Big Improvements – Cleaner Air For Everyone

By Pete Meslin, Director NMUSD District Transportation

School buses produce less carbon dioxide per passenger-mile than planes, trains, cars or SUVs. At the Newport Mesa School District we consider this to be a good start, but we have gone a little farther.

You may have noticed a few diamond-shaped blue and white stickers on the back of some of our school buses. If you look closely enough you’ll see the letters “CNG” on them. Newport-Mesa has 29 of these buses. They run on compressed natural gas and are designed to produce very little air pollution.

With the help of grant money from the South Coast Air Quality Management District (AQMD), and the California Air Resources Board, we have been upgrading our fleet with these new buses for the past few years.

During the summer, and again with the help of grant money from the AQMD, we installed special fueling infrastructure in our bus yard to allow these vehicles to fill up with CNG. To celebrate this big event we will be having a small ribbon-cutting ceremony towards the end of October.

These are not the only measures we have taken to help reduce pollution. Over the last few years we've also revised our bus routes to help minimize extra travel. Additionally, we are in the process of installing particulate traps on the diesel buses. These devices, also funded with grant money, can help to significantly reduce airborne pollutants.

The transportation department is committed to turn our school bus yellow into the new green.

Dramatic Increase in Test Scores… District Schools Exceed State and Federal Targets

The 2008-2009 Accountability Progress Report was released on September 15, 2009 and Newport-Mesa Schools exhibited excellent growth. Each year, schools face targets for improved student achievement, based on the State Standardized Tests given each spring. This year, in the Academic Performance Index, (API) Newport Mesa Unified School District showed a 17 point increase to now rank at 813, high above the State Average score of 755.

Across the District, students in English and Mathematics continued to exceed Federal and State targets for proficiency on the required State Tests.

Board of Education Seeks Your Input Establishing New Strategic Priorities for N-MUSD

Beginning in October, the District will host four zone-wide community meetings to gather input to develop the new “strategic priorities” for the school district. The current Strategic Plan was adopted in 2005. A current listing of completed 2005/10 Strategic Plan activities can be reviewed at http://web.nmusd.us/strategic-plan-activities.

The Board of Education would like to encourage members of the Newport-Mesa community to attend the upcoming strategic priorities community meetings. We have identified four goal areas to begin our discussions and focus our planning around.

1. Student Learning
2. Communication
3. Developing Organizational Capacity and Relationships
4. Strategic Fiscal Responsibility

The strategic priority community meetings will be held on the dates listed below. Attendance is open to all and anyone from any zone may attend one or all of the meetings.

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Aha! FOR KIDS

Nov. 14 — See page 8 for information.
The NMUSD school year is off to a great start. The District Communications director has valuable information regarding their online communication (see page 6). If you want to share School News with your friends, tell them to log onto our website www.schoolnewsrollcall.com.

Our next issue is December 16.
California School Recognition Program

The 2009 California School Recognition Program (CSRP) directly focuses on California's students and their entitlement to an equitable and rigorous education. Under the 2009 CSRP, the California Distinguished Schools Award identifies and honors those schools that have demonstrated educational excellence for all students and progress in narrowing the achievement gap. CSRP honors some of the state's most exemplary and inspiring public schools. Schools selected for Distinguished School Awards are strong, well-rounded community schools.

In order to be invited to apply for Distinguished School honors, schools must meet a variety of eligibility criteria including designated federal and state accountability measures based on No Child Left Behind (NCLB), Adequate Yearly Progress (AYP), and the Academic Performance Index (API) requirements.

Elementary and secondary (middle and high) schools are recognized during alternate years. For the 2009 cycle, eligible middle and high schools are invited to participate. The criteria for school selection are based on the submission of an application, including a comprehensive description of two of the school's successful signature practices, an application review, along with a site visit designed to validate the full implementation of the submitted practices.

Under the 2009 CSRP, the California Distinguished Schools Award identifies and honors those schools that have demonstrated educational excellence for all students and progress in narrowing the achievement gap.

For more information please go to http://www.cde.ca.gov/ta/sr/cs/index.asp.

2009 CSRP Distinguished Middle and High School Honorees:
- Anaheim Union High: Western High
- Capistrano Unified: Aliso Viejo Middle, Arroyo Vista Middle, Bernice Ayer Middle, Las Flores Middle
- Fountain Valley Elementary: Harry C. Fulton Middle, Kazuo Masuda Middle
- Fullerton Joint Union High: Sunny Hills High
- Garden Grove Unified: Sarah McArvin Intermediate
- Huntington Beach City: Ethel Dwyer Middle
- Huntington Beach Union High: Edison High, Marina High
- Irvine Unified: Lakeside Middle, Northwood High, Rancho San Joaquin Middle, Sierra Vista Middle, South Lake Middle, Venado Middle, Woodbridge High
- Laguna Beach Unified: Thurston Middle
- Los Alamitos Unified: Los Alamitos High, McAuliffe Middle, Oak Middle
- Newport-Mesa Unified: Early College High
- Ocean View: Vista View Middle
- Placentia-Yorba Linda Unified: Bernardo Yorba Middle
- Saddleback Valley Unified: Mission Viejo High/Trabuco Hills High
- Santa Ana Unified: Mendez Fundamental Intermediate, Middle College High School @ Santa Ana College, Orange County High School of the Arts

Heidi B. Starnes, D.D.S., M.S.

STARNES ORTHODONTICS
Orthodontics & Dentofacial Orthopedics for Children & Adults
1401 Avocado Ave., Suite 210, Newport Beach, CA 92660
(949) 720-8145
Champions of Character

By Laurie Rybaczyk – Chair, Education Committee

Every spring, the Newport Beach Chamber of Commerce works in partnership with both Ensign and Corona Del Mar Intermediate Schools to host the annual Character Education Awards.

In late May and early June of 2009, both schools participated in an awards assembly that recognized those top students who exhibited the six character traits associated with the National Character Counts program. These are trustworthiness, respect, responsibility, fairness, caring and citizenship.

Unlike other awards programs that are typically based upon performance, ability and achievement, these others do not require any significant mastery or accomplishment.

High Appreciation

This year, Russell Williams, founder of the Passkeys Foundation and author of Kids of Character, captured the attention of the pre-teen audience with a powerful message about responsibility and integrity. Afterwards, the top students received plaques and certificates.

Perhaps even more meaningful to the honorees were the personal acknowledgments and congratulations they received from top city personnel and other significant members of the greater Newport Beach business community.

It is not every day that junior high students are greeted with a smile and a handshake by the fire and police chief, or the city manager, the members of the city council, the board of education, the district superintendent, assistant superintendents or the president of the Chamber of Commerce.
Change Your Clock & Battery

Sunday, November 1, 2009

It is a proven fact that smoke alarms save hundreds of lives each year. By sounding an alarm and giving people time to escape, smoke alarms reduce the risk of dying in a house fire in half. A majority of residential structure fires occur between the hours of 10 p.m. and 6 a.m. and early detection of these fires is usually the key to survival. Smoke Alarms and residential sprinklers are critical elements to saving lives and property.

