In Harmony with Education

By Christine Anderson, Principal Sonora Elementary & Pat Mulhaupt, Interim Principal Davis Elementary

All fourth, fifth, and sixth grade students in the Costa Mesa Zone, as well as Adams and California Schools, participated in the BOSE “In Harmony with Education” Program during the month of November.

This program is designed to make essential connections between music, science, and math. Students participated in exercises that lead them to listen closely to musical sounds and to engage in hands-on exploration of the very nature of sound.

Students watched “Musically Speaking,” a multi-image show, which touches on the emotional power of sound, investigating sound using an oscilloscope and playing instruments. Students were guided through two stations helping them discover the beauty of music and the science within sounds. They learned how music, science and math are integrated and dependent on one another. Students played hand-made instruments and learned how to make their own instruments at home.

Barkate Orthodontics Halloween Candy Buy-Back Bonanza in Ladera Ranch and Newport Beach. Patients brought in their candy and Dr. Barkate bought it from them for $1 per pound. More than 800 pounds of candy were donated to Marines at Camp Pendleton!
As I am writing this the temperature is about 60 degrees and feels a lot like winter. Our office is located inside Brita's Gardens in Seal Beach and the crisp air mixed with the aroma of the pine Christmas trees is magical. Outside our door is the milkweed plant providing habitat for the Monarch butterflies emerging from their cocoons to the delight of the customers. You can see why we don't mind coming to the office each day.

Happy holidays from our staff to your family. Have a Happy New Year and thank you for including School News in your selected reading.
Lessons from Nature’s Classroom

As someone who loves being outdoors, I know how much there is to learn from nature’s classroom. My grandson and I often go exploring in the woods. We look under rocks and discover a world of creatures hidden underneath. Our walk on the trail is filled with lessons about what plants and animals share Orange County with us. Being able to experience nature’s living laboratory allows my grandson to actually see the insects he reads about in books. Through Inside the Outdoors, the Orange County Department of Education’s outdoor environmental education programs, students, teachers, and families can connect nature’s classroom.

Inside the Outdoors education programs provide both academic and social benefits. Programs are aligned with the California Science and Social Science Standards. The strong academic focus of Inside the Outdoors programs enhances classroom concepts important to fostering a true understanding of science. Imagine a fourth grade class as they discover firsthand the tides and rocks at the ocean. This memorable experience brings to life the concept of how waves shape the Earth’s surface.

Jill Wilke, a teacher from Brea Olinda Unified School District, shared that the value of a firsthand experience at Inside the Outdoors improves student learning. Jill said that student “vocabulary has increased quickly through hands-on and visual methods. Verbal and kinesthetic learning methods have helped them gain a clear view, rather than a fantasy, of life long ago in our area.” Brenda Forrester, a fifth grade teacher, shared that the test scores of the fifth graders increased significantly last year and that participating in Inside the Outdoors programs contributed to that success.

Jill and Brenda’s words are backed up by research. In a report done for the California Department of Education, the American Institutes for Research found that after visits to outdoor science school, students’ science scores increased at
Fire Safety During The Holidays

The Newport Beach Fire Department wishes you and your family a very Happy Holiday season. Each year, fires during the holiday season injure 2000 individuals and cause over $500 million dollars in damage. Most of these accidents are preventable by taking a few simple life-saving steps. Here is a list of a few you can take to ensure a safer holiday season for you and your family.

- Buy a fresh tree and water it daily. If you buy an artificial tree, make sure it is flame retardant. Do not place it near a heat source or exit.
- Don’t overload electrical outlets.
- Purchase only lights that are labeled as tested by a laboratory. For outside decorations, use only those lights labeled for outdoor use. Never put electrical lights on a metal Christmas tree. Decorate only with flame-retardant or noncombustible materials.
- Unplug decorative holiday lights before going out or to bed.
- Never put lit candles on a tree. Never leave children unattended with lit candles, or leave the house while candles are lit. Keep candles away from decorations or other combustible materials.
- Have your chimney inspected by a professional. Creosote builds up in chimneys and can catch fire. Burn only wood in your fireplace or wood stove. Never burn wrapping paper or pine boughs. They can create sparks that go up the chimney and can ignite roofs or vegetation.
- Be sure the fireplace is covered with a sturdy metal screen or heat tempered glass doors. This reduces the chance of a fire starting from escaping sparks.
- If you hang stockings on your fireplace, do not use the fireplace for fires.
- Have working smoke alarms on every level of your home. Change the

See Newport Beach Fire Dept • Page 21

Teaching our children can be a stressful job!

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Financial Tips

Smart Spending and Saving Takes Planning and Control

The holidays are just around the corner and in this challenging economy, many consumers are wary of spending their money on gifts this season.

It’s a perfect time to make positive changes to your spending and saving habits. Take an honest assessment of your personal finances and goals. Budgeting, saving and even investing are important components of a healthy financial life.

Smart spending requires setting a budget with a realistic goal and sticking with it. Tracking all your expenses and identifying a “want” versus a “need” is also important. Avoid impulsive purchases. If you must use a credit card instead of cash, use a card with a low interest rate or a rewards program.

Smart saving requires self-control and planning. After building your spending plan, take stock of what you can afford to save. Pay yourself first each month. Build an emergency fund for unforeseen events and use this fund only for true emergencies. Shop for rates before you deposit or invest your money to make sure you are getting the best returns for your money. If you are not sure of what direction to take, seek advice from a financial consultant.

It’s not that easy for most of us to stay financially fit but with perseverance, planning and control, this goal can be accomplished.

I wish you and your family a very Happy Holiday Season!

Jeffrey A. Napper
President & CEO
LBS Financial Credit Union

Attention Moms...

"9 Insider Secrets to Guarantee Your Kids’ Future Is Never Left in the Hands of a Broken Down Court System or a Judge Who Doesn’t Know Who You Are Or What’s Important to You”

Plus, Discover How to Choose the Right Guardians for Your Kids in 3 Easy Steps and How to Avoid Making 1 of the 6 Common Mistakes Most Parents Make When Naming Guardians...

Dear Friend,

I’m an attorney and I was shocked, as you will be, to discover that in nine out of ten cases, our children are not REALLY protected should something happen to us – EVEN IF you’ve planned your estate. That’s why I’ve put together an urgent and important Kids Protection Planning Guide that every parent with minor children must read.

