part of our culture at Eastbluff. Our students have monthly art instruction from our art teacher and weekly technology instruction from our computer teacher. Many of our students participate in school-related activities such as Student Council, the PTA Reflections Contest and the Go Green Recycling Team. Many students also participate in a variety of before- and after-school clubs, such as Math Club, Bob Reading Club, Keyboarding, Chess, Summer Theater, Fast Feet Running Club, Spanish, Dance and Golf!

Eastbluff has had many opportunities to give to those less fortunate. We donated over $200 in books to a sister school in our district, collected Christmas toys for the needy children through the Friendly Center in Orange, adopted a puffin and a ray from a local aquarium, and raised over $700 for underprivileged children through the trick or treat for UNICEF.

We are so proud of our Eastbluff Otters!

The Aussies Are Coming!
In January and February, the Estancia School Community hosted a delegation of secondary students from Werribee and Hoppers Crossing Secondary Colleges in Wyndham, Australia. This student-exchange program is a part of the larger sister city cultural-exchange program that exists between the cities of Costa Mesa and Wyndham, Australia. The program is in its sixth year of existence.

The Australians visit Estancia every January, as that time of the year is their summer season and Australian schools are not in session. The delegation of students visited district offices, sat in on classes, and soaked up American high school culture by attending sporting events Estancia’s winter formal dance, dubbed “Carpe Noctem.” Estancia will be sending its own delegation of students in the summer of 2009 after a demanding and rigorous application process. We expect these students to be excellent role models for Estancia High School, the Newport Mesa Unified School District and the City of Costa Mesa.

Newport Driving School
DMV CERTIFIED DRIVING SCHOOL, License Number 3573
“Newport Driving School Received the 2008 Best of Newport Beach Award”

NOBODY CAN BEAT THIS DEAL!
FREE ONLINE DRIVER EDUCATION
www.newportdrivingschool.com

We Will Match Any Price In Your Area! • Refer A Friend & Get $50.00 Off!
Call for Details!
(949) 975-8425
4340 Campus Drive Suite #214 • Newport Beach, California 92660

Please mention this ad • Offer valid through March 31, 2009
Honor Roll School

Harbor View Elementary School is proud to celebrate its selection by the California Business for Education Excellence (CBEE) and Just For The Kids-California (JFTK-CA) as one of 911 public schools in California to receive the title of 2008 Honor Roll School.

Schools receiving this distinction from California’s business community have demonstrated consistently high student academic achievement and have made significant progress toward closing achievement gaps among all their students. No other school recognition program in California uses hard data, individual school data, and student subgroup performance data, based on the California Standards Tests and the California High School Exit Exam, to evaluate school academic performance.

“We know from the success of these schools that it’s possible for all schools and all students in California to reach high levels of academic achievement, to close achievement gaps, and to reach 100-percent grade-level proficiency on the California Standards Test,” said Jim Lanich, Ph.D., the president of CBEE. “Honor Roll Schools are on track to do it. By highlighting these schools, recognizing their achievement, and giving them a voice, we hope other schools can learn from these schools’ proven ‘best practices’ and achieve the same results.”

“Schools on the Honor Roll dispel the myth that certain students can’t reach grade-level proficiency and that schools with a challenging student population won’t be able to succeed,” said Greg Jones, CBEE Chair. “These schools are overcoming challenges every day. The business community continues to be impressed by the growing number of California public schools that make the Honor Roll each year and that are getting the job done for our students.”

Finding the Artist in All of Us

Visual Arts teacher Debi Haymond is a leading force at Lincoln School in promoting the importance of a well-balanced curriculum in the arts.

As part of her effort to emphasize the need for a strong arts curriculum, and to help teachers understand art concepts and skills, Ms. Haymond led the teaching staff through a sample art lesson inspired by Jim Dine, an American pop artist. In his work, Dine selects images, such as the heart, to represent his inner self and artistic persona.

During staff development, the teachers created their own art works as inspired by an original Dine painting. They learned how to use both positive and negative space, and they studied the complementary use of colors, values, tints and shades to create their own personal masterpieces.

As a result of the in-service, our teachers now feel more prepared to integrate the arts into their classroom instruction, and to find the inner artist in all of their students.

Standing Room Only

Kaiser Elementary School continues to showcase musical talent, with the leadership of music teacher Audrey Seidman and the support of the entire school staff. Each day at lunch recess, students eagerly await their ensemble practice. There are approximately 125 students involved, nearly 20 percent of Kaiser’s enrollment.

Mrs. Seidman offers beginning and advanced band, orchestra, chorus and a special class for our third-grade performers. Nearly one-third of our chorus students also play an instrument.

A Multitude of Choices

Killybrooke School is off to a great new year. We are very excited to learn that we received the prestigious Title I Academic Achievement Award for the second year in a row! Only 200 out of more than 6,000 eligible schools qualified for the award. We will be honored by State Superintendent of Schools Jack O’Connell in April.