Maintaining a smoke alarm is just as important as having one. A smoke alarm that doesn’t work is like not having one at all. Smoke alarms should be cleaned at least once a year, batteries should never be “borrowed” to use someplace else, and batteries should be tested once a month.

The Newport Beach Fire Department urges all Americans to adopt a lifesaving habit: changing smoke alarm batteries when clocks are changed back from daylight-savings time each Fall. Daylight Savings Time ends on Sunday, November 1st when we turn our clocks back one hour. Change your battery on that Sunday and then, remember to do it again in the spring when you set your clock forward.

Once the batteries have been changed, be sure to test the alarms. This simple act will help protect you and your family in the event of a fire.

For additional information on fire safety, contact the Newport Beach Fire Department at (949) 644-3104.

For more information on Daylight Savings Time, visit the websites:
http://aa.usno.navy.mil/faq/docs/daylight_time.html
http://www.timeanddate.com/time/aboutdst.html

Quick Smoke Alarm Answers:

How does a smoke alarm work?
It simply sounds an alarm when smoke is detected, alerting you to danger.

Is one smoke alarm enough for my whole house? A smoke alarm should be installed on every level of your house, and in rooms where doors are closed such as bedrooms.

When should I change the battery? It is a good idea to change the battery at least once a year. A smoke alarm “beeps” once per minute for at least 30 days when the battery becomes low to indicate the need to replace.

Will my smoke alarm last forever? Smoke alarms do wear out. If you have had your alarm for 10 years it is a good idea to replace it.
N-MUSD’s Communication Efforts

As part of our continuing efforts to reach members of our community, we have launched several forms of online communication efforts. For example, you can now read about N-MUSD while browsing your Facebook account and catching up with family and friends. We’ve also launched the District on Twitter. All information we share is posted in both venues, so no matter what your preference, you can stay in the loop with District news and events. Visit www.nmusd.us and access the icons on the homepage to start receiving your updates.

In addition, we have launched two other key weblinks to assist our school community. Are you ready for flu season? Check out our webpage designed specifically to put you in touch with the latest news and updates from N-MUSD’s Health Services and the Orange County Health Care Agency. http://web.nmusd.us/swineflu

The second weblink is associated with our first ever Cyber Smart Week scheduled for October 19-23, 2009. On this webpage, we have provided information, tips and resources for families, students and educators about internet/cyber safety measures. http://web.nmusd.us/internetsafety

Financial Tips

Smart Vehicle Shopping Tips Part 1

Prepare yourself with the information you need to make a sound financial decision on your next car purchase.

Do your homework: Figure out the maximum monthly car payment you can afford and survey interest rates for car loans by visiting websites for credit unions, banks and dealerships. Once you know what you can afford and the average interest rate, use one of the online car payment calculators to find out the total purchase price. Don’t wait until you are at the dealership to figure out what you can afford. With the pressure and excitement of buying a new or used car, you may end up paying too much. Focus on purchase price, not just the monthly payment.

Rebate vs. 0% Financing: What’s the difference between a rebate and 0% financing? Rebates are offered directly to consumers by the car manufacturer as an incentive to buy a specific vehicle. Rebates are not part of the dealer’s package and should not be included when you are trying to negotiate the purchase price. 0% financing is great if you have an excellent credit score and can afford a short term loan (often 24 to 36 months - which means higher monthly payments). 0% financing is not always offered on all makes and models and often cannot be used in combination with a rebate. Evaluate the purchase price when you select the rebate and low rate financing from a financial institution and compare it with the purchase price at 0% financing without the rebate.
Adams All Star Students Shine

Adams All Star Students Shine off to another great year of learning! The beginning of the school year has gone very smoothly and all students are already working and learning. The “Happy Rules” were shared with all students and our character shows in students’ trustworthiness, respect, caring, responsibility, fairness, and good citizenship.

Our PTA has been busy with school spirit wear and PTA memberships. They have many good programs in store for us with our 2nd annual Jog-a-thon in October and our famous Country Fair in May. Also many special programs are in place for students this year: Art Masters, Classics in the Classroom, and Imagination Machine Assemblies. Other special events this year include Special Flag Decks, Music programs, Hands on Science, and Computer labs. Our two special after school programs being brought back by popular demand are our famous Adams Players, a drama program, and Science Explorers, a hands on science program.

As Always we work to be ALL STARS: Academics, Leadership, Learning… Striving Toward Achievement, Responsibility, Success!

Ohana!

September was a very busy and productive month, and it was with great enthusiasm that the Andersen students and staff returned to school for the start of another exciting school year. We are so appreciative of our wonderful teachers, staff and caring parents who worked hard to create a warm environment that is conducive to good student learning, which results in increased student achievement.

Our sixth-graders, led by their fantastic teachers, Mrs. Delgado, Ms. Hahne and Mrs. Ossenmacher, bonded together in the “Spirit of Ohana” bonding ceremony. Each student memorized a phrase that they recited in front of the other sixth-graders. They learned that they can always count on one another for support. When each speaker was finished, he or she was congratulated as the symbolic “lei” was placed around his or her neck. At the end of the ceremony, the enclosed picture of the whole sixth grade was taken on the front steps of Andersen School. Ohana means “family!”
Pursuit of Science

The students at California experimented last year in a Science Enrichment program. The Science Enrichment program was a voluntary year-long study for 4th, 5th, and 6th grade students to plan experiments based on their questions. They picked a question, designed an experiment, analyzed their results and put together a PowerPoint presentation. Some examples of experiments were: Which Gum Blows the Biggest Bubble? How Many Times Can a Frog Jump on Ice? Can a Fish Be Trained to Go Through an Obstacle Course? Can Music Affect People's Moods? They finished their year-long study by presenting their experiments to the entire school. The majority of students enrolled in California are juniors and seniors.

If you are interested in either program, talk to your counselor or vice principal.

Back Bay/Monte Vista

Back Bay is the continuation high school for NMSD and Monte Vista is the independent high school. Both schools are fully accredited by WASC and offer A-G coursework for students wanting to continue in a California state college or university. Students graduating from Back Bay or Monte Vista must meet the same graduation requirements as do all district students. Referrals may be done through Rebecca Bishai, director of student services; an assistant principal or counselor at their home school; parent request; and self-referral. After applying, the student may be accepted or placed on a waiting list. All RSP students must have a Change in Placement IEP meeting with their home school and us prior to transferring.

Back Bay students attend school daily and complete five classes every 60 days. By the end of the year, students who have successfully completed all coursework will earn 75 credits. All work is completed in class and consists of textbook work, projects, online instruction, group work and supplemental assignments. Seniors may request to test out of failed classes and to graduate early. The majority of students enrolled in Back Bay are juniors and seniors.