In the Guide, you will learn:

• The 9 simple steps you can take immediately to ensure the safety and care of your children… and why the police could have to take your kids out of your house if you are in an accident and have minor children at home if you don’t plan the right way.
• A 3-step process for choosing the right person to raise your kids... the 6 common mistakes parents make when making this critical decision.
• How you can make sure that everything you leave to your kids stays in your family forever... and isn’t lost to divorce, lawsuits or estate taxes, ever!
• How failing to plan could cost your family hundreds of thousands of dollars unnecessarily. (Did you know that estate taxes and probate are totally voluntary?)

To get your free Kids Protection Planning Guide rushed to you by first class mail, call 949.260.1400 or go to www.HelpMeDarlynn.com 24 hours a day.

“If you request your guide before January 31st, we’ll even pay your shipping!”

“Not only are we hugely confident in Morgan Law Group’s expertise in designing the best estate plan for us, but Darlynn and her staff have been thorough, caring and attentive beyond our expectations.”

—Eric & Patti, Fountain Valley, CA
Happy Holiday Season!

The year is almost over, and the holiday season is upon us. If you feel caught up in all the frenzy, take a break from the mall and come to the Newport Beach Public Library! Here you can find holiday books, DVDs and music CDs. There are also many fine programs being planned. All of these events are free and open to the public.

At the Mariners Branch, Seasoned with Theatre: La Posada Magica is on Saturday, December 13th at 2 p.m. Discover Mexican Christmas traditions at the library, and then enter a drawing for four free tickets to La Posada Magica at the South Coast Repertory.

On Saturday, December 20th, the Jim Gamble Puppet Show returns to the library for a holiday celebration that the whole family will enjoy! There will be three afternoon performances at the Central Library and one at the Mariners Branch. Don’t miss this annual holiday event!

For music lovers of all ages, the Family Concert with Trio from Pacific Symphony Youth Orchestra will entertain and inspire. Family Concerts are designed to introduce children age five and older to classical music in a fun, interactive setting. The concert will take place on Saturday, January 10th at 2 p.m. in the Central Library.

The Seasoned with Theatre series continues in January at the Central Library, with the touring production of Indian Summer on Saturday, January 24th. This program features two performances, at 10 a.m. and 12 noon. Both 45-minute shows will be followed by a 15-minute talk-back with the cast.

To bring the month of January to a close, Seasoned with Theatre: Theatre for Young Audiences — A Year With Frog and Toad will be at the Central Library on Saturday, January 31st at 10 a.m. Learn about turning Arnold Lobel’s books into a play, and enter a drawing for four free tickets to A Year With Frog and Toad at the South Coast Repertory.
Adams Elementary (K–6)
2950 Clubhouse Road, Costa Mesa, CA 92626
714/424-7935

The Great American Shakeout
On November 13th, Adams students participated in an official earthquake drill in conjunction with the Great American Shakeout. Staff Emergency teams were created to do search and rescue, first aid, student release, and manage the command post. Students were selected to be injured so that the teams could practice their jobs. It was a very successful drill and an opportunity to continually fine tune our safety procedures.

Adams Students Go to CSUF
California State University of Fullerton invited Adams Elementary fifth grade students in Miss Morgan’s class, to come out and support the Women’s Soccer team in their game vs. CSULB. CSUF has adopted Miss Morgan’s classroom through a program to promote college to young students. Both Students and their parents took a tour of the campus and watched the big game!

Back Bay High (Continuation) (9–12)
390 Monte Vista Ave., Costa Mesa, CA 92627
949/515-6900

Accreditation is Almost Done!
Back Bay and Monte Vista Schools just completed their three-year WASC revisit in November, and they continue to be fully accredited high schools in the state of California. Students enrolled in Back Bay Continuation High School or Monte Vista Independent Study earn a Newport Mesa diploma.

Monte Vista and Back Bay have also had their “A through G” courses approved by the UC and CSU systems. Students completing course work here can apply to both of these university systems.

Back Bay students are two weeks away from finishing their first trimester. Each trimester is 60 days long, and students can earn 25 credits per trimester. By the end of the year, students who complete all 15 classes earn 75 credits, which is 15 credits (the equivalent of three extra classes) more than students would complete at the comprehensive high schools.

Witches run loose at the Alternative Education Center

Roy O. Andersen Elementary (K–6)
1900 Port Seabourne Way, Newport Beach, CA 92660
949/515-6935

Positive Choices
It has been a wonderful autumn at Andersen Elementary School. October started out with our Walk to School Day on October 8. The staff and students walked to school together and had great fun staying fit and healthy.

Andersen celebrated Red Ribbon Week on October 20 through October 24. The week focused on “Healthy Choices, Happy Lives,” now and in the future. As a culminating activity, our Drug Awareness Resistance Education (DARE) officer, Rachel Johnson, spoke to our students at our Friday Flag Deck and encouraged them to make good and healthy choices in their lives.

On October 30, we were fortunate to enjoy a visit from the very personable author T.A Barron, who spoke to upper-grade students on his series of Merlin books. He especially focused on his latest work, Merlin’s Dragon, which had the students thrilled and very eager to read his books.

In November, we had a very successful earthquake drill in conjunction with the Southern California Shakeout. We had a good week of parent-teacher conferences, where parents and teachers discussed their students’ progress in both academic and social areas. We culminated the month of November with a bike rodeo, where Newport Beach Police officers guided our students through obstacle courses and taught them about bike safety. Our students will always remember to “Be Smart, Be Safe, Use Your Head, Wear a Helmet.”

California Elementary School’s kindergarteners were busy bees during the months of October and November. In October we had our first field trip of the year! We went to Centennial Farm, where the students had fun planting radish seeds, holding baby chicks, and learning how to milk a cow.

We also dressed up in our Halloween costumes and participated in California School’s annual Halloween parade. Our children were excited to parade around in front of the rest of the school and wave to their parents and siblings. Everyone loved seeing the cute kinder kids in their Halloween costumes!

November was also a very busy month as we learned about the Pilgrims and Wampanoag people. Our study of Thanksgiving culminated in a huge Thanksgiving feast and center rotations. The kindergarteners participated in nine centers, which included face painting, tambourine making, spear throwing, a turkey centerpiece art project, and many other fun activities. The parents provided an amazing feast, complete with drumsticks, mashed potatoes and gravy, and all the trimmings.

