Students Love Operation Smile

A narrative written by Miss Nivinskus’ fourth grade class at Sonora Elementary School in Costa Mesa describing their experience with a service learning project focused on helping a child with a cleft palate reconstruction through Operation Smile:

Sonora Elementary School Students Love Operation Smile!

One day in October of last year, when we were in fourth grade, our teacher asked us what we wanted to do as a class to help someone. We talked about service learning and

A Trip to Yosemite

By Phil D’Agostino, Principal
Estancia High School

On October 11th, approximately 45 Estancia students, teachers and parents departed Costa Mesa for a week of fun and learning in Yosemite National Park.

As soon as they arrived, they found the first day truly awe-inspiring. However, the second day brought seven inches of rain in a 27-hour time period, resulting in waterfalls that were nothing short of amazing! One day of misery turned into a memorable learning experience for all.

The Field Studies Program at Estancia High School will soon travel to the California deserts to dig for geodes and explore the lava tunnels at Psgah Crater, as well as the limestone caves at Mitchell Caverns and the harmonics of Kelso Dunes.

On an upcoming trip to Big Sur and Monterey, the students will study science and literature. They will follow this with an exploration of topics such as California volcanism, seismicity, and glaciation patterns in the Sierra Nevada Mountains.
NMUSD is committed to communicating with the community. In this issue, Dr. Hubbard writes about District Highlights beginning on page one and the Board of Education continues to seek input on the Strategic Priorities. On page 3 Laura Boss, Director of District Communications, writes about Hot Topics. And, of course, School News keeps you informed every other month with information from each school—each issue is posted on our Web site until the next issue is printed.

We are mindful of our service men and women who have volunteered to protect our country. Happy Holidays!

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Licensed Marriage, Family & Child Psychotherapist
Certified Anger Management Provider

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Social Skills group is a 10 week series for children 5-6, 7-9 and 10-12. Social skills group will provide children with different opportunities to interact and maintain friendships, enhance self-esteem and assist them with problem solving, self-control and teasing.

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HEDI KERMANI DDS, MDS
Diplomate American Board of Orthodontics & Dentofacial Orthopedics

JUDY GILLARD, DDS
Pediatric Dentistry Specialist

Kay Coop
Founder / Publisher

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949.640.5050
2515 Eastbluff Dr. • Newport Beach, CA 92660
In an effort to keep our Newport-Mesa school community informed about current District projects and priorities, the communications office has developed a webpage dedicated to “hot topics”. This page is a concise listing of some of the current items being discussed in the Newport-Mesa Unified School District and community. Several of the items on the hot topics page have discussion forum options for members of the community to post comments and share feedback about a specific issue. This webpage will be continually revised with new items that meet the “hot topics” level. The webpage can be located at: http://nmusd.ca.schoolloop.com/hottopics

Current Hot Topics include: Corona del Mar 7-8 Enclave Project, Costa Mesa 7-8 Enclave Project, H1N1/Swine Flu, Internet/Cyber Safety, NMUSD Budget, Site Modifications, Strategic Priorities Forums

If you are unable to find what you are looking for, check out the District’s home page at www.nmusd.us under the news and events heading. And, as another option, you can do a search in the top right hand corner of the home page for a key term. Just type in a search word, for example, “policy” and the search box will bring up all associated web pages where the word “policy” is located.

Still having difficulty finding what you are looking for? Contact the Public Information Office by email at feedback@nmusd.us.
Financial Tips

Enjoy the Holidays with Minimal Impact on Your Budget

The holiday season is fast approaching and many of us are already planning for gift-giving and family feasts to be shared with our friends and family. Most people struggle with keeping the budget under control during this season. It’s a given, that even in challenging times, consumers will still spend money to celebrate the holidays. You can control your holiday spending while still enjoying the season by simplifying, planning and budgeting:

Set a realistic budget that will work for you and create a holiday list including all your expenses such as cards, decorations, gifts and food for festivities. Avoid the last minute rush and give yourself time to comparison shop to find the best deal.

Do something different this year by encouraging friends and family to support non-profit organizations in your community in exchange for gift-giving to each other. You may volunteer time as a group or make a monetary donation towards a charity that you and your loved ones would like to support.

Plan now for next year’s holiday season. Once the season is over, start a holiday savings account with your local credit union or bank. Determine what you spent this year and decide how much you the need to put away each month. A holiday account lets you save in advance and earn interest while saving for your 2010 holiday season!

Jeffrey A. Napper
President & CEO
LBS Financial Credit Union

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NCUA
H1N1 Flu-Stay Informed, Stay Healthy

With the start of the school year, many parents are concerned about the return of the H1N1 virus (also known as the Swine Flu) to our schools. The H1N1 flu began spreading in spring of 2009, and health officials are predicting that we will continue to see the spread of the virus this fall and winter.