Prior to applying to Monte Vista, students must have successfully completed 120 credits, passed the California Exit tests in ELA and math, and demonstrate evidence of academic ability. Independent MV students attend school once weekly for a minimum of two hours and complete one class at a time. Most classes take three weeks to complete. Students who work, have medical issues or are involved in high-level competitive sports appreciate the flexibility of continuing high school independently.

If you are interested in either program, talk to your counselor or vice principal.

California

Walk Now for Autism

is a family-friendly event so bring the whole family along. There are activities for the children, resources for families, light refreshments and entertainment.

Date
Saturday, November 14, 2009

Location
Angel Stadium of Anaheim
2000 Gene Autry Way, Anaheim, CA 92806

Registration Opens: 8:00AM
Walk Starts: 9:30AM
Map: The stage will be located between the “Two Big Hats”
Our Walk Route is one mile in distance; and you’re invited to do 1, 2 or even 3 loops of the course.
We’ll have water and entertainment along the course.
Parking: Is free and available at Angel Stadium, enter through the Orangewood gate.

www.walknowforautism.org

Walk Now for Autism Speaks

The students at California experimented last year in a Science Enrichment program. The Science Enrichment program was a voluntary year-long study for 4th, 5th, and 6th grade students to plan experiments based on their questions. They picked a question, designed an experiment, analyzed their results and put together a power point presentation. Some examples of experiments were: Which Gum Blows the Biggest Bubble? How Many Times Can a Frog Jump On Ice? Can a Fish Be Trained to Go Through an Obstacle Course? Can Music Affect People’s Moods? They finished their year-long study by presenting their experiments to the entire school. They worked so hard during the year and voluntarily came to the science lab once a week during their lunch in pursuit of science.
Off and Running

The start of the school year at College Park Elementary School has gone very smoothly. We have many returning students who are now the first class of sixth-graders, as we have successfully made the transition to becoming a prekindergarten through sixth-grade school. We look forward to the exciting events and opportunities that our sixth-graders will have at College Park.

This year we have several new faces on our staff. They are Greg Wotta, a fifth- and sixth-grade classroom teacher; Kristin Guy, a second-grade classroom teacher; Gail Routledge, a Resource Specialist Program teacher; Jami Paley, our librarian; Iris González-Rojas, our school community facilitator; and Tammy Evans, a science teacher. We welcome all of these new staff members to the College Park family!

Our Cougar Running Club launched its fourth year. College Park third-grade teacher Julie Smith heads off this effort and gets our students running during their lunch recess time once a week. With 100-percent participation of College Park students in our lunchtime running club, we were able to win the Governor’s Challenge Fitness Award in 2008. We invite all College Park parents to run with our third-graders. Our Cougar Running Club has enjoyed healthy snacks provided to us once a month, thanks to Geoff Ianniello and Newport-Mesa Unified School District Nutrition Services.

A New Director

Congratulations and welcome to Mr. Jim Kiefer, who has been selected as the new boys athletic director at Costa Mesa High School.

Mr. Kiefer is beginning his fifth year of experience at Costa Mesa, and has taught both math and physical education. He brings to our Mustang athletic department a strong sense of commitment and experience.

Since 2006, Coach Kiefer has guided the Mustang baseball program to an overall record of 54-48. He has also led the Mustangs to 15 or more wins in each of the past three seasons.

Last season he set a new school record with over 20 victories, and also brought the Mustangs to their first baseball league championship since 1978.

Prior to arriving at Costa Mesa, Coach Kiefer spent nine years at Newport Harbor High School, where he spent six seasons as the head baseball coach. Prior to this he spent four years at Brea-Olinda High School as a varsity assistant baseball coach.

Mr. Kiefer is a 1993 graduate of Cal State Fullerton, where he earned his bachelor’s degree in kinesiology. He also attended and played collegiate baseball for both Rio Hondo College and Fullerton College. Mr. Kiefer and his wife of 10 years, Heather, have two children: Halen, who is seven years old, and Dane, who is four. They reside in Placentia. Good luck, Coach!
Welcome!
I would like to warmly welcome all of our new and returning families to Eastbluff and thank all the parents who participated in the Edads annual Back-to-School BBQ. The successful event brought together students, parents and teachers before the first-day jitters. Special thanks to Edad President Tom Unvert.

A huge thank-you goes to the PTA, who hosted a First Day of School Coffee with the principal in the Eastbluff Multipurpose Room. This was a terrific opportunity for parents to meet, enjoy treats, and sign up to volunteer. PTA President Dana Flood and her fabulous Board made all the parents feel a part of our family.

I am honored to serve as Eastbluff’s principal. I value and appreciate our parents’ continued support and partnership in our students’ education. I invite parents to our morning Flag Deck, where we generally celebrate the success of our students and classes. I am looking forward to a fantastic year together!

Horace Ensign
2000 Cliff Drive, Newport Beach, CA 92663
949/515-6910

Where Everyone Belongs
Intermediate School (7–8)
Welcome to the 2009 – 2010 school year! On Thursday, September 3rd we were fortunate to welcome over 500 incoming seventh grade students to our WEB (Where Everyone Belongs) Orientation. Led by our 8th grade mentors, our new Seabees spent the morning making new friends and getting to know their way around campus. Throughout the year our WEB leaders will meet regularly with their seventh grade teams to coach them on the different ways to be successful in middle school. Building on the success of last year’s class, we are all looking forward to a wonderful school year filled with many memorable moments and high academic success.

Estancia High School (9–12)
2123 Placentia Ave., Costa Mesa, CA 92627
949/515-6500

Freshmen Orientation and Mentoring Program
Nearly three hundred incoming freshmen at Estancia High School were warmly greeted by their upper-class mentors during Freshmen Orientation in September. The ninth-grade students and their mentors participated in icebreaker activities; toured the campus; interacted with teachers, counselors and administrators; and learned about the exciting academic and extracurricular opportunities Estancia High School offers. The mentors treated our newest Eagles to a pizza lunch and then raffled off prizes. One lucky freshman won a new laptop!

Seventy juniors and seniors were selected out of over two hundred applicants to participate in the 2009–10 Freshmen Mentoring Program. The mentoring program is designed to assist our ninth-grade students in the transition to high school, improve school connectedness by pairing freshmen with upper-classmates, and exposing students to opportunities to become involved on campus and to increase academic and social competency. Estancia High School welcomes the Class of 2013!
**Magic Book Garden**

**10 Surefire Ways To Get Kids Reading**

1. Read aloud to your kids every day. Reading together can help build close relationships and sends the positive message: I want to spend time with you.

2. Two words—buy books. Children need to own books of their own. Favorite ones will be read over and over and will give readers a chance to experience the books in different ways. Rereading builds fluency and comprehension skills!

3. Visit the library and check out books, sign up for special programs and story-times at libraries and bookstores. Attend book festivals together.

4. Read aloud to your kids every day. Reading and storytelling build word power—the power to communicate.

5. “Read the world!” Invite your child to read street and store signs, billboards, cereal boxes, recipes, grocery lists, mail, etc.