We are truly thankful for our kindergartener students and families, and we are so grateful to work at California School!
The Importance of Staying Active and Eating Healthy

A health insurance company in collaboration with the California Governor's Council on Physical Fitness and Sports brought their mobile outreach program to College Park in November. The Live like a Champion Tour brings interactive games and challenging sports-themed activities to help children bring out their “inner champions.”

The students at College Park participated in events such as Misty May-Treanor’s Spike like a Champion in which students got to step up to the net and learn how to spike a volleyball as another way to be active and have fun. Also set up was Jerry Rice’s Catch like a Champion in which students made the winning catch in the end zone by diving onto an inflatable mat while hearing messages encouraging 30 to 60 minutes of physical activity a day. Another option for students was Lisa Leslie’s Hoop like a Champion in which children attempted different basketball shots with various colored balls representing different healthy foods.

Learning to Learn

When children good grades, their parents, their family and relatives, and their teachers are proud of them. School is more fun, and, most importantly, they feel good about themselves. Whether you are an “A” student or a student who only dreams of getting perfect marks in school, you can improve your grades. Report cards will be coming out shortly, and the following tips can be extremely helpful in raising your grades for the next report card.

Students who get good grades know that it’s important to be organized. They know how to study, how to take notes, and how to read a textbook. They know tricks that help them memorize information, and they know strategies that help them choose the right answers on tests. The following suggestions will show you how to do all of this and more. You’ll be on your way to getting the best grades you’ve ever gotten.

Be in school on time every day. Learn how to adapt to different teachers. Be prepared for each class, and always do your homework.

Sit in front of the classroom, if possible. Be aware of your body language and participate in class discussions.

Be a good group member. Treat others with courtesy and respect.

Involve your family in what you do in school. Take responsibility for your work and your grades.

By following these guidelines, you will learn more. And learning to learn better is a life skill of which you can be very proud.
By Marianne Scott
College Programs Coordinator
Exploring Options
The first College Day at Corona del Mar High School took place in October. All of our high school students were involved in a minimum-day schedule that featured grade-level activities focusing on college and career testing or information.

This special day was designed to provide opportunities for students to ready themselves for college, and to create a unique college-going atmosphere on campus.

The ninth-graders took the EXPLORE test provided by the ACT. This helped them to investigate a broad range of options. The tenth-graders took the PLAN test, another ACT exam, which helps them measure their current academic development. It also assists in guiding their remaining high school years, and is a powerful predictor of success on the later ACT.

The eleventh-graders took the traditional PSAT/National Merit Scholarship Qualifying Test, which measures critical reading skills, math problem-solving skills and writing abilities. Students will soon receive feedback on their strengths and weaknesses. Like the other tests, it is also a powerful predictor of success on the future SAT.

The twelfth-graders rotated between three hour-long presentations given by college representatives about admissions. They discussed senior projects and community service, along with specific graduation requirements.

Behind the Scenes in Martial Arts
Students at Early College High School (ECHS) take Coastline Community College’s Self-Defense Arts class. The class, open to the public as part of Coastline’s fall course offerings, is attended mainly by Early College High School students in grades nine through 11. Course instructor David Dye, who has over 47 years of martial arts training and experience, teaches the physical education course, which is designed to introduce students to the martial arts of aikido, judo, jujutsu, and karate and the ancient Hawaiian martial art of Kahiwahlu hao.

Fabian Carrillo, martial arts legend and star of the soon-to-be-released movie “Double Tap,” was a guest speaker to the class on October 8. Prior to his lecture, the class viewed trailers from two of Fabian’s movies, which included edited outtakes showing how his movie stunts were choreographed. His lecture examined how martial arts techniques are used in the movies compared to how they are used in real-life situations.

David, who has worked as one of Fabian’s personal stunt choreographers and as a stuntman on two of his movies, had his class take notes during the lecture and provide demonstrations as part of their mid-term class project.

Fabian, with the assistance of stuntman and martial artist Paul Hayes, set up an impromptu scenario using martial arts stunts for the class to see at two different angles, one from how the camera films the scene and one from how the movie-goers would see it in the theaters. The students taking this class have truly enjoyed learning from the experts.
Eastbluff Elementary (K–6)
2627 Vista Del Oro, Newport Beach, CA 92660
949/515-5920

Flag Deck Success Ceremony

Each morning, our students begin the day with a Flag Deck ceremony to focus on schoolwide positive reinforcement and character development through our John Wooden Pyramid of Pride program. At the beginning of the year, our staff created a video modeling schoolwide behavioral procedures. On the first day of school, each class viewed the video and walked through each procedure on the second day. Modeling, discussing and encouraging procedures and character traits are ongoing.

Friday Flag Decks celebrate and recognize students for individual and class success. On Halloween, we added another positive reinforcement: earning pride banner flags! Primary and upper-grade students will have the weekly opportunity to earn pride banner flags for their class from music, art, library, computers, science and physical education classes.

Eastbluff School gives special thanks to our PTA for their support in purchasing our beautiful custom-made flags for each classroom and award flags for Fridays. It is so exciting to see our students strive to be the best that they can be and work together to achieve their goals! Parents and community members, we invite you to join us in our celebrations, beginning each morning at 8:40 a.m.

Eastancia High School (9–12)
2323 Placentia Ave., Costa Mesa, CA 92627
949/515-6500

Credit Recovery Takes Off

Of the many interventions in place at Estancia High School, one of the most promising programs is the school’s Credit Recovery (CRC) Program. Designed to address the need for students to make up credits they have failed, this program offers intensive, standards-based instruction to students who are able to accelerate their learning and stay on track for graduation.

Staffed with three full-time teachers, the CRC program has allowed students from throughout the district to make up over 900 credits since the beginning of the 2008–2009 school year. Students who would have once been sent to a county program to make up credits are now staying within the district and staying connected to their home schools through this program.

Intensive counseling and other support programs help students make up the credits that they need. According to student Alex Abelos, who made up over 120 credits through CRC, “The teachers and the program helped me get back on track.”

The program should also lead Estancia High School (EHS) and the other high schools toward higher retention rates for all students as EHS and all other high schools strive to meet No Child Left Behind mandates.

We are very proud of the CRC program at EHS and look forward to its further implementation!
Honor Society Volunteers

On a recent Wednesday, students from Ensign’s National Junior Honor Society (NJHS) spent a few hours of their time volunteering at Mariners Elementary school to help support the “Read Out” program. They read stories to students in the kindergarten through third-grades, and then helped them answer questions about what they had read.