At Killybrooke, we are committed to offering many ways for students to excel academically. Some recent additions to our repertoire are the 42,000 new Reading Counts quizzes that were installed over winter vacation. We are thankful to the PTA for purchasing them! Our students now have many choices of books to read for the program.

Reinforcing Skills

To encourage their participation, the kindergarten and first-graders can now earn a Reading Counts award for 25 points instead of 50. The third- through sixth-graders can also access the VmathLive computer program at school or home, or at the public library, any time of the day or week.

Students can now participate in interactive activities that will reinforce their math skills. They know instantly if they have answered correctly and each child can improve their skill at their own pace.

We are looking forward to a second semester filled with accelerated achievement for all students!
By Cara Boyd, Kindergarten Teacher
Grants Wishes

The Newport-Mesa Schools Foundation (N-MSF) is once again granting wishes to Newport-Mesa teachers through its annual Grants to Teachers program. Principal Pam Coughlin congratulated Mariners Elementary School teachers Miki Andrew, Cara Boyd, Jenny Dory, Tamara Fairbanks and Linda Swanson as she personally delivered the news of the grant writers' success.

The teachers will attend an awards banquet in February, which is co-sponsored by the Newport-Mesa Schools Foundation and the Newport-Mesa Federation of Teachers, to honor both grant recipients and this year's outstanding Teachers of the Year.

Upon receiving their funding, kindergarten teachers Miki Andrew, Cara Boyd and Jenny Dory will purchase physical education equipment and individual literacy learning stations. Tamara Fairbanks, the school's music teacher, will purchase a much-anticipated SmartBoard, while first-grade teacher Linda Swanson will supplement her classroom with leveled readers.

The teachers wish to thank the Newport-Mesa Schools Foundation for their commitment to education and continued generosity and support for teachers.

We are thrilled to announce that Mrs. Sue Overstreet has been selected as Mariners Teacher of the Year. Congratulations.

If you would like to support the Newport-Mesa Schools Foundation's Grants to Teachers program, your check will be welcomed at N-MSF, P.O. Box 1368, Newport Beach, CA 92663. Please indicate “Grants to Teachers Donation” in the memo line.

In Place and Ready

Are you ready for the “Big One”? The Newport-Mesa Unified School District, along with the Newport Beach Fire Department, is working to make each school site prepared in the event of an emergency. Last year, all school and city personnel received 16 hours of training. In January, more than 12 Newport El staff members, including our principal, were invited to participate in an all-day planning session that included open discussions, hands-on training, an informational presentation, triage and medical treatment exercises, search and rescue tips, and other important key elements needed for a successful response to any emergency.

Newport Elementary staff is committed to putting students’ safety first! We have many goals and projects yet to do and will invite our parent and community population to help us prepare. Are you ready at your school, business or home?

In Place and Ready

Are you ready for the “Big One”? The Newport-Mesa Unified School District, along with the Newport Beach Fire Department, is working to make each school site prepared in the event of an emergency. Last year, all school and city personnel received 16 hours of training. In January, more than 12 Newport El staff members, including our principal, were invited to participate in an all-day planning session that included open discussions, hands-on training, an informational presentation, triage and medical treatment exercises, search and rescue tips, and other important key elements needed for a successful response to any emergency.

Newport Elementary staff is committed to putting students’ safety first! We have many goals and projects yet to do and will invite our parent and community population to help us prepare. Are you ready at your school, business or home?

In Place and Ready

Are you ready for the “Big One”? The Newport-Mesa Unified School District, along with the Newport Beach Fire Department, is working to make each school site prepared in the event of an emergency. Last year, all school and city personnel received 16 hours of training. In January, more than 12 Newport El staff members, including our principal, were invited to participate in an all-day planning session that included open discussions, hands-on training, an informational presentation, triage and medical treatment exercises, search and rescue tips, and other important key elements needed for a successful response to any emergency.

Newport Elementary staff is committed to putting students’ safety first! We have many goals and projects yet to do and will invite our parent and community population to help us prepare. Are you ready at your school, business or home?
Science at Newport Heights

Trisha Jenssen, our science specialist, engages students with really exciting science activities in grades three through six. The science lab is a hands-on, technology-based environment to help students foster a love of science that will last a lifetime. Each grade level will participate in activities based on the California State Science Standards.

Our third-grade scientists use Google Earth to adventure through the universe and will participate in hands-on activities to understand why we have seasons and day and night. In fourth grade, students investigate different rocks and minerals and learn to identify their unique properties. Fifth-grade students experiment with different weather tools and learn about different causes of severe weather. Lastly, our sixth-graders plot earthquakes, make lava, and have the opportunity to simulate the eruption of a volcano.

We are very pleased to have such an exciting science curriculum at our school.

Paularino Elementary (K–3)
1060 Paularino Ave., Costa Mesa, CA 92626
714/424-7950

A Busy Season

Things are moving along at Paularino Elementary School. We had a wonderful few months in November and December with a Thanksgiving feast for the kindergarten class, Santa flying in on his helicopter, a family ceramic night, a holiday sing-a-long and a special evening at a pizza parlor! These events have gotten a great reception and are creating a valued sense of community among our families.