6. Talk it up! Discuss the books you are reading with your child. Ask questions like: “Why do you think . . . ?” “What would happen if . . . ?” or “Can you think of a new ending for the story?”

7. Read aloud to your kids every day. Reading aloud promotes good listening skills. Good listeners are good learners.

8. Turn it off! Whether it’s the TV, electronic game, ipod, computer game (the list goes on!) Involve your child in the real world!

9. Sing songs, chant rhymes and simple poems. Play word games like “piglatin” and board games using reading such as Monopoly Jr.

10. Read aloud to your kids every day! Research proves that reading at home gives your child an advantage in school. Children learn to read by reading!

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.magicbookgarden.com
You know, there's a lot of good music in our country you never hear on the radio... just ordinary old-fashioned songs that one person teaches to another."

That's what folk music icon Pete Seeger says in the introduction to "Skip to My Lou" on the Smithsonian Folkways Children's Music Collection. Seeger, who just turned 90, recorded the song in the late 1950s; with this collection, you'll find his statement to be timeless and perhaps timely.

Seeger has four songs on the collection, and he's joined by a number of his contemporaries in period, spirit and unplugged glory. The CD opens with Woody Guthrie's classic "Riding in My Car," with Guthrie's inimitable "Brrr-brrrrrrrrrrrr" to illustrate the engine's sound. Guthrie has a couple of contributions, notably the silly wisdom of "Why, Oh Why." Ella Jenkins, another living legend, teaches as she always has: gently using children as teaching aids. Here, they learn about Mozart's standard tune that scores "The ABC Song" and "Twinkle, Twinkle, Little Star"; and wild animals exotic and familiar along with a couple of Swahili words in "Pole Pole." Other world languages heard and sung by other artists are Apache, French, Spanish, Yiddish and other African languages.

There are song stories from the South, songs to dance to, songs to learn from, songs about brotherhood, poetry by the celebrated Langston Hughes.

Recently, there has been a reemergence of respect for the struggles that some of these artists have been through, seen and recorded through the artistry of simple songs. Seeger himself is now showing up in school history collections, he's recorded several other children's collections, and this year's Monterey Jazz Festival is featuring an appearance by him, along with a free concert for children and their parents in underserved schools around the city.

"This goes with his spirit of engagement and activism for the community," said Timothy Orr, media relations associate for the festival.

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

It’s homework time again! Consider databases to help with research projects. Databases are not the same as Web sites, although they are accessed through the Internet. Often, the articles in databases are the same as the articles in print versions of reference books. The Newport Beach Public Library subscribes to many databases on various topics, and most can be accessed from home with a library card.

NBPL offers a variety of databases for children. Even the youngest can enjoy picture books read to them with TumbleBooks. Kids InfoBits and World Book Kids offer a child-friendly interface for young researchers. Looking for a story? Try Novelist K–8 to look up fiction series, read reviews, and find recommendations. For help with homework, tutors are available afternoons and evenings through Live Homework Help. The Ancient History and Culture, Biography Resource Center, ProQuest Magazines and Newspapers, and World Book Online Reference Center databases are chock full of information that is helpful for research and reports. And this year, NBPL has added CultureGrams, which is an excellent resource for researching country and state reports complete with facts, maps, sounds and pictures. Please visit www.newportkids.org.

Databases for teens include but are not limited to Literature Resource Center, which contains literary criticism, author information, reviews and primary sources; Opposing Viewpoints, which contains news articles, statistics and multimedia; and Peterson’s Testing and Education Reference Center, which contains Advanced Placement (AP) Scholastic Assessment Tests (SAT), American College Testing (ACT) and more test-prep books fully loaded and searchable, as well as practice tests. For information, stop by the teen page at www.nbplteens.org.

Evelyn Rogers
Children’s Librarian
As our lawns go dormant for the winter we can be tempted to spruce up our yards with chemicals, fertilizers and lots of water to keep them green. The same fertilizers and chemicals that enhance our yards, however, can get carried into creeks and bays through excessive watering.

The same fertilizers and chemicals that enhance our yards, however, can get carried into creeks and bays through excessive watering. Once in these bodies of water, fertilizer can cause algae and other plants to grow. When these decompose, oxygen available for native plants and animals is depleted. Oxygen is a requirement for native marine life; decreasing oxygen can have a destructive effect on some animal populations. To prevent this, fertilizers and plant food should be applied to lawns and plants sparingly, and only when there is no chance of rain. The area should not be watered after application.

Even in times when fertilizers are not in use, excessive watering can hurt more than just your wallet. Water runoff can carry dirt, grass clippings and other pollutants into our waterways causing more pollution and hurting marine life. Watering should be only done once the soil is checked for moisture below the surface and seems almost dry; this will be different for every yard. For more information on watering and preventing pollution in Orange County go to www.ocwatersheds.com.

Eric Wahlberg
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.

Go Green!
Water, Water Everywhere

Sadly, we’ve nearly become immune to it, but the fact remains: Life cannot exist without water. “Precious” does not even begin to describe how we should think about water.

My neighbor automatically irrigates every morning around 5 AM. The grass strip between the sidewalk and the road on the lot’s west side gets so much water, it floods a 25-foot section of sidewalk about an inch-and-a-half deep. It takes the sun until noon to evaporate those 20-plus gallons. Does flooding a concrete surface every day with water clean enough to drink make any sense to anybody?

A reader emailed me last month asking what she can do to lesson the waste she generates daily.

From our most recent water bill, the four of us use 300 gallons per day. A lot of that goes down the kitchen drain. At our Go Green! house, we have a bowl by the kitchen sink that we use to catch water when we’re rinsing things, vegetables for example. When the bowl is full, it’s emptied into a five-gallon bucket just outside the slider, and when that’s full, we water whatever tree can use it.

If every house in Orange County diverted five gallons a day from the kitchen sink to a thirsty plant, nearly four million gallons of water a day—a staggering 1.5 billion gallons a year—wouldn’t need treatment at our water and sewage treatment plants!
Harbor View Elementary (K–6)

To Be of Service

Harbor View School began this year with the grace and professionalism one would expect of a California Distinguished School. We had a terrific start, and we would like to warmly welcome all of our new and returning families!

Our first week culminated with the acknowledgement of Patriots Day on September 11. This year, President Obama declared Patriots Day a day of service and remembrance. At Harbor View, our Cub Scouts and Webelos raised the flag to half-staff. Principal Charlene Metoyer reminded the students to honor this day as one where many, many people came to the aid of those who needed help in the face of tragedy.

Charlene Metoyer
Principal

Harbor View is a school of service. Our PFO supports our sister school, Pomona Elementary, at Thanksgiving and Christmas. And, as a Team Kids School, our very own students work diligently for four weeks in March to gather food, clothing, books and funds to help children in need in Orange County.

Harbor View Team Kids with NBFD Captain White.