This is an effort by Ensign’s NJHS to reach out and collaborate with their elementary school partners. The goal is to establish some wonderful traditions and partnerships with Ensign feeder elementary schools. By doing so, our students also learn the important value of community service.

We would like to thank Jamie Darling, Mackenzie Daflerner, Max Meisenheimer, Victoria Lewis, Samantha Singer, Adeline Leverich, Robbie Rettig, Mackenzie Lukes, Christiana Du Pont and Caroline Graham. They did a fabulous job!

Next up, we have Newport Elementary, where our NJHS students will be working with fifth- and sixth-graders on their math skills.

PLC Teams

Honor Society Volunteers

Harbor View is committed to a culture of learning. It has become our focus for professional development this year! With guidance from consultant Dr. Austin Buffum, Harbor View teachers have been working in conjunction with the faculties from Andersen and Newport Coast schools in Professional Learning Communities (PLC). These learning teams (PLC Teams) are focused on creating a Response to Intervention plan that will assist all children. In November on N-MUSD Staff Development Day, Harbor View, Andersen and Newport Coast met together at Harbor View with Dr. Buffum.

The Harbor View PLC Teams meet weekly to analyze assessment data, collaborate on teaching strategies, and to learn from one another. They are focused on providing additional educational opportunities for students who are struggling with concepts or who need very challenging material. As a result of these collaborations, no child will be left behind at Harbor View!
The Knight’s Arcade

There are more sounds of laughing and giggling during noon recess at Kaiser Elementary these days. Kaiser started a lunch recess program last year, which allows students to interact and have fun playing games, such as Perfection, Twister, or Othello, etc., on yoga mats. This year the arcade has expanded. New games, mats, and puzzle donations came from the community. The addition of tables and chairs help stabilize games, which need a hard surface and allow for better eye contact. If a student is shy or does not know how to ask to join the fun, Mrs. Gallardo, the speech therapist in addition to Mrs. Bressler, a sixth grade teacher, help facilitate and model how to join a group. Some fifth graders are helping design a banner to hang on the fence. It is wonderful to see students pass each other and say, “I’ll meet you at the arcade today!”

Barbara Harrington
Principal

Killybrooke Elementary (K–6)

Young Readers Week

It was a star-filled week of local celebrities at Killybrooke School as some very special guests displayed their reading talents. Each class enthusiastically welcomed an honored citizen who, despite their busy schedules, generously spent some time reading to the students.

Our distinguished guests included some of Costa Mesa’s finest police officers: Jimmy Brown, Keith Smith and Eric Fleckia. From the NMUSD district office we welcomed Bonnie Swann, Ginny McEvoy and Kathy Burns. Chapman University’s baseball program sent Coach Tom Tereschuck and Matt Lauzer, along with a former Chapman teammate, Kurt Yako, who currently plays with the Colorado Rockies Organization.

These men also presented Teammates, the inspirational account of the relationship between Jackie Robinson and Pee Wee Reese.

Family Members

In addition, the CEO of the Orange County Fair Grounds, Steve Beasley, shared his time. Special family members of Killybrooke staff and students added their own talents as well. These included Mike Brambaugh, one of our dedicated parents, and Claire Owen, a retired teacher and mother of second-grade teacher Lisa Edwards. Mr. Copenhefer, husband of second-grade teacher Mrs. Copenhefer, also graciously donated his time and talents.

This wonderful week was filled with entertaining stories and meaningful discussions. The Killybrooke family extends an enormous thanks to all of its distinguished guest readers.
Giving Back!
For the past six years, Lincoln has been a partner school to Camp Pendleton’s San Onofre Elementary School, where a sizable amount of parents serve the United States overseas. This year we had a unique opportunity to show our appreciation for these families, and support the John Wooden Pyramid of Success program at San Onofre School. In conjunction with the Huntington Beach Police and Firemen's charity event “Guns and Hoses,” Lincoln’s student council members delivered bicycles built by the police and firemen to San Onofre School. The bicycles were presented by Lincoln’s Student Council to 10 San Onofre students who exemplify responsibility. It was a wonderful day for both the Lincoln and San Onofre students.

To Honor Those Who Serve

Clad in red, white and blue and waving the stars and stripes, Mariners Elementary School’s students paid tribute to local servicemen and women at an assembly in honor of Veteran’s Day. Principal Pam Coughlin opened the ceremonies with a short history lesson to help students understand how veterans have helped protect American freedoms. Students listened attentively as each of approximately 30 veterans introduced themselves by stating their names, military affiliations, war experiences and personal connections to Mariners. From parents and grandparents to crossing guards and cafeteria workers, the veterans’ personal ties to the school helped students appreciate the significant contributions they have made to our country.

Following the ceremony, teachers welcomed each of the local heroes into their classrooms to speak to students about their military service and to answer questions from curious young minds. After the opportunity to see and listen to stories from soldiers, Mariners’ students will remember that November 11 isn’t just another day off, but a special day to honor the brave men and women who fought to protect the United States and our American liberties.

In Honor of Sacrifice and Service

In honor of Veterans Day, some Newport Coast Elementary students had Joe Ford and Scotty Roberts, both United States Marine veterans, speak with them regarding their military experience. Captain Scott Roberts, dressed in his flight suit, engaged the students with artifacts from his service, such as flight logs, notes kneeboard, photographs, oxygen masks, mess hall trays, DC-10 manual, and infantry helmet among other items. Gunner Sergeant Joe Ford had students role play the importance of following orders by playing a version of Simon Says. Both Captain Roberts and Sergeant Ford answered heartfelt questions. Nothing spoke louder to the testament of their visits, then when a second grade girl asked Joe Ford for his autograph. Other classrooms wrote letters to veterans thanking them for their sacrifices and service. In addition, the PTA organized Operation Candy, which collected candy donated by students, which will be delivered to those currently serving in Iraq.

Passing the Torch—or Pen

Newport Elementary staff and students are happily in the midst of their yearlong inquiry into writing. What’s especially exciting is that the “students” involved in our inquiry include both teachers and their pupils!

During a staff development day, teachers met with Elizabeth Hale, literacy consultant and author of Crafting Writers. Ms. Hale shared her expertise and led teachers through a variety of writing experiences and instructional strategies that highlighted techniques that make up quality writing. Central to the discussion was supporting students in independently using effective elements of writing in their own work.