You may have heard the word “pandemic” used when describing the H1N1 virus, and wondered what this meant. An epidemic is defined as an outbreak of a contagious disease that is rapid and widespread, affecting many people at the same time. A pandemic is an epidemic that becomes so widespread that it affects a region, continent, or the world. In June 2009, the World Health Organization (WHO) declared that the H1N1 outbreak had reached pandemic level 6, meaning that person-to-person transmission of the virus had occurred in two separate world regions. This is the first flu pandemic in 41 years.

H1N1 is a new virus, one that most people have little or no immunity to. It is for this reason that this virus may cause more infections than are usually seen with seasonal flu. According to U.S. health officials, H1N1 flu could strike up to 40 percent of Americans over the next two years, about twice the number of people who usually get sick in a normal flu season. The virus spreads very fast, particularly among young people (from ages 10-45). Fortunately, the majority of people who contact the virus experience mild symptoms and recover fully without antiviral treatment.

How can you help your children, yourself, and your family stay healthy this flu season? The Centers for Disease Control and Prevention (CDC) suggests that we:

Practice good hand hygiene: Wash hands often with soap and water. Alcohol-based hand cleaners are also effective.

Follow respiratory etiquette: Cover your mouth and nose with a tissue when you cough or sneeze. If you don’t have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.

Stay home if you are sick: Keeping sick people at home means that they keep their viruses to themselves, and don’t share them with others.

The Orange County Department of Education has created a website that contains links to state, national, and global resources and a variety of information sheets and toolkits that parents and schools may find useful. Visit http://www.ocde.k12.ca.us/flu_update.asp to find the latest information and recommendations around the H1N1 virus.

Let’s be proactive in stopping the spread of flu viruses at school and at home. Our goal at the Orange County Department of Education is to keep our schools healthy while continuing to provide a world class education where every student succeeds!
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 batteries regularly and know when and how to call for help.
- 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.

Additional Holiday Safety Tips:

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.

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

Newport Beach Chamber of Commerce
1470 Jamboree Road, Newport Beach, CA 92660
949/729-4408  www.newportbeachchamber.org

Mentor for a Day

The Education Committee of the Newport Beach Chamber of Commerce is comprised of district and school administrators, chambers members and community leaders. For the last ten years, the committee has been striving to leverage the resources of the business community in partnership with the Newport Mesa School District to enhance the education and career exploration of students.

A big focus this fall is the planning for the next “Mentor for a Day” program which takes place on Thursday, March 25, 2010. This annual event allows nearly 100 Newport Mesa high school juniors to spend a day with a mentor from a profession that interests each student.

To execute this event, countless hours are spent selecting students, identifying mentors from a variety of fields, and coordinating the logistics of assembling everyone together. These activities are spearheaded by chamber Finance Director, Kathleen Sanchez and current committee chair, Laurie Rybaczyk from Ensign Intermediate School. In previous years, students have had the opportunity to spend quality time at Hoag Hospital, the Daily Pilot, PF Chang's, The Police and Fire Departments, Balboa Bay Club, Fashion Institute of Design and Merchandising, and Fletcher Jones Motorcars among many others. This experience is invaluable to these lucky students as they explore their career options.

Newport Beach Public Library
1800 Avocado Ave., Newport Beach, CA 92660
949/717-3800  www.newportbeachlibrary.org

Holiday Time

The holidays are a busy time for everyone, but the Newport Beach Public Library is a great place to relax, pick up some holiday books or CDs and DVDs, make holiday crafts, or get in the spirit of things by attending the annual Holiday Puppet Show on December 12th.

This event will be at 1 p.m. and 2 p.m. at the Central Library, and at 3:30 p.m. at the Crean Mariners Branch. These delightful shows are sponsored by the NBPL Foundation, and are performed by Jim Gamble Productions.

For craft-loving children, there will be a “Winter Holiday Crafts” activity at the Mariners Branch on Saturday, December 19th at 2 p.m. It will also be offered at the Central Library’s Craft Club on Tuesday, December 15th at 4 p.m. These programs are for kindergarten through second-grade students. Please visit www.newportkids.org to register.

Please note: all Newport Beach Public Library locations will be closing at 1 p.m. on December 24th, and will remain closed until Saturday, January 2nd.

Happy New Year! The Library has lots of special programs planned for 2010. Our first show will be a family concert entitled Dunley Rabbit, P.I., and the Case of the Mysterious Sound! It will be performed at the Central Library on Saturday, January 9th at 11 a.m. This musical adventure engages children and their families with some great chamber music performances.