Good reading and literacy skills will always provide students with the keys to lifelong learning. The more students read, the better readers they will become. So every effort should be made, both at school and at home, to have your children do as much reading as possible. For more help, please visit http://www.cde.ca.gov/tg/sn/readinglist.asp.

Special Assistance

When you are ready to find your child’s reading list, click on “Search for a Reading List.” You will need to enter both their grade level and reading list number (which is found on the state testing report).

If you do not have Internet access, please inform the school librarian, community facilitator or classroom teacher. They will be happy to help with this task. And always, encourage your child to read!

May you and your families have a happy and healthy 2009!

Orange Coast Middle College High School (11–12)
2701 Fairview Road, Costa Mesa, CA 92628
714/432-5064

By Breanna Laffer, ASB Vice President

More Than Just a Field Trip

In late November, Orange Coast Middle College students and staff headed up to Crystal Cove for our second-quarter field trip. Although it seemed like a typical middle college trip, it went beyond the norm and was more than just a routine educational experience.

Before the day of the hike, a handful of ASB students and volunteers visited the Cove trails to learn how to be a proper docent. They studied the different plants and animals that are native to the area, and also the history of the location and how it has influenced the environment.

The students were earlier warned to wear appropriate clothing and shoes, due to the fact that it was a strenuous outing. They were also able to choose what level of difficulty they wanted to hike.

When the day of the hike came, the students, clad in their hike-worthy attire, piled into buses and headed to the destination. The weather was ideal and everyone seemed to be in good spirits. The hikers faced many steep hills and other physically straining challenges, but overall, the group had a good time. The student docents pointed out sagebrush and other plants, and talked of coyotes and other native animals.

After the hike was over, the students filled out a worksheet that covered all the flora and fauna that was encountered. Although some students might have found it to be an unusual field trip, I thought it was a great success, both physically and intellectually beneficial.

Pomona Elementary (K–6)
949/515-6980

By Sarah Auwarter, Joy DeCandido, and Monica Murdoch, Teachers

Great Things are Happening

Great things are happening in kindergarten. As early as January, Pomona Elementary School kindergarten students are closing in on the grade-level goal—naming 60 letters in one minute.

The path to literacy is underway in first grade, as children are beginning to navigate Accelerated Reader and Accelerated Math. These supplementary programs launch in first grade and continue through sixth grade.

Second grade is learning about using the map as a tool to find local community and state landmarks.

The third-grade students are busy learning their multiplication facts. The students are looking forward to the PTA-sponsored yogurt sundae reward party.

With the new addition of fourth grade on our campus, the students are reaping the reward of having science with our wonderful new science teacher, Ms. Runnells.

As spring approaches, Pomona teachers ready themselves for another round of Pomona Power Push, a wonderful opportunity to prepare our students for the upcoming testing.

Pomona will be starting an after-school Science club headed by our wonderful volunteer, retired engineer John Stratton.
Everett A. Rea
By Anna Corral, Principal
‘A World Without Water’
In December, three students were honored for their creative, knowledge-filled PowerPoint presentation titled “A World Without Water,” which showed the causes and effects of the water problems that encompass California and how each of us can do our part to help solve these issues.
The contest “Water Innovation Now” was sponsored by more than 50 companies. Out of over 550 entries, three sixth-graders—Ricardo Lopez, Osvaldo Vega and Juan “Danny” Gonzalez-Delgado—won second place for grades 4–6. They were honored at a ceremony of representatives from UCI, Gov. Schwarzenegger’s office, and the state superintendent and the county superintendent of schools. The speakers expressed their gratitude for the students’ motivation to help solve the problems we are facing today. They received many prizes, and a surprise shipment will be delivered soon.

Charles W. Tewinkle
By Brent Bordelon, Volunteer Administrative Intern
Teen Center Woodshop Makeover
After months of planning, it’s finally here. The TeWinkle Teen Center Grand Opening! What started as a dream of Dr. Bauermeister has become a reality. The old woodshop, which has been vacant for many years and was used primarily for storage, has been transformed into a 3,000-square foot Teen Center.
Through the collaboration of NMUSD, TeWinkle staff, The City of Costa Mesa and community partners, students will now have a safe, structured and fun environment in which to participate in age-appropriate activities such as foosball, Ping-Pong, board games, air hockey, billiards, video games, fitness, arts and crafts and student clubs.
Two programs will run concurrently Mondays–Thursdays. The Drop-In Program, 3:45–6 p.m., is run by the City of Costa Mesa. Registration is required. Come when you like, stay as long as you want. The TeWinkle After-School Program runs from 3:45–5:30 p.m. Registration and approval by a school counselor are required. Homework is done first, then games. A snack is provided.