Following this daylong session, Ms. Hale modeled the various techniques learned in Newport Elementary classrooms. Students enthusiastically responded, writing up a storm and jockeying to share their writing with the class. Energized by the experience, Newport Elementary staff continues to meet regularly to analyze student-writing pieces and design lessons to support our students’ continuous writing growth.

The World is Our Ecosystem

If you ask students at NHHS why they join the Environmental Field Studies Club, they will say fun and friendship. Teachers will use terms like vertical social interaction, multidisciplinary learning and cross-curricular understanding to describe the reasons they get involved in traveling with large groups of students on their days off. The Environmental Studies Club, headed by biology teacher Scott Smith, is a 10-year tradition at Newport Harbor High School. Students enjoy annual trips to Zion, Yosemite and Olympic national parks; this year, they will have the unique opportunity of traveling to the Galapagos Islands in July.

“We get excited about introducing these kids to the outdoor classroom and teaching hands-on lessons in geology, biology and ecology,” Mr. Smith said. When they return to the campus, our students understand the relevance of schoolwork to the natural systems that surround them in these magnificent parks.
Happy December, January Birthdays to our patients from Dr. Barkate...

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Newport Beach, CA 92660
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Hal Barkate, DDS, MSD
Orthodontic Specialist
UCLA Faculty & Lecturer
Newport Heights

300 E. 15th St., Newport Beach, CA 92663
949 515-6970

One Laptop Per Child

Newport Heights Elementary School is in the fifth year of implementing One Laptop Per Child program and the second year of using the Intel Classmate Laptop PCs. Mr. Del Real and Mr. Africano, two teachers chosen last year to pilot Intel’s Classmate Laptop PC, and Mrs. Watson, using traditional laptops, run successful one-to-one laptop programs in their classrooms.

Students can be observed doing various technological activities throughout the school day. For example, students present oral book reports by creating PowerPoint presentations, research and report on current events, and create and edit videos that connect to the curriculum. At home, students in Mr. Del Real’s and Mr. Africano’s classes will participate in Easy Tech, a new program designed to teach various technology skills and prepare students for eighth-grade technology requirements. The creative avenues that students travel with these tools in hand will help prepare them for our ever-evolving global technological community.

Kurt Suhr
Principal

Paularino

1060 Paularino Ave., Costa Mesa, CA 92626
714/424-7950

A Great Month of Celebration

In October, we were privileged to welcome teacher Linda Lezak’s son, Jason, who was an Olympic multi-recipient and the last leg of the gold medal freestyle team. The students welcomed him by wearing red, white and blue and cheering and waving American flags.

Jason did a brilliant job stressing the importance of commitment through hard work and discipline. The students asked questions like, “Are you faster than a shark?” and “Have you ever been to Chuck E. Cheese?” before each class had their picture taken with him.

Also in October, the district was selected to host the National School Lunch Celebration. They selected Paularino as their host site. Visitors from the Western regional office in Northern California came to campus and saw our students busy with “CATCH PE,” working in the wonderful garden, dancing the “funky dance” or celebrating the school lunch program. One of the hits of the day was the Power Panther.

The staff and students at Paularino hope you have a happy holiday season!

Stacy de Boom
Principal

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Middle College High School (11–12)  
714/432-5064

**By Elizabeth Kopaskie, Senior**

**The Luminosity of Literature**

She stared at us silently, commanding our attention, and launched into a powerful poem. Her voice fluctuated with each syllable, soft, loud, gentle, rough; some words were caressed, others spat. Fern Davye knows how to silence a room.

During Literacy Day, we attended a lecture by Ms. Davye, participated in her master class, and toured the OCC library. Ms. Davye exposed us to powerful poetry and performed the pieces with raw emotion and genuine feeling. The lecture consisted mainly of Ms. Davye's readings, but the master class gave students a chance to participate. Ms. Davye asked how the pieces made us feel. She wanted “staccato” answers that described our experiences. She encouraged staff to participate just as much as she did students.

While half the students were in the master class, the other half toured the library. We learned of the myriad opportunities and resources that we have access to as OCC students. A variety of online journals and e-books abound and may be accessed from home. The assistant librarian touched on MLA format and proper citations, a tribute to OCC, and OCMC's commitment to preventing plagiarism. We saw reference books, various study areas, computer labs, group study rooms and viewing rooms for students in Film 100.

We enjoyed pizza and salad before going to House. We reflected on the morning’s activities and worked on brainteasers provided by Mr. Armstrong. Literacy Day proved a powerful experience that exposed us to inspiring literature. Many thanks to Mr. Armstrong for bringing the program to OCMC.

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**Pomona Elementary (K–4)**

2061 Pomona Ave., Costa Mesa, CA 92627  
949/515-6980

**A Wide Range of Colleagues**

Pomona Elementary School is hosting a number of professional visitors this year. In October, the school enjoyed rave reviews from a resource specialist conducting evaluations of “Reading First” implementations across the state.

Later in the fall, preschool programs from throughout California took part in a conference hosted by the NMUSD. Pomona was honored to be one of the campuses that was visited as part of the conference's sharing of best practices.

In November and December, the district's NCLB Support Review Committee has been visiting the school to conduct in-depth interviews with staff, families and school leaders. This group also studies the available data concerning Pomona's status and progress. This will culminate with a series of recommendations to be considered by the school board in January.

In April, Pomona will again entertain state visitors, this time from the Categorical Program Monitoring (CPM) offices. The process verifies that the various forms of state funding have been applied at Pomona School and the district in a manner consistent with regulations.

As a result of these visits, by the end of this academic year Pomona hopes to enjoy the support of a much wider range of colleagues and officials from all over the state.

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Call us to see if your insurance plan qualifies
Sonora Elementary (K–3)
966 Sonora Road, Costa Mesa, CA 92626
714/424-7955
Christine Anderson, Principal

Our article is the front page story.
In Harmony With Education.

Charles W. Tewinkle Middle School (7–8)
3224 California Ave., Costa Mesa, CA 92626
714/424-7965

By Scott McCoy, Eighth-Grade Counselor

A Spectacle on Campus
For the first time, TeWinkle hosted a very successful Haunted House during the five nights of Halloween week. Hosted by the student government class, it took two weekends, more than 10 dedicated adults (faculty, parents and community members) and 15 students from the class to build, develop and create the spooky, high-quality spectacle.