Also in January, the ever-popular Abbit the Average will return to perform his popular Comedy Magic & Juggling Variety Show, for two appearances at the Central Library, on Thursday, January 14th at 2 p.m. and 4 p.m.

On Saturday, January 16th at 2 p.m., Abbit will also perform at the Mariners Branch. Attendance at all programs will be limited to space available.
Adams Elementary (K–6)
2850 Clubhouse Road, Costa Mesa, CA 92626
714/424-7935

Adams All Star Joggers Rock!

Bright and early on October 28, Adams’ held their Second annual Jog-a-Thon students and many of their teachers spent the morning walking, running, or jogging around the Adams’ School field. The Estancia Cheerleaders were present to do routines, cheers, and spritz water on the runners as they rounded the track. The PTA sponsored event brought in approximately $10,000 dollars to support school assemblies and programs. Congratulations to all of our All Star Athletes!

Adams held their annual Halloween Parade on Friday, October 30. Many students and teachers came in costume to school. As the spooky music played, teachers and students paraded around the blacktop as parents snapped pictures and prizes were determined.

Candy Cloud
Principal

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

A Harvest Of Success

The months of October and November brought another beautiful and very busy autumn to Andersen Elementary School. Our annual Walk to School Day in October brought staff and students walking together to stay fit and healthy.

Later in October, our Dads Eliminating Andersen Needs (DEANS) sponsored our Haunted House and Pumpkin Patch. It was a huge success as adults and children of all ages enjoyed every booth, especially the Haunted House. The pumpkins were all sold out, as well as the delicious tacos cooked by the DEANS. We can’t wait for next year’s event!

We are very proud of our beautiful garden growing outside our third-grade classrooms. Our Andersen Garden Angels have been formed to include school-wide participation. One of our wonderful parents, Stacie Daniel, helped to coordinate the program in which several Andersen families tend to the garden on a seasonal rotation. I can’t wait to try the snow peas, carrots, strawberries, broccoli, kale and cauliflower that were planted this fall.

Stacie also helped to organize an outstanding way to focus more clearly on Coach John Wooden’s Building Blocks to Success. Every month, students, staff and parents can answer questions created by the monthly building blocks, such as Loyalty and Cooperation. They put their answers in the Building Block Frame outside the principal’s office. Two or three answers will be pulled and read so that person can be recognized at the weekly Friday Flag Decks. This is a great opportunity for parents and staff to focus with their students on the real meaning of the 15 Building Blocks that are in Coach Wooden’s Pyramid of Success. Coach Wooden’s definition of success is “happiness in your heart because you made the effort, 100% to do your best!”

Mary Manos
Principal

Back Bay High School
390 Monte Vista Ave., Costa Mesa, CA 92627
949/515-6900

Traveling with Flat Stanley

As a part of a Social Studies unit second grade students welcomed Flat Stanley into their lives this month. After reading the story about Flat Stanley and his adventures, the students made and decorated their own Stanley. Flat Stanley will be sent out into the world along with a journal for keeping track of his travels. He will be sent to friends and relatives who have promised to keep him safe and return him to his friends at California School by March 1.

We plan to have a flat party to celebrate his safe return. We are hoping he has a chance to visit each of the 50 states.

Keli Smith
Principal

The Alternative Education Center

Back Bay High School is the continuation high school for the Newport Mesa School District. Students who attend Back Bay may apply to attend here and transfer from their comprehensive sites. Students are approved based on the need to make up credits or change to a smaller environment.

This has been a very busy year for Back Bay. In addition to having the opportunity to participate in several field trips and the college night, students had to finish the first trimester on December 9. We hope that all students earned 25 credits. Having three 60-day trimesters works well for students who want to make up credits, because by the end of the year, students can earn 15 extra credits. For students who want to earn credits at a faster pace, Monte Vista Independent High School is housed on the same campus. Students are required to attend two hours weekly in independent study, and all work is completed outside a scheduled appointment time. Students complete one course at a time and earn 30 credits per semester. Many students in Monte Vista work during the week and cannot attend school on a full-time basis. Students in both high schools are required to complete all district graduation requirements as well as successfully present a senior project and log 40 hours of community service.

If you are interested in more information about either Back Bay or Monte Vista High School, visit the Newport-Mesa Web site or call our office.

California Elementary (K–6)
3212 California Ave., Costa Mesa, CA 92626
714/424-7940

Covering the Newport-Mesa Unified School District

December 2009—January 2010
Learning is Fun

College Park Preschool parents participated in a six-week class on family literacy, presented by Diana Hensley. In this class, parents received information on best practices for reading with their children while creating memories together with the family. As a culminating activity, each parent created a family scrapbook with photos of the family’s favorite things to do together. We are already booking another session for the spring! Pictured here is one of our proud fathers with his daughter, whom he brought to the class each week.