Sonora
By Christine Anderson, Principal
After-School Enrichment
Sonora Elementary School offers a wide variety of after-school programs for students. There is truly something for everyone!
The Ranch Program, located at the Orange County Fairgrounds and Centennial Farms, provides experiences for fourth-graders in agricultural activities from gardening and animal education and care to nutritional guidance.
Girls Inc. provides health and fitness classes to third-grade girls, helping each girl establish a healthy self image. Academic chess clubs are offered for first- through sixth-graders every Friday for all skill levels. After-school Eagles classes offer reading and math intervention to students needing a little extra help in these areas. Science clubs are offered for third- and fourth-grade students, as well as a high-achiever science club for second-graders.
Our PTA offers an after-school kindergarten program for children of working parents for a very nominal fee each month, and kindergarten teachers teach reading intervention groups for 30 minutes each day after school.
About 60 fourth- and fifth-grade students participate in band two days per week. New this year is our school choir, which is offered during lunch time for students in third, fourth, and fifth grades.
A new kiln has been installed at Sonora, to be used with after-school art classes. Sports programs, such as soccer, football, basketball and baseball, are also offered throughout the school year.
In addition, Costa Mesa’s Parks and Recreation Department provides a wonderful after-school recreation and homework help program each day after school.
So…whatever your after-school interests may be, Sonora has a program for you!

Victoria
By Judy Laakso, Principal
Science Camp Rocks!
Learning astronomy is exciting, with or without a planetarium. Make the sky the classroom, though, and students become awestruck with the subject.
Such was the experience of Victoria fifth-graders and teachers in December, as they made their annual trek up the mountain to outdoor science camp. The four-day trip included lots of hands-on science activities, not only in the field of astronomy, but in botany, biology, zoology, ecology and meteorology as well.
There was lots of hiking and singing, too, not to mention the fun and memory-making experiences of living together in warm, cozy cabins. The weather was spectacular, even though the students were a bit disappointed to learn that the snow they ordered came mere hours after their buses were safely down the mountain.
Science, great food, talent shows and folk dancing kept the homesickness at bay. For Victoria fifth-graders, science camp will not soon be forgotten.
**Whittier Elementary (K–3)**

1800 N. Whittier Ave., Costa Mesa, CA 92627

Principal: Lauren Medve

**The Spirit of Giving**

The holidays are a great time of year to teach our students about giving. Two classes from Newport Coast Elementary School put this lesson into action this December, led by their teachers, Ms. Bonnie Bachelor and Mrs. Partin.

Their kindergarten-first and first-second combination classes prepared weeks in advance to not only share gifts, but also to share personal time with kindergarten students at Whittier School. They secretly delivered a beautiful book and a Christmas tree, and then they took school buses in the pouring rain to our school.

We exchanged songs that we have been learning in each of our classrooms. The Newport Coast students wrapped handmade ornaments and books and personally gave them to Whittier kindergarteners. It was so beautiful to see children of all different ages and backgrounds eating, talking, and reading books together.

The students from Newport Coast were prepared, generous, and willing to leave their comfort zone in order to make other children feel loved. The Whittier students were so appreciative that they asked if they could go to Whittier and bring gifts and food someday.

Thank you Newport Coast! We hope to visit you next year!

**Woodland Elementary (K–2)**

2025 Garden Lane, Costa Mesa, CA 92627

Principal: Tracey Carter

**The Spirit of Giving**

The holidays are a great time of year to teach our students about giving. Two classes from Newport Coast Elementary School put this lesson into action this December, led by their teachers, Ms. Bonnie Bachelor and Mrs. Partin.

Their kindergarten-first and first-second combination classes prepared weeks in advance to not only share gifts, but also to share personal time with kindergarten students at Whittier School. They secretly delivered a beautiful book and a Christmas tree, and then they took school buses in the pouring rain to our school.

We exchanged songs that we have been learning in each of our classrooms. The Newport Coast students wrapped handmade ornaments and books and personally gave them to Whittier kindergarteners. It was so beautiful to see children of all different ages and backgrounds eating, talking, and reading books together.

The students from Newport Coast were prepared, generous, and willing to leave their comfort zone in order to make other children feel loved. The Whittier students were so appreciative that they asked if they could go to Whittier and bring gifts and food someday.

Thank you Newport Coast! We hope to visit you next year!

**The Ingredients of Successful Reading**

One of our goals is to improve all students’ ability to read and write at grade level, and to support students who are struggling as they learn to read. Reading involves mastering a complex, interactive set of skills. For some children, this is such an easy process that it seems as if they are learning to read naturally. But for 20–30 percent of children, it’s less simple, and a number of fundamental skills must be explicitly taught. There are five components to learning to read: phonemic awareness, phonics, vocabulary, fluency and comprehension. Phonemic awareness is the ability to hear the differences among sounds. This may be an issue if a child’s first language is not English, if there have been hearing or ear problems or if the child is developmentally immature. Phonics is the visual ability to match certain sounds to a letter or group of letters and to recognize spelling patterns.

Children must learn 9,000–4,000 words a year to read on grade level, and it is therefore critical that children are read to or read on their own outside the classroom. Fluency, the number-one skill that supports student success, is the ability to decode words automatically without sounding them out. This allows the reader to read with expression and concentrate upon meaning rather than decoding.