Held in the multipurpose room, there were nine quality “rooms” and exhibits that were created from hundreds of dollars worth of donations. Over 200 visitors were “greeted” and scared by several creatures in the house. After exiting the haunted house, the visitors had an opportunity to buy quality refreshments and snacks served by the wonderful volunteer members of the PTA.

This haunted house fundraiser did make a profit this first year. It will help the student government buy materials for upcoming school-wide events and activities, and to purchase recognition awards and tokens for the staff and students.

Everett A. Rea Elementary (K–3)
601 Hamilton St., Costa Mesa, CA 92627
949/515-6905

By Anna Corral, Principal

Democracy Comes to Rea
The Rea Elementary School held its student council elections the same week that our nation was electing its president.
The students listened to well-prepared speeches from a group of candidates. It was a difficult decision for them to make, but the following winners were selected to represent the student body. The new office holders are Jose Avonce, president; Christian Perez, vice president; Maria Medrano, secretary; Jacqueline Villafana, treasurer; Joana Escobar, historian; and Jessica Garcia, commissioner of entertainment. We look forward to their leadership at our school.

We have also added a parent volunteer program this year. There is a wonderfully large group of parents who assist us with various duties in the classrooms. Their help has made a big impact on our school. There are currently 65 parents under the good guidance of coordinators Veronica Menendez and Esmeralda Garcia.

Thank you to all of the parents who attended our recent conferences. Your participation is vital to student success. The teachers were very pleased with the number of parents who participated.

Victoria Elementary (K–5)
1025 Victoria St., Costa Mesa, CA 92627
949/515-6985

By Tracey Carter, Principal

Busi Two Months
The months of October and November have been a very busy time for the students and families at Victoria Elementary.

We began the month of October celebrating Red Ribbon Week.

This was a fun-filled week on campus as students participated in a variety of Just Say No activities. During Flag Deck a Banner Parade was held. Each class displayed the banner they had created to encourage students to “Just Say No.”

The Fall Festival was also a great success. Students and their families enjoyed the evening with great food, games, and the Spooky House. Students also enjoyed bidding on their favorite prizes during the silent auction. One item was a chance to meet a World Series Baseball Player.

At the end of the month, sixth grade students created Children’s Stories to read to their friends in the Special Day Class.

These were busy months and we look forward to a fun-filled school year.

Whittier Elementary (K–3)
1800 N. Whittier Ave., Costa Mesa, CA 92627
949/515-6990

Busy Two Months

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These were busy months and we look forward to a fun-filled school year.
By the Fourth Grade Team

Autumn’s Turned Well

The fourth grade is off to an exciting year. We have already attended our first field trip to Upper Newport Bay. The students learned all about ecosystems and especially estuaries. They learned that long ago, Native Americans lived in that area and utilized many natural resources. They also learned about bird watching and conservation. Many parents came along on the trip as helpful chaperones.

Our students have the opportunity to work with Sage Hill High School students once again. Sage Hill students teach language arts lessons to Wilson children once a month, and both groups communicate through letter writing. This teaches our students how to get along with peers and adults. The exchange is a learning experience on both sides.

During the month of October, classrooms decorated pumpkins for Halloween using various types of fruits and vegetables. It was a fun time for the students to share their creative talents. Ms. Stevens’ class won a competition for the best upper-grade design, and they will receive a smoothie party.

Fourth-graders welcomed bank volunteers who taught them invaluable lessons about the importance of banking. They learned the differences between a need and a want, and how to earn, save, and spend their money appropriately. Bank employees taught them an important math lesson about percentages, using a calculator. An added bonus was that students were able to keep the calculators for personal use to practice at home.

Candy Sperling
Principal

Woodland Elementary (K–2)

2025 Garden Lane, Costa Mesa, CA 92627
949/515-6945

Healthy Choices Week

Woodland Elementary School celebrated its third annual Healthy Choices Week. The theme for the week was “Food is Fuel—What is YOUR Body Running On!” This Parent-Faculty-Organization-sponsored event was highlighted by making a school mural. Each child created a paper replica of himself or herself with healthy food. The wall in the multipurpose room is now covered with a beautiful array of paper people that represent our student body dedicated to making healthy choices.

All of the teachers read Dr. Sears’ Eat Healthy, Feel Great book with their classes and discussed the concept of traffic-light eating. Each class received a 20-minute presentation highlighting the importance of fruit and vegetables and the dangers of sugar, as well as a fun interactive traffic-light food game. The final day highlighted the importance of exercise. Each class participated in a fun physical education class.

This program has helped children see the correlation between what they eat and how their bodies perform. Understanding why your body needs the right fuel is the next step in making healthy choices for a lifetime.

Lauren Medve
Principal
### School Readiness

By Lorie Hoggard, Director of Early Childhood Development

**Jumpstart**

Preschoolers at eight N-MUSD Preschools (College Park, Harbor View, Paularino, Pomona, Rea, Sonora, Whittier, and Wilson) participated in Jumpstart’s National Read for the Record Day on October 2nd. Jumpstart’s Read for the Record is a campaign designed to bring attention to the importance of early education. By encouraging hundreds of thousands of children and adults to read the same book on the same day, Jumpstart aims to break a world record and to make early education a national priority. The book read nationwide was *Corduroy* by Don Freeman. The local UCI Jumpstart program donated a copy of *Corduroy* for each preschool child at College Park, Pomona, Sonora, Whittier, and Wilson. The Children and Families Commission of Orange County Early Literacy Program donated one copy of *Corduroy* per classroom for Harbor View, Paularino, and Rea Preschools.

### Adult Education

By Martha Rankin, Lead Administrator

**Adult Education And PLCs**

Professional Learning Communities (PLC) are powerful forms of professional development that can transform our schools. But, how do we sustain learning communities in adult education, where staff members are separated by time, space and content? One answer is to develop an electronic learning community.

The Adult Education Matters blog, accessible at [http://adultedmatters.wordpress.com/](http://adultedmatters.wordpress.com/), is one such e-learning community that puts the PLC principles into practice for adult education.

**Our Blog As An e-PLC**

Adult Education Matters is an e-PLC created and sustained by adult educators at Newport-Mesa Adult School. We conceived the idea after attending the Dufour’s PLC Conference in Anaheim last October. Inspired by the PLC principles, we work to bring these principles to practice at Newport-Mesa Adult School and beyond.