At the end of October the TNT Dunk Squad came to College Park Elementary School to show our students some of the fun you can have with a few trampolines and a basketball, if you keep yourself fit and free from substances that are detrimental to good health. Dan and Brian have traveled the world competing as gymnasts and performing with the Harlem Globetrotters. They now take their show to schools all around Southern California, emphasizing the need for exercise, good eating habits, and a life free of drugs, alcohol, and tobacco. We sure enjoyed their amazing stunts!

Our sixth-grade students are looking forward to their adventures at High Trails Science Camp. They will be taking a four-day, three-night excursion in December to the camp, which is located near Big Bear. There they will experience all kinds of hands-on science and outdoor activities with their peers and teachers.

Web-based Research

I am pleased to announce that Costa Mesa High School is a recipient of the Enhancing Education Through Technology (EETT) grant from the State of California. This highly competitive grant is worth $428,000, and is to be distributed among the elementary and middle schools in the Costa Mesa zone.

The focus of this proposed EETT program will be on writing across the curriculum in science. This will be accomplished by using the Web-based, student-driven instructional tool called “MY Access!” This tool will be combined with the research-based interactive methods of the Discovery Science program, all centering on content that aligns with school, district and California Department of Education standards that are already a part of the district curriculum.

A Stress on Learning

The MY Access! individualized prompts help the students conduct Web-based and conventional research efforts. Our teachers will be able to review any assigned MY Access! materials at frequent intervals, such as with student-created compositions, in order to monitor their academic achievement levels on an ongoing basis.

The students can also receive immediate constructive feedback about their work through use of the MY Access! evaluation program. This will help them refine their work, and learn from both their regular classroom teachers and the Web-based curriculum.

The students will be basing a majority of their writing assignments in alignment with an implementation of a second Web-based science-focused curriculum called Discovery Science.

Congratulations to our schools in the Costa Mesa zone. As always, they are continuing to focus on learning!
By Lianne Nahina Pfister, M.A., CCC-SLP

Ohana, the Aloha Spirit, and Peace on Earth

CdM has an overall atmosphere of “ohana,” which is family. Teachers and staff members receive ongoing trainings to collaboratively “zap” bullying and name calling, and encourage an atmosphere of compassion among all. The students have vowed to take “Rachel’s Challenge” to help start a chain reaction of kindness. Special needs students integrate with others, as high fives and “alohas” are heard during passing periods.

Harmony in Action

The organizations and social clubs on campus, such as Best Buddies, the Ukulele Club, the Hawaiian Club, the Persian Club, the Armenian Club and others, all share bonds of cultural awareness, social opportunities, acceptance and respect for differences.

It is important to remember that the most important training starts at home, and then expands to the school and community. Without the strength from home and parents the system weakens. It takes a village; it takes ohana.

Thank you to the infamous “Men in Black” (our administrators), and the amazing staff, the students and supportive parents at CdM. We continue to practice the aloha spirit, and continued peace on earth.

---

Davis Magnet School (K–6)

1050 Arlington Drive, Costa Mesa, CA 92626
714/424-7930

Dr. Kevin Rafferty
Principal

After School Academy Classes at Davis Magnet School

All students in grades K-6 have the opportunity to attend free After School Academy classes at Davis Magnet School this year. Four different five-week after school enrichment cycles will be offered throughout the school year. Each class meets on a particular day of the week for two hours immediately after the regular school day ends. Here are the After School Academy classes being offered right now:

- Natural History, Museum Studies, Paleontology:

- Public Health, Food Science:
  - Recipes for Good Health — designed for students in grade 3.

- Natural History, Physical Science:
  - Introduction to Flight: Its Origin and Development — for students in grades 4-5.

- Natural History, Museum Studies, Paleontology:
  - Shark Safari — designed for students in grades 4-5.

- Forensic Science:
  - Mystery from the Equator: Treasure and Terror in the Tropics — Solving a modern day pirate mystery on the high seas, designed for students in grade 6.

The After School Academy classes are very popular and each section has filled up fast. We look forward to offering students at all grade levels a variety of unique and enriching after school learning opportunities as the school year unfolds.

The next three five-week After School Academy sessions will begin on the following dates: January 11, 2010, March 1, and May 17. The course content and the grade level offerings for our various After School Academy classes will be determined as we move through the year.