Killybrooke Elementary (K–6)

No Limits

We are off to a great start to the school year! Our staff will continue to join TurnAround Schools across the nation in preparing all students for college. As a “No Excuses University,” we have pledged to create a school that knows no limit to the academic success of each student. Families are joining us in supporting their children in achieving at high levels and in accepting no limits to their academic potential. Students have pledged to becoming college prepared by making personal goals for the school year based on their individual needs.

Committed to Nutrition

We are committed to the physical well-being of our students and will be working very closely with the Network for a Healthy California again this year to inform our students, parents, and staff about the importance of eating nutritious foods and being physically active. We kicked off our commitment with a “Nutrition Olympics,” coordinated by Geoff Ianniello on September 11. All of our students rotated through five stations of enjoyable physical activities throughout the morning, such as coconut bowling and vegetable relays, to stress the importance of physical activity. Parents were a great help! Students enjoyed an apple snack and sticker afterwards.

We had a great Back-to-School Night on Thursday, October 1! There was a special presentation by PTA, introduction of staff, a book fair for families, and visits to all classrooms.

Abraham Lincoln Elementary (K–6)

Building Success 3rd Day of 3rd Grade Picnic

This year our theme at Lincoln is “Building Success.” To build a successful grade-level team, the Lincoln third grade students, teachers and parents took some time to get to know their team members. On Thursday, September 10th, our third grade had its first annual 3rd Day of 3rd Grade Picnic! Parents joined students and teachers out on the grass for a casual “get to know you” picnic. Everyone had great fun seeing familiar faces and catching up, as well as meeting new members of the team. This year is sure to be a great one with so many wonderful students, parents and teachers joining our third grade team!

Jane Holm
Principal
Mariners Elementary (K–6)
2100 Mariners Drive, Newport Beach, CA 92660
949/515-6960

By Ann Marie Baker, First-Grade Teacher

Another Great Year

As the first bell rang on the morning after Labor Day, students and families entered their new classrooms for the 2009–10 school year. Teachers had been working hard in their classrooms and preparing lesson plans and activities in anticipation of a new batch of eager K–6 learners.

As teachers, we are reflective individuals, always looking for ways to improve and polish our craft while giving our students every opportunity to succeed. Through professional learning communities in each grade level, educators collaborate to further benefit the educational experience.

We feel very fortunate to offer various learning opportunities that take our curriculum beyond the four walls of our classrooms. This month, we are looking forward to showcasing the abilities of our young and talented artists through Art Masters and giving our scientists a hands-on approach during Science on the Go. So, as the new year is underway, the teachers and families at Mariners are looking forward to another great year of collaborative learning!


Newport Elementary (K–6)
1327 W. Baboa Blvd., Newport Beach, CA 92663
949/515-6965

On the Rise

If good test scores are any indication, our local students are benefiting greatly from the professional development focus at Newport Elementary School.

Last year, several nationally-renowned authors and consultants were invited to work with students and teachers in the area of writing skills. As a result, our ELA scores are on the rise. The fourth-grade students hit it out of the park in this area: they saw a 30-point gain in their writing scores! We hope to continue this success by offering a series of professional development opportunities in literacy.

We will also be implementing training sessions that focus on math. The teachers have begun a year-long study in Cognitive Guided Instruction, or CGI. This is a professional development program that enhances a teacher's understanding of just what their students bring to the math learning process, and how they can connect their knowledge with formal concepts and operations.

Stressing the Details

CGI has three simple principles: develop understanding of a student's innate knowledge, build upon it, and then focus on details. The aim is to teach in terms of student thinking and keep in mind the idea that details really matter.

The capital focus of CGI is on these details. Math talk and student share-out lessons can help develop a sense of identity, such as "I am a mathematician." Open-ended questions will keep the focus on student action and the ability to think mathematically. And problem-types can reveal mathematical knowledge and assist in building student thinking abilities.

Our teachers are excited about this opportunity to develop their teaching skills, and we thank the NESF for their financial support. Congratulations to the staff and students!

Newport Coast Elementary (K–6)
6655 Ridge Park Road, Newport Beach, CA 92657
949/515-6975

Learning, Collaboration and Results!

The new school year is upon us and Newport Coast Elementary School is dedicated to continuous improvement. Our school community, teachers, parents and children are entrenched in our professional learning community model. We answer the essential questions regarding what students need to learn, how will we know if they are learning and how will we respond if they have not learned or already know. We work in collaborative teams to implement a systematic approach that has a focus on learning, collaboration and results.

Our Coach Wooden Pyramid of Success character education model is entering its fourth year. Our children are excited about our building blocks as we embark upon our journey to success one building block at a time. We are looking forward to a wonderful year filled with learning.

Newport Heights Elementary (K–6)
300 E. 15th St, Newport Beach, CA 92663
949 515-6970

An Amazing Year

Newport Heights Student Council had another amazing year in 2008-09. By raising over $2,000, they funded our school's purchase of 20 receivers so that each classroom could have a receiver and a small set of responders to run Accelerate Math. Our student council has many fundraising events throughout the year. One is our recycling program for recycling used paper. Another great fundraiser is the wreath sales. Families may order fresh holiday wreaths that are shipped directly to the family's house for the holidays. Student Council also hosts skate nights, bake sales, and sells valentine balloons. This year, one idea for a new fundraiser is “A Photo with Jaws,” our school mascot. Student Council will be lead by Ms. Urban and Ms. Ashton, and there six members: Carter Scott, President; Reed Rutter, Vice President; Carly Sharp, Secretary; Wilson Lubeck, Treasurer; and Max Toffel, Historian. We look forward to another exciting year.
Happy October & November Birthdays to our patients from Dr. Barkate...

When You Imagine Their Future... Imagine a Beautiful Smile!

Newport Beach
2131 Westcliff Dr., Suite 200
Newport Beach, CA 92660

(949) 722-9010

www.BarkateSmiles.com
**Middle College**

2701 Fairview Road, Costa Mesa, CA 92628
714/432-5064

**School News Roll Call**

**A ‘Sweet’ Potluck**

Since the Middle College opened its doors in 1996, students and parents alike have looked forward to our school potlucks. Everyone in our community treasures the warm food, welcoming atmosphere and loving friends. The first potluck of the 2009–10 school carried on this tradition with a bittersweet twist—it would be the final Wombat welcome event after a successful 13-year run.

After brief introductions and a PTSA meeting, the plastic wrap came off the food and the buffet line formed. The food was scrumptious, as was the array of desserts. The evening ended with laughter and songs. Samantha Smith, Joshua Larson and Anthony Hughes delighted students, alumni and parents with their special talents on vocals and guitar. They displayed just a fraction of the talent overflowing at OCMC. Nadia Jeronimo, winner of a 2009 Girls Inc. National Scholar’s Program Award, summed up the experience for us all: “The potluck was very entertaining because of the songs—and the food was really good too. It was awesome.”