Adult Education Matters provides posts on the unique issues that matter most to adult educators. Posts include practical ideas with the research to contextualize them and the resources to implement them. It is an open-dialogue format so that we can share ideas and ask questions in order to improve all learning.

Our mission is as follows: We share to impart, impact, improve and empower. The blog goals are to provide the WHY—current research and articles on the matters of adult education, to offer the HOW—practical ways to put the research into practice in the field, to give the WITH WHAT—digital tools and reusable files, and to build the WITH WHOM—a learning community among adult educators.

### School Health Services

By Denise Ellis, School Nurse

**Influenza: The Disease**

What is influenza? Influenza, or the flu, is caused by the influenza virus infecting the nose, throat and lungs. Symptoms include fever, headache, dry cough, sore throat, runny nose and muscle aches. The virus can land on an object that is touched and spread to the person’s mouth or nose before they can wash the virus from their hands.

How does the flu spread? Influenza spreads when one coughs or sneezes droplets of the virus. The droplets are propelled through the air up to three feet, landing in or around another person’s mouth or nose, infecting the respiratory tract.

How can you protect against the flu? The single best way to protect against the flu is to be vaccinated each year. There are two types of vaccines: the flu shot approved for persons 6 months and older and the nasal-spray flu vaccine approved for use in healthy, nonpregnant persons age 2–49 years of age. Both vaccines are engineered so that you cannot get the flu from the vaccine itself.

Children under 6 months old can become very sick from the flu, but because they are too young to get the vaccine, their best protection is ensuring that household members are vaccinated.

Want more information? Ask your health care provider or log on to cdc.gov/flu. To find a flu clinic, contact the County of Orange Health Care Agency, Health Referral Line at (800) 564-8448.

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www.yesworks.org
Volunteerism: Good for the Mind & Great for the Heart

The way we choose to spend our time and the activities in which we engage help form our value system. With a wide array of possibilities and opportunities, volunteering is a positive and vastly beneficial way of helping young people develop an astron sense of self.

Volunteering offers benefits spanning from the intellectual and spiritual to the educational and professional. As young people give of themselves and their time, they can learn about trades, people, and being selfless. In a busy world of “pursuit of personal happiness,” too often the intrinsic values of empathy and giving are the lessons that are overlooked. Helping others via a structured volunteer program is a positive and safe way to develop oneself in this regard.

Additional Benefits of Volunteerism:

- **Learning:** Acquiring a new trade or skill can help teens see the world in a bigger picture and be inspired to continue to expand intellectually.
- **Networking:** Volunteering brings people of like minds, interests, and values together. This will inevitably lead to positive interaction and healthy relationships.
- **Building the Résumé:** Engaging in service to others and taking the initiative to learn new trades or skills is a brilliant way to expand your portfolio. This is especially beneficial for students and young professionals.
- **Personal Growth:** As Mahatma Gandhi said, “The best way to find yourself is to lose yourself in the service of others.” Teens who experience growth at an early age are likely to continue cultivating positive behavior and friendships.
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Dr. Shari Sweetnam is a Nationally Syndicated columnist, Professor of Psychology and Author of “Inspiring the Love of Learning” and “Memory Techniques for Everyone.” She is the host of “The Dr. Shari Show,” a Public Education program out of Hollywood, CA, for speaking engagements or to send a letter write: drshari@loveoflearning.us Listen to Dr. Shari Monday mornings at 9:00 am on WNFJ / 5:00 pm on WNN.

Superintendent • From Page 1

eEric Wahlberg

for changes. I encourage families to visit the Great Southern California ShakeOut Web site at http://www.shakeout.org/ for information and tips about how to prepare for your family in the event of an emergency.

As part of the effort, Newport-Mesa Unified has teamed with the city of Costa Mesa to offer the Community Emergency Response Team (CERT) training family weekend at TeWinkle Middle School on January 16, 17 and 18, 2009. The CERT program offers preparedness and hands-on skill sessions with experts from emergency management, fire and police personnel and volunteers. CERT Family Weekend is open to the public—adults at least 18 years of age and children 12 years and older with an accompanying parent or adult guardian. This training is free. Pre-registration is required and may be secured by contacting bemrick@ci.costa-mesa.ca.us or (714) 327-7406.

Newport Beach Fire Dept • From Page 4

- Be cautious with portable and space heaters. Place space heaters at least three feet (one meter) away from anything combustible, including wallpaper, bedding, clothing, pets and people. Never leave space heaters operating when you are not in the room or when you go to bed. Don’t leave children or pets unattended with space heaters and do not hang or drape clothes to dry around a space heater.
- Take the tree out as soon as the holidays are over. The longer it stays, the drier it gets.

Purchase only lights that are labeled as tested by a laboratory. For outside decorations, use only those lights labeled for outdoor use. Never put electrical lights on a metal Christmas tree. Decorate only with flame-retardant or non-combustible materials.

Designate a non-drinking driver when you go out. Provide non-alcoholic beverages for guests who will be driving.

Go Green!

Carbon-1, Oxygen-2

This title sounds more like a sports score than a call to Go Green! Carbon was identified as the currency of energy flow in any ecosystem—our world for one—in our last column, Recycling. Nutrient Cycling. The carbon cycle as it fuels our lives is depicted in the following two examples.

Inside the leaves of the orange tree in my backyard, inorganic carbon in atmospheric carbon dioxide (one carbon atom bonded to two oxygen atoms, CO2) is “energized” by the sun’s rays and converted to organic carbon in sugars which accumulate in the fruit. I picked, then manually squeezed, 15 oranges into juice this morning, which my family drank with breakfast. Through many transformations, my body extracted the sun’s energy captured by the orange tree allowing my fingers to type these words. In giving up its energy, the carbon is oxidized back to carbon dioxide and exhaled into the air. The carbon so cycled from the atmosphere to the biosphere (first the orange tree, then me), back to the atmosphere took about four months.