---

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The “Gold Fever! The Untold Stories of the California Gold Rush” traveling exhibition tour was organized by the California Exhibition Resource Alliance (CERA) in concert with the California Council for the Humanities. CERA is a network of professionally operated museums and cultural organizations that collaborate to create and tour smaller, affordable, high quality exhibits that enhance civic engagement and human understanding.

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He told the reporter, “I heard of this school, so I wanted to see Principal Kathy Slawson. He was also interviewed by the Daily Pilot. He told the reporter, “I heard of this school, so I wanted to see the college mentality first-hand. I like the idea of college courses being offered at a high school campus.” Earlier this year, Early College High School was named a 2009 California Distinguished School by the state Department of Education which Jack O’Connell heads. Ms. Leuthold met Superintendent O’Connell at an Angels baseball game honoring the teachers of the year. Superintendent O’Connell commented that the focus of Ms. Leuthold’s students was a testament to what an outstanding teacher she is, “you can tell because her students aren’t even distracted.”

State Superintendent Visits

On Thursday, November 5, State Superintendent of Public Instruction, Jack O’Connell visited our Orange County Teacher of the Year, Candice Leuthold. Jack O’Connell spent time observing her class, talking to Ms. Leuthold and her students. He was also interviewed by the Daily Pilot. He told the reporter, “I heard of this school, so I wanted to see the college mentality first-hand. I like the idea of college courses being offered at a high school campus.”

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Positive school-wide Behavior Program

Eastbluff teaches strong character traits and scholarly positive behaviors with our school-wide positive reinforcement and character development through our John Wooden Pyramid of Pride Program. We began the year with a video that the Eastbluff Staff created, which modeled the school-wide behavioral procedures. The first day of school, students watched a staff-created video that models the school-wide behavioral procedures and walked through each procedure as a class the second day. Students focus on displaying these character traits monthly and are acknowledged for their positive behavior through pride tickets.

A new addition to our Positive School-wide Behavior Program is filling one another’s “buckets.” We learned that everyone has a bucket inside him or her, called self-esteem. We are focusing on filling the buckets with positive words and actions. This is modeled after the books Have You Filled a Bucket Today? and How Full Is Your Bucket? The five main strategies we are implementing are Prevent Bucket Dipping, Shine a Light on What Is Right, Make Best Friends, Give Unexpectedly, and Reverse the Golden Rule.

Our Friday Flag Decks recognize students for individual and class successes. Individual students are recognized for positive behaviors and are given pride awards. Classes are also acknowledged for their positive behaviors and teamwork and earn various pride banner flags from music, art, library, computers, science and PE.

It is exciting to see our students strive to be the best that they can be and cooperate to achieve their goals! Parents and community members, we invite you to join us in our Friday Flag Deck celebrations, beginning at 8:40 a.m.

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Horace Ensign

Intermediate School (7–8)

Hold on to Your Mainsheet!

The Ensign Sailing Club is one of our newer clubs established earlier this year through a grant from the state of California and Orange Coast College (O.C.C.). With the support of this community organization, each of the twenty students selected will be able to sail for free and have the opportunity to build new friendships while learning the importance of water safety and proper sailing techniques. The Sailing Club is one of many clubs offered to our Ensign students. Through experiences such as these we know our students are connecting better to school and improving in the classroom. We would like to thank all those for their support, especially the O.C.C. Sailing Base for offering such a unique opportunity to our Seabees.

A Trip to Yosemite (see front page)

If you would like more information regarding this program, please contact Stephen Crenshaw, our director of field studies, at (949) 515-6500, or at screnshaw@nmusd.us.

Estancia

High School (9–12)

Sea Us Succeed

Rain didn’t dampen the first-ever, Annual Harbor View PFO Jog-a-Thon held on October 14th. The whole school turned out as Julie Means and Jan Parker ran the show. DJ, Nik Froelich encouraged the runners, and kept the music upbeat and sunny even as the rain came down on the second and third grade runners!! Running to raise funds for the PFO enrichment projects, everyone from preschool to sixth grade ran their best during 20 minutes on a special-sized track for this event. The theme of “Sea Us Succeed” was evident in the giant Octopuses, Whales, Sharks, Starfish, Sea Horses, Sea Lions, Sea Turtles, and Fish made by Andrea Loth. On the day of the event, the number of parents and volunteers was amazing! Shouts of “Go! Go!” and “Just Keep Running! Just Keep Running” were heard from all across the field. The very successful event raised more than expected and PFO and the students of Harbor View couldn’t be
Kaiser Astronomy Night!

Now that NASA announced water was discovered on the moon, our recent Family Night take on even more importance! As part of our science focus, Kaiser hosted a wonderful Astronomy Night on Friday night, October 23rd with our Woodland neighbors. Over 20 telescopes, in all different sizes, shapes and powers, were set up on the blacktop for viewing the stars and planets—some even required climbing a ladder to look through the viewfinder!