Robert Nanney
Principal

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**Newport Harbor**

600 Irvine Ave., Newport Beach, CA 92663
949/515-6300

**By Brandon Clay, Math teacher**

**Business Math**

The math teachers are looking forward to a new class being offered called Business Math. It will teach students how to buy a house or car, compute their taxes, and simulate all the aspects of business ownership. There are 28 students enrolled in AP Calculus BC this year which is the largest group ever at NHHS. These students are excited and they are confident they will be successful on the AP exam in May. Over the summer 35 incoming freshmen attended the 2-week Math and Science program, with Mr. Clay and Mr. McCarty. These students learned to compute horsepower, use Trigonometry to find the height of tall landmarks on campus, program and build Lego robots, and took several field trips. These students had the most fun building and launching boats made of cardboard that could hold them in the pool, as a preview to the physics boat project.

Michael Vossen
Principal

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**Pomona**

2851 Pomona Ave., Costa Mesa, CA 92627
949/515-6080

**Elementary (K–5)**

**School Reconfiguration**

Pomona Elementary School has changed its grade configuration for the second year in a row. Last year, Pomona changed from a prekindergarten through third-grade school to a pre-kindergarten through fourth-grade school. For 2009–2010, Pomona grows to a prekindergarten through fifth-grade school. Preschool has remained at 96 students from last school year to the present, with a waiting list. The rest of the school has grown substantially. Pomona now serves 460 students in kindergarten through fifth grade, compared to 407 students in June.

Pomona has a new geography with upper elementary grades, primary grades and preschool each in its own area of the campus. Intervention, library, computer lab, science room, music, food service and play areas are positioned as strategically as possible to keep student groups moving safely and efficiently through their daily learning activities.

Newport-Mesa Unified School District (N-MUSD) elementary reconfiguration program concludes in the 2010–2011 school year, when Pomona is scheduled to add sixth grade and become a prekindergarten through sixth-grade elementary school, consistent with the model for most N-MUSD elementary schools.

Stacy Holmes
Principal

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949/515-6080

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Stacy Holmes
Principal

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**Paularino**

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

**Elementary (K–6)**

**Welcome Back, Panther Families!**

We have had a great start to the 2009–10 school year! I want to start first by sharing some wonderful news: Our Academic Performance Index (API) score rose 63 points to 813 this year, plus we met all NCLB requirements! The dedication from the staff, students and parents is paying off, and our Panthers are soaring to new heights. It is going to be an exciting year!

Our theme this year—Healthy Bodies, Healthy Minds, Healthy Attitudes—will allow us to continue our goal of meeting the needs of the whole child. We had our second annual Lunch on the Lawn in September. It was a beautiful day outside, and all of the students joined in and had a picnic with their friends and family. It was great to see such a big turnout!

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We are always looking for wonderful classroom volunteers to read with the students, work on flashcards, and be good role models. If you have time and would like to contribute to your local school, please stop in the office and pick up the paperwork and documentation that is needed, which includes a TB test.

Stacy de Boom
Principal

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**Paularino**

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

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Stacy de Boom
Principal

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Welcome to the 2009–2010 school year! The staff at Rea Elementary School is excited to partner with our community to provide the best possible educational experience for all of our students.

We have had a few of changes at Rea this year. Our school continues to go through reconstruction. We are smaller as we now approach 570 students, down from 750 students last year. We had some staff members leave for new homes in the Newport-Mesa Unified School District. Mr. Fox is now teaching at Adams Elementary School; Ms. Seibert is at Corona Del Mar High School; and Ms. Marmer is teaching at Lincoln Elementary School.

We had some family additions for staff members this year. Mrs. Mendoza welcomed a baby boy, Tomas, in May, and Mrs. Cortegana welcomed Jaedon Michael in August. Ms. Garcia is filling in for Mrs. Mendoza, and Ms. Rodriguez is substituting for Mrs. Cortegana.

We have many opportunities for volunteer involvement at Rea. Parents and community members play an important role in our children's education, and we welcome your involvement in all aspect of our school. Last year we had several parent and community volunteers helping our Rea students. Please consider joining our volunteers program, the English-Language Advisory Council (ELAC), or the PTA.

I look forward to a wonderful year!
Garden of Learning

Fall is here, and our pumpkins are almost ready! Last June, Whittier Elementary School students planted pumpkin seeds in our garden. Over the summer they grew, and we have about 20 pumpkins already! A week before Halloween, each class will get to choose a pumpkin, cut it off the vine, and then decorate it.

Our butterfly plants have attracted many butterflies over the summer. We are hoping to study the lifecycle of butterflies by observing them in our garden.

We will be planting carrots and lettuce for Fluffy, our bunny, who lives in our garden. Hummingbirds and other birds have food and water in our garden, too.

Students use the garden to pull seedlings to study the parts of a plant. Soon we will be planting sweet pea flower seeds to study plant growth and to investigate seed pods. The garden is one of the favorite places for our students to visit.

Whittier students ready to harvest their full grown seeds.

Third-Grade Goals

Over the past few weeks, we have been welcoming our students and their families back to school. The students were excited to get back after summer vacation, seeing old friends, making new ones, meeting their new teachers, and settling into new daily routines. It’s going to be another great year!

Wilson Elementary School’s third-grade teachers, Mrs. Mary Cruzen, Mrs. Theresa Gonzalez, Mrs. Judy Ishinger, and Mrs. Donna Kratter, all look forward to the challenge of helping our diverse students reach their goals. Third grade’s first theme in Houghton Mifflin’s reading program is “Off to Adventure!”

Students enjoy these stories while continuing to acquire new reading strategies, increase their fluency, expand their vocabulary, and set their own personal goals as they strive to achieve California third-grade standards. These new third-graders encounter challenges in their new curriculum: the personal narrative in writing. The first projects for third-graders will be personal narratives in writing, place value to the hundred thousands in mathematics, and learning about California and its regions in social studies.

Some future events planned for our third-graders include field trips to the Environmental Nature Center (ENC), Mary Muth Center, and South Coast Repertory. A physics assembly by the University of California, Irvine and Meet the Masters art assemblies will also be presented on campus. The third-grade students will also perform in a spring concert, including numbers on the recorder.

Schools are strongest when communities join with them in support, and children are the ones who benefit. We invite parents and community members to volunteer and become involved with our programs.

Congratulations

Welcome to the 2009–2010 school year!

This year is particularly exciting, because Woodland has seen a huge growth in our second-grade California Standards Test results. They show that our second-graders had a 15 percent increase in the number of proficient or advanced students in the English language arts, and a 10 percent growth in proficient and advanced in mathematics.

As a result, Woodland will be honored before the board of education as one of “Dr. Hubbard’s Top Five!” So congratulations to all of the second-graders for their hard work!

We would also like to extend a big thanks to our outstanding teaching staff, for both monitoring student growth and providing individualized instruction to those children who need it. And, of course, we couldn’t do it without the help of our wonderful parent group and support staff. They work closely with the teachers to provide the best education possible.