The whole point of reading is to enjoy, understand, analyze and evaluate written material. Good comprehension requires thinking and successful mastery of basic reading skills. It occurs most efficiently at one’s independent reading level.

Please read to your children and listen to them read daily. Read here, there and everywhere.

**Wilson Elementary (K–5)**

801 W. Wilson, Costa Mesa, CA 92627

Principal: Candy Sperling

**The Science of Learning**

Wilson Elementary School’s fifth-grade Wildcats are having enjoyable, hands-on learning experiences again this year, thanks to the contributions of our PTA, as well as our generous anonymous donor.

Wilson’s PTA has sponsored the Meet the Masters program to develop an appreciation of great artists and teach art techniques to our students. They have also sponsored Walk through the Revolution, which gives our fifth-grade students the opportunity to participate in a reenactment of the American Revolution.

**Woodland Elementary (K–5)**

2025 Garden Lane, Costa Mesa, CA 92627

Principal: Tracey Carter

**The Spirit of Giving**

The holidays are a great time of year to teach our students about giving. Two classes from Newport Coast Elementary School put this lesson into action this December, led by their teachers, Ms. Bonnie Bachelor and Mrs. Partin.

Their kindergarten-first and first-second combination classes prepared weeks in advance to not only share gifts, but also to share personal time with kindergarten students at Whittier School. They secretly delivered a beautiful book and a Christmas tree, and then they took school buses in the pouring rain to our school.

We exchanged songs that we have been learning in each of our classrooms. The Newport Coast students wrapped handmade ornaments and books and personally gave them to Whittier kindergarteners. It was so beautiful to see children of all different ages and backgrounds eating, talking, and reading books together.

The students from Newport Coast were prepared, generous, and willing to leave their comfort zone in order to make other children feel loved. The Whittier students were so appreciative that they asked if they could go to Whittier and bring gifts and food someday.

Thank you Newport Coast! We hope to visit you next year!

**Woodland Elementary (K–2)**

2025 Garden Lane, Costa Mesa, CA 92627

Principal: Tracey Carter

**The Ingredients of Successful Reading**

One of our goals is to improve all students’ ability to read and write at grade level, and to support students who are struggling as they learn to read. Reading involves mastering a complex, interactive set of skills. For some children, this is such an easy process that it seems as if they are learning to read naturally. But for 20–30 percent of children, it’s less simple, and a number of fundamental skills must be explicitly taught. There are five components to learning to read: phonemic awareness, phonics, vocabulary, fluency and comprehension. Phonemic awareness is the ability to hear the differences among sounds. This may be an issue if a child’s first language is not English, if there have been hearing or ear problems or if the child is developmentally immature. Phonics is the visual ability to match certain sounds to a letter or group of letters and to recognize spelling patterns.

Children must learn 9,000–4,000 words a year to read on grade level, and it is therefore critical that children are read to or read on their own outside the classroom. Fluency, the number-one skill that supports student success, is the ability to decode words automatically without sounding them out. This allows the reader to read with expression and concentrate upon meaning rather than decoding.

The whole point of reading is to enjoy, understand, analyze and evaluate written material. Good comprehension requires thinking and successful mastery of basic reading skills. It occurs most efficiently at one’s independent reading level.

Please read to your children and listen to them read daily. Read here, there and everywhere.
The Key to Independence

Does it seem that children today are living at home long after high school? In fact, they are. Today, the average age of economic independence in the United States is 29. In 1960, it was 19.

Because of this and numerous other factors, Career Technical Education is on the rise. Many adults remember the days of wood shop, auto shop and other vocational programs when they were in school. Well, today, CTE is the new Voc Ed, and it is returning to our campuses. It is also stretching what we formerly thought of as Voc Ed.

For example, one of our schools is now offering a fast-track MBA pathway that starts with college classes taught on the high school campus, continue at Golden West College and end with an MBA from Pepperdine University. To learn more about these exciting programs, visit our Web site.

Winter Sports And Activities Can Lead To Dehydration

When the mercury drops and the mountains are covered with snow, many families get involved with winter sports and activities. When heading to cooler climates and/or indoors for activities, it is important for families to remember that the risk of dehydration during the cooler months is just as high as the warmer months.

Many winter sports are played indoors and people wear more clothes when exercising outside. This can cause the same amount of sweating as in warm weather. Cold weather can also decrease the thirst response, so people who are active may not drink enough water to replace their fluid loss. Also, in colder climates humidity can be low and fluids are lost through expired air (breathing). The important message for those exercising in cool environments is to make sure and drink enough water as substantial dehydration can occur.