We were lucky to have astronomy themed and designed hands-on craft activities in the MPR as well as the outdoor telescope set-up. All is all, it was a wonderful night—clear skies and friendly families!

Killybrooke Elementary (K–6)
3155 Killybrooke Lane, Costa Mesa, CA 92626
714/424-7945

A Busy Schedule

Killybrooke School has had a wonderful fall season! The PTA’s first-ever rummage sale, held on October 3rd, was a huge success. Our families were even treated to a fun movie night on October 16th. We also had a great Red Ribbon week in October that had the theme of “Dream It, Believe It, Achieve it, Drug Free.”

Our students were able to participate in many meaningful activities throughout this week. It culminated with the fantastic “Street Beat” music assembly.

In November, our Art Master’s assembly and classroom art lessons on Joseph Raffael were very special. Student artwork was framed and displayed at an art fair sponsored by the PTA. Guests were able to listen to instrumental music provided by the students and their family members. They enjoyed refreshments and later viewed the beautiful artwork in the auditorium.

Another Winner

We are very proud of sixth-grade student Alyssa Snider. She represented our school at the district spelling bee on November 6th. Alyssa was one of three finalists who will participate in Orange County’s big spelling bee competition in February!

The PTA treated our staff to a delicious Thanksgiving luncheon on November 20th. Students and their families were thrilled to see Santa Claus arrive by helicopter on December 10th, and our holiday music program on December 14th was also enjoyed by everyone.

We are looking forward to a great New Year!

Abraham Lincoln Elementary (K–6)
3101 Pacific View Drive, Corona Del Mar, CA 92625
949/515-6955

Healthy Choices, Safe Choices

The Lincoln community celebrated healthy and safe living during Red Ribbon week. Making the right choices is key to a healthy and safe lifestyle. Eating healthy foods, exercising and making good choices about how we live were all topics for discussion. Newport Beach police officer and Lincoln’s DARE officer, Rachel Johnson, was the kick-off speaker at Lincoln’s Red Ribbon flag deck. She encouraged all students to think about making healthy choices each day. Our teachers also encouraged students to make safe choices when using the Internet through their implementation of our district Cyber Safety curriculum. All week long, the Lincoln playground was a sea of red shirts as students wore red and participated each day in a PTA sponsored activity to promote healthy choices and safe choices. The week ended with a door decorating contest that celebrated our theme.

Have some Fruit and a Smile
Lincoln’s Kindergarten
By Ann Marie Baker, Teacher – 1st Grade

**Boo Fest**

The Halloween season spooked Mariners Elementary School again this year with the Boo Fest and Fall Festival on October 30th. The highlight of the annual event was marked with the yearly production by the Urbaniec family. Pam Urbaniec, a second grade teacher at Mariners, has brought this tradition to our school. Penne Ferrrell Theater was once again transformed into a theatrical arena where special effects and backdrops amazed audiences. This tradition was born over 30 years ago when the family wanted to do something more than candy and costumes on Halloween. It grew from a small venue in their hallway to a neighborhood performance in their front yard that drew over 1,000 people! Now, we are lucky enough to host their original productions in our school auditorium.

Their ambition and initiative to bring generations of their family together is not only inspiring, but also contagious as it unites our Mariners family as we look forward to and enjoy their creation.

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**Gifts of Mobility**

During a recent flag deck, Principal Nagy asked a group of children to come up before the school. She explained that these students had done something amazing. As she described their efforts, the crowd was truly blown away.

A small group of sixth-grade boys, along with their siblings and friends, decided to use some of their time and energy to serve their community.

October was Disability Awareness Month. The students were initially motivated by a film they’d been shown in class, depicting the struggle of a child with Down’s syndrome and his attempts to join a classroom of students unfamiliar with his disability. Upon seeing this film, these students decided to support Free Wheelchair Mission, a group that distributes free, lightweight wheelchairs around the globe. They set a goal of earning enough funds to pay for 12 chairs before October 30, and a matching donor pledged to double their efforts.

These children committed to trying to earn the money instead of just asking for donations. They earned money through individual work at their houses and their neighbors’ houses. They sold water, snacks, donuts and juice at flag football, soccer and skin-boarding events. They also offered pumpkins as gifts for donations. At the end of two weeks, they had raised $1,153.52! With the matching donation, they gave 38 gifts of mobility!

The students learned that they could feel good about giving up their free time for someone else’s benefit, that there are many generous people in their community, that they are fortunate to have legs that work, that teamwork gets them farther, and that goal setting helped them achieve more than they expected.