Woodland’s Back-to-School night in September was well attended, too. It was exciting to see so many parents getting to know their children’s teachers and the fine academic program they provide.

We are also looking forward to the Star Assembly in October, which will culminate with a star-gazing party at Kaiser, our sister school, on the evening of October 23.

In addition, Woodland’s Healthy Choices week will be celebrated at the end of October. The students will once again learn about healthy food choices and lifestyles. This will be a very special week for all of us. Thank you, Sherri Fenn!
California Golden Bell Award Winners

On Saturday, Dec. 5, 2009, Ms. Janet Dukes, as the Program Director of the Newport Harbor High School Culinary Academy will be honored in the 30th Annual Golden Bell Awards program at the California School Board Association (CSBA) State Conference. This highly respected award will be presented at a special ceremony during CSBA’s Awards luncheon.

The Culinary Academy is an incredible program, as the students winning four of the last seven California ProStart Culinary competitions would indicate. Each victory advanced the teams to the national finals. While not winning this past year’s competition in San Diego, the experience provided the students an amazing opportunity to meet and network with leaders in the food industry from across the country. To see more photos of this winning team in action, go to: www.nmusd.us/cte

School Health Services

By Liza Mardoyan, School Nurse RN, BSN

Asthma and the Role of the School Nurse

Chronic Asthma is the leading cause of absenteeism in school-age children. Not only students diagnosed with asthma miss classroom time, but also they do not participate in sports, field trips and other activities due to fear of an asthma attack.

A well managed asthma and will minimize the physical and social impact of this chronic illness.

Asthma is the inflammation and constriction of the airways in the lungs. This will result in symptoms as mild as coughing and wheezing to life-threatening asthma attacks, manifested by shortness of breath and chest tightness.

Triggers vary from one child to another and may include, but not limited to: Allergens such as dust, pollen, pet dander, smoke, chemicals; Cold air/weather changes; Exercise; Recent upper respiratory infection; Stress and anxiety.

In general, asthma is controlled by a combination of long acting “control” and short acting “rescue” medications. The most common short-acting bronchodilator is Albuterol Sulfate.

Your role as a parent: Prevention is the best treatment; Educate yourself; Knowledge is power; Use medications as prescribed; If child is not relieved with “rescue” meds and symptoms worsen, call 911; Communicate with school nurse, teacher and personnel.

The School Nurse Role: Prepare Asthma Individualized Student Health Plan (ISHP) and Emergency Plan (ECP); Administer medications when asthmatic episodes occur; Educate staff & parents about asthma and inhaler use; Monitor asthma management.

Our goal is Zero missed school days due to asthma.

Nutrition Services

Harvest of the Month Workbooks are Here!

Have you ever wondered about the nutrition profile of an apple? For example, how many grams of fiber are there in a medium apple? You can’t recall? Well, it might not be on the tip of your tongue but if you are in the sixth grade, you might learn this and other facts about produce.

This year, the Network for a Healthy California has rolled out the new Harvest of the Month Workbooks for kindergarten through sixth grade. Each month, students will learn about a featured fruit or vegetable and taste samples.

According to Geoff Ianniello, the project coordinator for this program, “These workbooks are a kid-friendly tool for students to learn about making healthy choices and becoming physically active. The activities are linked to the California Content Standards, which mean they support academic learning.”

Would you like to learn more about this project? Visit our web site: http://nmusd.ca.schoolloop.com/harvestofthemonth.

By the way, a medium apple has four grams of fiber.

Harper Preschool

Harper Preschool is Ready to Learn

All students began the school year ready to learn. It seemed as though the students had been preparing for the first day of school since the end of the summer school session. As the preschool students and parents arrived on the first day of school, you could once again hear the laughter and the chatter at Harper Preschool. Parents kissed their children on the cheek and wished them a great day at school as they stepped back to admire their growing youngster enter their preschool classroom.

Teachers began this school year with a staff development day focusing on the implementation of direct teaching instruction and peer mediated interventions. Although this was a refresher course for our seasoned teachers, all staff members were very excited about delving more deeply into these particular essential research-based practices, which ultimately enhances student learning.

Everyone at Harper is eager to see the growth and development our children will make over this school year.
Some notable accomplishments include:

**Academic Performance Index**
- 77% of NMUSD Schools met all targets set for the Academic Performance Index.
- 19 schools have State API Scores over the State Target of 800.
- Of those 19, there are 6 schools over the score of 900.
- Excellent double digit growth was seen in all significant subgroups for the District. Especially notable is the overall growth of English Learners (25 points) and Students with Disabilities (24 points) over their performance the previous year.

**Annual Yearly Progress**
- 63% of NMUSD Schools met all targets for the NCLB Annual yearly progress.
- At the High School level, the graduation rate is 93.4%, an improvement over the previous year's rate.
- The District continues to place the focus on student learning and continuous improvement at all levels through emphasis on the core standards. I am extremely proud of all the excellent school progress. These dramatic increases are definitely cause for celebration! Each year, the schools improve their achievement and I attribute that to hard-working, dedicated staff and committed students and parents.

**Harbor Zone:**
- **Date:** October 7, 2009
- **Time:** 6:00 p.m. to 7:30 p.m.
- **Location:** Ensign Intermediate School Gym

**Estancia Zone:**
- **Date:** October 21, 2009
- **Time:** 6:00 p.m. to 7:30 p.m.
- **Location:** Estancia HS Commons Area

**Corona del Mar Zone:**
- **Date:** October 28, 2009
- **Time:** 6:00 p.m. to 7:30 p.m.
- **Location:** Corona del Mar HS Big Gym

**Costa Mesa Zone:**
- **Date:** November 18, 2009
- **Time:** 6:00 p.m. to 7:30 p.m.
- **Location:** Costa Mesa HS Library

We look forward to seeing you. If you are unable to attend the meetings, all of the information discussed and charted from each of the zone-wide community meeting will be placed on our website for review and follow up comments. http://web.nmusd.us/stplanpriorities

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**Game Time**
By Kent Kawaguchi

<table>
<thead>
<tr>
<th>Across</th>
<th>Down</th>
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</thead>
<tbody>
<tr>
<td>1. What team won the NFL Super Bowl XLIII? (2 words)</td>
<td>7. Who won the 2009 MLB Home Run Derby? (2 words)</td>
</tr>
<tr>
<td>2. What is PGA golfer, Tiger Woods' real name? (2 words)</td>
<td>8. Who won the 2009 Men's Wimbledon Championship? (2 words)</td>
</tr>
<tr>
<td>3. How many gold medals did Michael Phelps win in the 2008 Summer Olympics?</td>
<td>9. Where will the 2010 Winter Olympics be located?</td>
</tr>
<tr>
<td>5. In bowling, earning three strikes in a row is called?</td>
<td>11. How many players play on a Men's lacrosse team?</td>
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<tr>
<td>6. The USA Men's Volleyball team practices in what city?</td>
<td>12. Two strokes under par on an individual hole is called?</td>
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<tr>
<td>13. Who won the Most Valuable Player in the 2008-2009 NBA season? (2 words)</td>
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Answers page 14.
Tooth Talk

Often Asked Questions

This series of articles is designed to provide some general information about the most common questions patients and parents have regarding dental treatment. Specific situations should always be addressed by your general dentist or by a dental specialist within the area of concern.