How You Can Help Prevent Dehydration

Start with a family dehydration plan. This is very important for kids because they tend to use up more energy and produce twice as much heat when doing the same activity as adults. Families should drink fluids before, during and after exercise. American Academy of Pediatrics recommends the following plans:

**For children ages 6-12 include:**
- 4-8 oz 1-2 hrs before activity
- 5-9 oz every 20 minutes during activity
- After activity replace fluid loss within two hours

**For children ages 13 and older**
- 8-16 oz 1-2 hrs before activity
- 8-12 oz 10-15 minutes before activity
- 5-10 oz every 20 minutes of activity
- After activity, replace lost fluids within two hours. Measuring ounces can be easy even when you are drinking out of a can or bottle. You can gauge one gulp of fluid equals approximately one ounce.

Drinking cool water before activity is best and a sport drink with electrolytes during and after exercise to replace those lost in sweat. Stay away from carbonated or caffeinated drinks like sodas and energy drinks. These types of drinks can contain caffeine, sugar and carbonation that increase your risk of dehydration.

Know The Signs Of Symptoms Of Dehydration

Families must be able to recognize the signs of symptoms of dehydration, which include dry mouth, fatigue, headache, confusion, lack of coordination, nausea, weakness or faintness. Be ready to seek medical attention and call 911 if a family member experiences any of these signs/symptoms. It is important to get immediate help since dehydration can cause bodily damage quickly.

Health services wishes your family a safe, fun winter but remember that hydration is important for all activities. Having a hydration plan will help keep your family prepared. Hydration is needed in all sports and all seasons. For more information visit http://hydration.ocde.us
School Readiness
2985-A Bear St., Costa Mesa, CA 92626
949/515-6622

Adult Education
425 East 18th, Costa Mesa, CA 92626
949/515-6996

By Debra Jones, Administrator
California Department of Education, Adult Education

Leadership Matters
The Orange County Region XVII Association of California School Administrators (ACSA) voted to honor Newport-Mesa Unified School District Adult School Administrator Martha Rankin as 2009 Administrator of the Year.

Martha has earned statewide recognition for her work on professional learning communities in California adult education. She has presented workshops entitled “Building a PLC in a Web 2.0 World” at several statewide conferences, including ACSA, California Teachers of English to Speakers of Other Languages (CATESOL), California Council for Adult Education (CCAE), and California Adult Literacy Professional Development (CALPRO). You can visit her Web blog at http://AdultEdMatters.wordpress.com/.

Martha Rankin is a leader in adult education and will carry adult education into this emerging world. Her vision, determination, faith and hope in the potential of individuals to learn are inspirational. She is changing the world through her work.

School Readiness
2985-A Bear St., Costa Mesa, CA 92626
949/515-6622

Learning Social Skills
The N-MUSD preschool program uses the research-based “Second Step” violence prevention strategies. This curriculum provides engaging lessons and activities that help to teach young children some essential social skills, such as problem solving, emotion management, impulse control and empathy.

The teachers use hands-on, activity-based lessons that captivate our preschoolers. The students learn how to listen to stories and sing songs. They also work with the “Impulsive Puppy” and “Slow-Down Snail” puppets as they learn to identify feelings and engage in problem solving routines during these social interactions.

Our parents have noticed that their children now demonstrate many of the program’s strategies at home, including ways to share, trade, take turns and interrupt politely.

The N-MUSD Family Outreach Advocate, Tami Gallarzo, provides training and classroom coaching to all of the teachers as they use these Second Step strategies in their lessons. She also teaches parent workshops on the program at each of our preschools.

Maureen Cottrell
Principal
Harper Preschool
425 East 18th, Costa Mesa, CA 92626
949/515-6621

Developing Team Spirit
Harper Park, adjacent to the Harper Preschool, was the location for our fall sports league soccer games. Typically, those who attend the games are preschool-age children and students with disabilities who are enrolled in the Seahorse and Starfish classrooms at Harper, Harbor View, Adams and Paularino Elementary.

The students are supported by classroom teachers, instructional assistants, speech language pathologists and adaptive physical education teachers. The league and subsequent games provide them with the opportunity to develop team spirit. They also give the staff a chance to integrate all aspects of childhood development into a single game.

A Smooth Transition
At the Harper Preschool campus, staff members have been conducting “flag deck” on a monthly basis. All students from three- to five-years of age attend this event. The students and teachers take turns singing songs, reciting the Pledge of Allegiance and giving information to their peers.

In the spring, the staff is planning to increase the frequency of this event, so that preschool-age children who will be moving on to kindergarten can transition smoothly and meet grade-level expectations.

Harper Preschool is in the process of establishing its own Web page on the NMUSD site. The staff members have already decided upon their logo, colors and design. Everyone is looking forward to communicating more regularly with parents and the community.

Lorie Hoggard
Director of Early Childhood Development
Harper Preschool
425 East 18th, Costa Mesa, CA 92626
949/515-6621

Creating Endless Smiles
Kids’ Choice for Dentistry

Call today to make an appointment for a lifelong smile.

hersch Pediatric Dentistry
400 Newport Center Dr., Ste. 206
Newport Beach, CA 92660
949 644 0611
www.herschsmiles.com
endless smiles

Mike Murphy
Director
Adult Education
425 East 18th, Costa Mesa, CA 92626
949/515-6996

By Debra Jones, Administrator
California Department of Education, Adult Education

Leadership Matters
The Orange County Region XVII Association of California School Administrators (ACSA) voted to honor Newport-Mesa Unified School District Adult School Administrator Martha Rankin as 2009 Administrator of the Year.