---

**Outdoor Science School Adventures**

During the last week of October our sixth grade class ventured into the San Bernardino Mountains, for a week of Outdoor Science School. The week was filled with rich science curriculum, adventurous nature hikes, great meals, hilarious skits, and a good old fashion Hoe Down. Students had the chance to study the biology, geology, and ecology of the local mountains. Kids fed wild birds from their hands, cracked open rocks to study the material they were made from, and viewed the affects of last year's forest fires.

The nights were filled with astronomy lectures, incredible stargazing, and breathtaking night hikes. Here is what a few students had to say about the week: Alexia Aguirre said, “That was the best week of my life!” Marianna Debarros said, “It was an amazing week of learning, and lots of fun!” Ben Morrison said, “I loved hearing our instructor play the guitar at night!”

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**So Much to be Thankful for**

The month of November is a traditional time wherein we reflect on the many blessings we are thankful to have. We are all very appreciative and thankful to have such positive parental support as we strive to continuously improve our practices at NCE. We are developing into a Professional Learning Community (PLC) where all children learn at high levels. Our PLC is an improvement process that has a focus on learning, collaboration and results. Our teams of teachers collaborate, review data based on essential standards and common assessments, and develop curriculum that is systematic in order to provide enrichment and extra support in a targeted manner.

On November 02, 2009, our dedicated staff spent a worthwhile day working on PLC’s and dedicated ourselves to learning and implementing specific strategies regarding common assessments, data analysis and curriculum.

I would also like to thank our dedicated teachers, staff as well as our wonderful students. May all our families enjoy a wonderful Thanksgiving together.
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to our patients
from Dr. Barkate...

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Positive Parenting
The Gift of Love for the Holidays

No one gets up in the morning and says, “Yippee, I have dental surgery today!” And that was the grim reality of my day yesterday. What amazed me from the beginning was how extremely gracious and kind every single person in John Buoncristiani’s office was from beginning to end.

Dr. John said please and thank you; so did his staff. Everyone looks at you when you walk into the room. It was a symphony of care, concern and graciousness. I hated to leave!

I told Dr. John that I’m knocking myself out every day to teach people the value of kindness, and he and his staff just showed me that it is possible.

What would the world be like if we were simply kind to each other? I went from Dr. John’s office to the post office where two women snubbed me when I offered my standard, “Good morning!” greeting. I swerved into a lane, and the driver gave me the finger, negating to acknowledge he had also swerved into the lane.

I have just returned from a speaking engagement in Denver and Boise, gone two weeks, and during that whole time I never heard one horn honk, and everywhere I went people were kind.

At an evening program, I quietly mentioned I felt like a sardine in the small space we were sitting. The man and woman in front of me got up, moved their beach chairs a little aside, smiled and offered a space between them for my long legs and feet.

If you follow my work in this column, have visited parentingsos.com, or have read my books, you know that my whole discipline system is based on the kindness rule: We are kind to each other. I believe completely that parents need to have a “not acceptable” boundary for any unkindness between children. Adults need to be kind as well—and that is possible when my system is implemented.

The holidays are coming which means family gatherings. Children need to be taught to be with family members:

1. Grandpa Glen is going to tell the same stories he tells every year; those stories are his gifts to our family. It is not acceptable to tell him you’ve heard them, and you will listen quietly to his stories.
2. Grandma Kay is forgetful. She forgets what she is saying in the middle of the sentence; it is your job to help her feel safe with us. If you criticize her she won’t feel safe, if you help her remember she will feel loved.
3. Your cousins will be as excited to see you as you will be to see them. If I say, “Iceburg” to you that means you need to slow down—chill—a bit or I will take action to see that you do.
4. The “you sit if you hit” and kindness rules will be enforced at all times.
5. This is our family; our job is to love each one of them by being kind.

As for gift-giving, it is just plain ridiculous for people to go into debt buying gifts for each other.

Have a party; give the gift of time with each other. Make coupons for hugs, a favorite cake, lunch together, or time with each other. Don’t assume children don’t value those gifts—and if they don’t they need to learn to value them!

The holidays don’t need to be a nightmare. Do a pot luck dinner so everyone contributes. Do not serve alcohol so no one gets snockered and acts inappropriately. And remember, the focus always needs to be on meeting the needs of the children. Stay connected to your children during all the chaos of holiday gatherings.

May you realize every possible blessing during the holidays and may God bless your lives.