A blade of pasture grass in the Central Valley captures the sun’s rays and “energizes” carbon dioxide in the same way as my orange tree. The organic carbon formed in the blade of grass is stored primarily as cellulose not sugars. Using different farm implements, all gasoline powered, the owner of the pasture first cuts the grass, then turns it for drying once, twice, three times before baling it. These bales are delivered on a flat-bed tractor trailer to a feedlot in the Inland Empire. Cellulose isn’t easily digested by most animals, cows being a notable exception. Cows have four stomachs populated by a diversity of microorganisms that allow most of the organic carbon in cellulose to be taken up by the cow (a lot of it escapes as every cow passes about 53 gallons of methane gas per day). The cow stores the carbon as proteins and fats. Ultimately, in two to five years, the cow is cut up into steaks, which are delivered to the local grocery store by truck. John Q. Public drives his car to the grocery store, buys a steak, drives home, barbeques the steak on his grill fired by propane he had to drive to the local gas station to purchase, and finally eats the carbon originally captured by the blade of grass in a pasture far, far away. The energy in this carbon allows Mr. Public to exercise a Stairmaster at a gym he has to drive to.

Burning a gallon of gasoline emits about 20 pounds of CO2 into the atmosphere. Minimizing “carbon footprint” is synonymous with our quest to Go Green! “Carbon footprint” equals the amount of CO2 discharged burning fossil fuels in support of our living our lives, not the CO2 we exhale as a function of life. In the two energy attainment examples, the first uses no fossil fuels, whereas the second burns gas at every turn. Going green means living with less fossil fuels.

Eric is a Full-time process engineer for Brown and Caldwell, part-time enologist, and a farmer want-to-be. He lives in Fountain Valley with his wife, Patti, and two step-daughters, Kylie and Robyn Couch. Contact him at ejfarmerdude@msn.com.

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Great Books for Babyhood and Beyond

Frequently, I am asked to name my all-time favorite children's books. In this article, I will list 10 books that I think should appear in bookcases in all houses where children reside. All 10 books have withstood the test of time, and they will introduce you to authors who may very well become your or your child's favorites. Each book possesses a little bit of magic—that certain something—that will engage your child and have him or her begging for the book to be read over and over again. Simply, I just love these books, and I think you and your child will, too!

Brown Bear, Brown Bear, What Do You See? by Bill Martin Jr. and Eric Carle. Ahhh, the book that launched a thousand innovations by the creators as well as K-1 teachers all over the planet. The pages of my copy are held together with tape—so well loved and reread by all three of my own children. Eric Carle is truly an icon in the world of children's literature.

Owl Babies by Martin Waddell. Sweet, adorable—engages even the youngest children to read along to the repeated refrain. Stunning illustrations!

I Love You: A Rebus Poem by Jean Marzollo. Great for Valentine's Day or any day. “Every bird loves a tree, every flower loves a bee, every lock loves a key, And I love you.”

George and Martha by James Marshall. Lessons of friendship are woven through five short, humorous stories about these two best friends who just happen to be hippos. You'll want the other three books in the series as well.

Pigs by Robert Munsch. A great introduction to the wacky, wonderful world of Robert Munsch!

The Napping House by Audrey Wood and Don Wood. A fun, lyrical cumulative tale with incredible illustrations.

Each Peach Pear Plum by Janet and Allan Ahlberg. I Spy format is a lovely introduction to favorite nursery rhymes and fairy tales. Also highly recommended is the Ahlbergs' The Jolly Postman.

Where the Wild Things Are by Maurice Sendak. A true classic. This book is as fresh and innovative today as it was when first published in 1963—yes, 45 years ago! “Let the wild rumpus start!” I also love Sendak's Nutshell Library.

Owen by Kevin Henkes. It's hard to choose just one of Henke's books. Each book in the “mouse series” addresses a different childhood stumbling block, including giving up a favorite blanket, adjusting to a new sibling and being teased.

Wilfrid Gordon McDonald Partridge by Mem Fox. In this warm and wonderful story, a little boy helps his elderly neighbor find her memory. As the French say, “Preparez vos mouchoirs” (take out your handkerchiefs).

Those are my top 10! Here are other recommended books in my children's literature hall of fame:

Now One Foot, Now the Other by Tomie dePaola; That's Good! That's Bad! by Margery Cuyler; The Keeping Quilt and any other books by Patricia Polacco; and the Rotten Ralph series by Jack Gantos.

Have fun reading with your little ones!

Rozanne Lanczak-Williams, a former teacher, is the author of more than 200 books for beginning readers, parents and teachers. Visit her Web site: www.rozannewilliams.com
ranges between three and twenty-seven percent.

The social impact of Inside the Outdoors' programs is best evidenced in the words of the students. Melody, a sixth-grader from James Guinn Elementary School in the Anaheim City School District, spent a week in the San Bernardino Mountains at Inside the Outdoors Outdoor Science School. She not only learned about science, history, and art, she learned about herself. Melody shared, “I felt like I could actually help our world…I’ve become a new person by going to Outdoor Science School. I’ve become more aware of the environment, more responsible.”

Melody’s experience at an Inside the Outdoors program reinforces what my grandson teaches me. Each time we enter nature’s classroom and experience a hidden world under a rock or explore a trail we share with the plants and animals that live there, we become more aware of the environment. What an exciting way to learn about science and about our place on the Earth!

To learn more about Inside the Outdoors Traveling Scientists, Field Trips, Outdoor Science School, and Community Programs, visit www.insidetheoutdoors.org or email Inside the Outdoors at insidetheoutdoors@ocde.us.

NEW GIRLS HOOPS

Girls Hoops promotes health, fitness, and sport in a safe environment for 5th-6th grade girls learning how to play basketball. Teams will be formed from each elementary school, which will then compete against each other in a fun, recreational league. The 7-week season begins in February and ends in May. Games will be played at Lincoln Gym.

• Registration Deadline: Friday, January 30, 2009.

YOUTH BASKETBALL

Learn the basics and more in this organized basketball league! This 8 week basketball program will fine tune the fundamentals of dribbling, passing, and shooting, while providing a fun atmosphere at the Newport Coast gymnasium.

• First 3 sessions are practices, last 5 are games.

Dates          Day          Time          Age
1/12–3/16 Monday 6:00–9:00pm 8-12yrs

REGISTRATION INFORMATION

ONLINE AT:
WWW.CITY.NEWPORT-BEACH.CA.US/RECREATION
FAX: 949-644-3155

WALK IN:
RECREATION OFFICE AT:
3300 NEWPORT BLVD or
NEWPORT COAST COMMUNITY CENTER AT:
6401 SAN JOAQUIN HILLS RD

IF YOU HAVE QUESTIONS PLEASE CALL: 949-644-3151