Martha has earned statewide recognition for her work on professional learning communities in California adult education. She has presented workshops entitled “Building a PLC in a Web 2.0 World” at several statewide conferences, including ACSA, California Teachers of English to Speakers of Other Languages (CATESOL), California Council for Adult Education (CCAE), and California Adult Literacy Professional Development (CALPRO). You can visit her Web blog at http://AdultEdMatters.wordpress.com/.

Martha Rankin is a leader in adult education and will carry adult education into this emerging world. Her vision, determination, faith and hope in the potential of individuals to learn are inspirational. She is changing the world through her work.

Adult Education
425 East 18th, Costa Mesa, CA 92626
949/515-6996

By Debra Jones, Administrator
California Department of Education, Adult Education

Leadership Matters
The Orange County Region XVII Association of California School Administrators (ACSA) voted to honor Newport-Mesa Unified School District Adult School Administrator Martha Rankin as 2009 Administrator of the Year.

Martha has earned statewide recognition for her work on professional learning communities in California adult education. She has presented workshops entitled “Building a PLC in a Web 2.0 World” at several statewide conferences, including ACSA, California Teachers of English to Speakers of Other Languages (CATESOL), California Council for Adult Education (CCAE), and California Adult Literacy Professional Development (CALPRO). You can visit her Web blog at http://AdultEdMatters.wordpress.com/.

Martha Rankin is a leader in adult education and will carry adult education into this emerging world. Her vision, determination, faith and hope in the potential of individuals to learn are inspirational. She is changing the world through her work.

Mike Murphy
Director

By Debra Jones, Administrator
California Department of Education, Adult Education

Leadership Matters
The Orange County Region XVII Association of California School Administrators (ACSA) voted to honor Newport-Mesa Unified School District Adult School Administrator Martha Rankin as 2009 Administrator of the Year.

Martha has earned statewide recognition for her work on professional learning communities in California adult education. She has presented workshops entitled “Building a PLC in a Web 2.0 World” at several statewide conferences, including ACSA, California Teachers of English to Speakers of Other Languages (CATESOL), California Council for Adult Education (CCAE), and California Adult Literacy Professional Development (CALPRO). You can visit her Web blog at http://AdultEdMatters.wordpress.com/.

Martha Rankin is a leader in adult education and will carry adult education into this emerging world. Her vision, determination, faith and hope in the potential of individuals to learn are inspirational. She is changing the world through her work.

By Debra Jones, Administrator
California Department of Education, Adult Education

Leadership Matters
The Orange County Region XVII Association of California School Administrators (ACSA) voted to honor Newport-Mesa Unified School District Adult School Administrator Martha Rankin as 2009 Administrator of the Year.

Martha has earned statewide recognition for her work on professional learning communities in California adult education. She has presented workshops entitled “Building a PLC in a Web 2.0 World” at several statewide conferences, including ACSA, California Teachers of English to Speakers of Other Languages (CATESOL), California Council for Adult Education (CCAE), and California Adult Literacy Professional Development (CALPRO). You can visit her Web blog at http://AdultEdMatters.wordpress.com/.

Martha Rankin is a leader in adult education and will carry adult education into this emerging world. Her vision, determination, faith and hope in the potential of individuals to learn are inspirational. She is changing the world through her work.

Mike Murphy
Director

By Debra Jones, Administrator
California Department of Education, Adult Education

Leadership Matters
The Orange County Region XVII Association of California School Administrators (ACSA) voted to honor Newport-Mesa Unified School District Adult School Administrator Martha Rankin as 2009 Administrator of the Year.

Martha has earned statewide recognition for her work on professional learning communities in California adult education. She has presented workshops entitled “Building a PLC in a Web 2.0 World” at several statewide conferences, including ACSA, California Teachers of English to Speakers of Other Languages (CATESOL), California Council for Adult Education (CCAE), and California Adult Literacy Professional Development (CALPRO). You can visit her Web blog at http://AdultEdMatters.wordpress.com/.

Martha Rankin is a leader in adult education and will carry adult education into this emerging world. Her vision, determination, faith and hope in the potential of individuals to learn are inspirational. She is changing the world through her work.

By Debra Jones, Administrator
California Department of Education, Adult Education

Leadership Matters
The Orange County Region XVII Association of California School Administrators (ACSA) voted to honor Newport-Mesa Unified School District Adult School Administrator Martha Rankin as 2009 Administrator of the Year.

Martha has earned statewide recognition for her work on professional learning communities in California adult education. She has presented workshops entitled “Building a PLC in a Web 2.0 World” at several statewide conferences, including ACSA, California Teachers of English to Speakers of Other Languages (CATESOL), California Council for Adult Education (CCAE), and California Adult Literacy Professional Development (CALPRO). You can visit her Web blog at http://AdultEdMatters.wordpress.com/.