Q. When should my child first see a dentist?

A. Depending on who you talk to, you will hear between six and eighteen months. The American Academy of Pediatric Dentistry (AAPD) recommends a “first visit by their first birthday.” This means your child should visit a general dentist or pediatric dentist when the first tooth comes in, usually between six and twelve months of age. The most important reason to start this early is to begin a thorough preventative program. The first visit is also a time for your child to become comfortable and familiar with your dentist, and for you to get your specific questions answered. The major concern at this age is Early Childhood Caries (baby bottle tooth decay). The risk of early tooth decay comes from allowing the child to sleep with and continuously use a bottle during naps or at night, and this behavior should be avoided to protect the teeth.

Q. How do I protect my child’s teeth while playing sports?

A. I get this question a lot about this time of year, since football season has arrived. We usually think of using mouth guards for football and hockey, but the truth is that nearly half of sports-related mouth injuries occur in basketball and baseball. Your child should wear a mouth guard while playing football, baseball, basketball, soccer, hockey, skateboarding, and even gymnastics. As a general rule, if there is a good chance of a hard fall or contact in the sport or event, then a mouth guard is warranted. The typical “boil and bite” mouth guards from your corner sporting goods store can be fine, but custom mouth guards made by your dentist are usually the best and unfortunately, the most expensive.

Q. What kind of candy should my child avoid during Halloween?

A. As a dentist, I should answer that no candy is good for your teeth. However, I do know that my patients are going to eat it at this time of year. If your child is going to eat candy, it is best to avoid the kind that is sticky and chewy because the sugar gets stuck on the teeth and can cause cavities. In addition, the hard or crunchy candy can break braces and may prolong orthodontic treatment. Softer chocolate bars are preferred and always, I recommend brushing after eating. For fun and brace-safe Halloween recipes, visit the American Association of Orthodontists Web site at www.braces.org.

I tell my patients if they have a question about whether or not the candy is safe to eat with braces, they are welcome to bring it in and I will be happy to try it for them!

Dr. Hal Barkate is an orthodontic specialist with offices in Newport Beach and Ladera Ranch. He is also a faculty member and lecturer at the UCLA School of Dentistry, Department of Orthodontics and is the continuing education director for the Pacific Coast Society of Orthodontics, Southern California Region. If you have any dental questions for Dr. Barkate to address in this column, please call 949/722-9010.

Dr. Hal Barkate, DDS, MSD

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Dr. Hal Barkate, DDS, MSD

Q. When should my child first see a dentist?

A. Depending on who you talk to, you will hear between six and eighteen months. The American Academy of Pediatric Dentistry (AAPD) recommends a “first visit by their first birthday.” This means your child should visit a general dentist or pediatric dentist when the first tooth comes in, usually between six and twelve months of age. The most important reason to start this early is to begin a thorough preventative program. The first visit is also a time for your child to become comfortable and familiar with your dentist, and for you to get your specific questions answered. The major concern at this age is Early Childhood Caries (baby bottle tooth decay). The risk of early tooth decay comes from allowing the child to sleep with and continuously use a bottle during naps or at night, and this behavior should be avoided to protect the teeth.

Q. How do I protect my child’s teeth while playing sports?

A. I get this question a lot about this time of year, since football season has arrived. We usually think of using mouth guards for football and hockey, but the truth is that nearly half of sports-related mouth injuries occur in basketball and baseball. Your child should wear a mouth guard while playing football, baseball, basketball, soccer, hockey, skateboarding, and even gymnastics. As a general rule, if there is a good chance of a hard fall or contact in the sport or event, then a mouth guard is warranted. The typical “boil and bite” mouth guards from your corner sporting goods store can be fine, but custom mouth guards made by your dentist are usually the best and unfortunately, the most expensive.

Q. What kind of candy should my child avoid during Halloween?

A. As a dentist, I should answer that no candy is good for your teeth. However, I do know that my patients are going to eat it at this time of year. If your child is going to eat candy, it is best to avoid the kind that is sticky and chewy because the sugar gets stuck on the teeth and can cause cavities. In addition, the hard or crunchy candy can break braces and may prolong orthodontic treatment. Softer chocolate bars are preferred and always, I recommend brushing after eating. For fun and brace-safe Halloween recipes, visit the American Association of Orthodontists Web site at www.braces.org.

I tell my patients if they have a question about whether or not the candy is safe to eat with braces, they are welcome to bring it in and I will be happy to try it for them!

Dr. Hal Barkate is an orthodontic specialist with offices in Newport Beach and Ladera Ranch. He is also a faculty member and lecturer at the UCLA School of Dentistry, Department of Orthodontics and is the continuing education director for the Pacific Coast Society of Orthodontics, Southern California Region. If you have any dental questions for Dr. Barkate to address in this column, please call 949/722-9010.
COMMUNITY YOUTH CENTER (CYC) RENOVATION:

After several months of renovation, Community Youth Center (CYC) in Corona del Mar has opened its doors to the community. The renovations included exterior/interior design, the addition of a classroom, noise repellants, a new roof, and an office to provide you with an opportunity to register for classes or reserve the facility on-site.

Check OUT the new programs for you to enjoy at the center with the addition of over 10 new instructors and over 30 diverse classes, CYC is sure to have the perfect class for you!

HOLIDAY YOUTH CAMPS:

Celebrate the holidays with new friends, creating holiday crafts, participating in games and tournaments, and having fun at the Holiday Youth Camps. Daily activities are designed for youth to expand their abilities, discover new talents, and improve skills. Trained Recreation Leaders provide a fun, safe, and active environment, which promotes self-esteem and sportsmanship. Campers will enjoy walking trips to the Central Library, CdM Fire Station, and/or CdM Beach, and an excursion to a local theme park or museum during the Presidents and Spring Break camps. Campers must be enrolled in K-6th grade during the '09-'10 school year.

WINTER HOOPS:

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

GIRLS HOOPS:

Girls Hoops promotes health, fitness, and sport in a safe environment for 5th-6th grade girls learning how to play basketball. All levels are encouraged to play! A skills assessment will take place on February 4 to determine teams. Practices will be scheduled once per week throughout the 7-week season beginning in February. Games will be played on Wednesdays and Fridays at Lincoln Gym.

ACTIVE KIDZ AFTER SCHOOL PROGRAM:

An extension of the school day, ACTIVE Kidz provides a fun, safe, and educational after school environment for youth. Enjoy planned indoor and outdoor activities, homework assistance, walking excursions, and creative arts.

Locations include:
- Mariners Park
- West Newport Community Center
- CYC/Grant Howald Park

Contact Newport Mesa Unified School District for information on bus service.