Martha Rankin is a leader in adult education and will carry adult education into this emerging world. Her vision, determination, faith and hope in the potential of individuals to learn are inspirational. She is changing the world through her work.

By Debra Jones, Administrator
California Department of Education, Adult Education

Leadership Matters
The Orange County Region XVII Association of California School Administrators (ACSA) voted to honor Newport-Mesa Unified School District Adult School Administrator Martha Rankin as 2009 Administrator of the Year.

Martha has earned statewide recognition for her work on professional learning communities in California adult education. She has presented workshops entitled “Building a PLC in a Web 2.0 World” at several statewide conferences, including ACSA, California Teachers of English to Speakers of Other Languages (CATESOL), California Council for Adult Education (CCAE), and California Adult Literacy Professional Development (CALPRO). You can visit her Web blog at http://AdultEdMatters.wordpress.com/.

Martha Rankin is a leader in adult education and will carry adult education into this emerging world. Her vision, determination, faith and hope in the potential of individuals to learn are inspirational. She is changing the world through her work.

By Debra Jones, Administrator
California Department of Education, Adult Education

Leadership Matters
The Orange County Region XVII Association of California School Administrators (ACSA) voted to honor Newport-Mesa Unified School District Adult School Administrator Martha Rankin as 2009 Administrator of the Year.

Martha has earned statewide recognition for her work on professional learning communities in California adult education. She has presented workshops entitled “Building a PLC in a Web 2.0 World” at several statewide conferences, including ACSA, California Teachers of English to Speakers of Other Languages (CATESOL), California Council for Adult Education (CCAE), and California Adult Literacy Professional Development (CALPRO). You can visit her Web blog at http://AdultEdMatters.wordpress.com/.

Martha Rankin is a leader in adult education and will carry adult education into this emerging world. Her vision, determination, faith and hope in the potential of individuals to learn are inspirational. She is changing the world through her work.
How To Rescue Healthy Resolutions

New Year’s Day and “resolutions” go hand-in-hand. Every January we hear from the news media about setting new goals, or we write them ourselves. But it never fails. By the time February rolls around we struggle to keep our commitments.

One recent survey asked 12,000 people if they were still keeping their resolutions in February. About 30 percent said they were not. By the time July arrived, this number reached 80 percent!

Oftentimes, our resolutions include following a new health habit. Adding fruits and vegetables to the diet is a common goal. Unfortunately, these habits may run amuck. How can we keep the healthy resolutions going and overcome the roadblocks?

Personal Commitments

Dale Ellis, a district nutritionist, says that “I like to identify my goal and ask someone to help me stick to it.” This year, she would like to increase her physical activity.

“I’m going to the gym,” she said. “I’m asking them to help me reach and maintain my goal. This will help me stay on track.”

According to Richard Greene, the director of nutrition services, “Maintaining a healthy weight requires a long-term plan. I plan to increase my activity by adding more walks on the beach with my friends. This way, we can help each other meet this goal.”

Here are a few other ideas. Choose a realistic goal, such as eating at least one more cup of vegetables a day. Keep it simple and realistic. Set milestones to reach towards, and reward yourself. If you fall short, don’t worry. Start again as though it never happened.

The rewards for fulfilling a “healthy” resolution may be greater than you imagined.
THINK ABOUT IT

THE CITY OF NEWPORT BEACH
RECREATION & SENIOR SERVICES DEPARTMENT

HAS SO MUCH TO OFFER

CAMP NEWPORT:

Do you want your children to have the best summer ever? Then send them to camp in Newport Beach! There are so many wonderful camps offered this summer from surfing to art - you don’t want to miss out. Early bird discounts available.

www.campnewport.com

FLASHLIGHT EGG HUNT:

Bring your flashlights and baskets and hop on down to this free event! Participate in one of the age appropriate egg hunts, play games, create arts & crafts, jump around in the bouncers, eat the delicious food, cotton candy and popcorn and take pictures with Freckles the Bunny!

Friday, April 3, 2009
6:30 PM
Bonita Creek Park
3010 La Vida

SPRING SWIM LESSONS:

Instructors will work one-on-one with you as well as evaluate swimming skills and apply Red Cross Techniques to help you progress and become a proficient swimmer.

Recreation Pool Swim Instructor
949-270-8100

TRACK & FIELD MEET:

This program will emphasize track and field competition for youth at a recreational level. First, second, third and fourth place winners will qualify to represent Newport Beach in the Orange County Championship Meet.

Friday, April 17, 2009
5:00 PM
(on-site registration 3:00 PM)
Corona del Mar High School
2102 Eastbluff Drive

Pre-Registration Fee:
$10 residents / $13 non-residents

Late Fee:
$15 residents / $18 non-residents

YOUR FIRST CHOICE FOR CONNECTING PEOPLE, PLAY, AND PROGRAMS!

WWW.CITY.NEWPORT-BEACH.CA.US
949-644-3151