Sandy McDaniel is the author of numerous parenting books and has been a contributing columnist to School News for ten years. Sandy has written three books, taught school, raised two children, worked as a consultant to schools and has taught parenting for the past 20 years. You may benefit from her “Parenting Lessons with Sandy McDaniel” weekly online video series. For more information go to www.ParentingSOS.com
Newport Harbor

Celebrating Unity

Every year Newport Harbor High School celebrates the rich diversity of its student body by celebrating Unity Month during the month of November. The underlying themes of Unity Month are tolerance, acceptance, and appreciation for our cultural and personal differences. The activities of the month are organized by the International Ambassadors Club. We start the month with a “Genuine Carne Asada Taco” sale to honor our many Latino students. We normally sell around 500 tacos, and students are always surprised at how much better authentic tacos taste compared to the normal fast-food variety. The highlight of the month is an all-school assembly at which a guest speaker focuses on the ideas of tolerance and acceptance.

This year’s assembly featured performance artist, David Garibaldi. Other activities include morning announcements with cultural facts of the day, a talent show, a 3-on 3 basketball tournament at lunch and Unity themed “T”-shirts.

Paularino

One School, Many Thanks

This month started off great! Paularino was honored at the school board meeting as one of the top five schools because of our increase in our Academic Performance Index (API) scores. The award was accepted by our Student Council president, Sylvia Catania. The staff, students and parents are working so hard to continue the success of our students, and it is paying off!

This time of year brings us to think about the many things we are thankful for here at Paularino. When we asked some of our students why they are thankful, we received many answers. Here are a few—

“I am thankful for friends, education, teachers, staff, learning, playground, landscapers, student council, cafeteria food and PTA”

As a school family we have so many things to be thankful for: the support of our PTA, ELAC and volunteers, all of our fabulous staff members, the growing garden, our wonderful families, and most importantly, the smiling students we see on a daily basis.

We wish all Paularino families a safe and happy holiday season. Looking forward to a bright New Year!

Middle College

By Lauren Wess, Senior

A Stimulating Semester of Activities

We kicked off the month at Balboa with some whale-watching activities, where our eyes were opened to the idea of environmental awareness. The students considered this event to be “one of the best field trips ever.” To help cultivate school spirit, our Fridays are now considered to be “freaky” ones, with a dress-up theme that changes each week.

Our family potlucks continue to remain successful in both attendance and fund-raising. At our recent Cultural Potluck event, the ASB sold raffle tickets for items that were donated by local businesses, families and friends.

The next day, the ASB hosted our annual Halloween dance in the Student Center. The Early College High School was also invited to participate, and this merging of campuses allowed the students to learn about each other’s school cultures.

Saluting Our Vets

After the Halloween weekend, we began preparations for our annual Veterans Day seminar. We were fortunate enough to hear stories of war experiences from different family members and friends, including David Smith, Cliff Roberts and Don Maher. Our recognition of Veterans Day was even reported in the Daily Pilot on November 7th.

As we come to the end of a stimulating yet exhausting semester, we look forward to a much-needed winter break.

Pomona

Clean Up Day

Pomona Elementary School partnered with The Crossing Church of Costa Mesa for a campus clean up day Saturday, November 14th. Dozens of volunteers from The Crossing organized projects and donated materials. An equal number of volunteers from Pomona families, school faculty, and staff helped with the projects. All rest rooms were cleaned; benches were refurbished with new seats; paint was refreshed on the blacktop, building walls and support posts. The soccer field was laid out with tournament level striping. Holes in the MPR curtains were patched. A new flower bed was dug, irrigated and planted.

A “Panther Country” mural will be a new focus of pride for the school. Pomona’s PTA supplied many of the volunteers along with delicious snacks and beverages that kept the hard-working volunteers going.

Covering the Newport-Mesa Unified School District

December 2009—January 2010
### Sonora Elementary (K–6)

606 Sonora Road, Costa Mesa, CA 92626
714/424-7955

**600 Club Members**

Eight students, ranging from third to sixth grade, joined the ranks of those students scoring a perfect score of 600 on the California Standards Test (CST) in May. It's certainly not easy to attain a perfect score, but Anthony Alvidrez, Emily Neppl, Isaac Palomares, Marvin Reyes, Keiser Ruiz, Jimmy Solano, Ben Swanson and Rene Valencia earned perfect scores on the math section of the CST.

The eight students and their teachers were picked up by limousine and treated to a day of fun and excitement. The students had lunch at a seafood restaurant, where employees announced their accomplishments to the entire restaurant and had the students dance with the waiters and waitresses. The limo arrived back at school at dismissal time, and the 600 Club members were greeted by the cheers of parents, students and staff. These eight students were truly Sonora queens and kings for a day!

Emily Neppl, Jimmy Solano, Rene Valencia, Marvin Reyes, Ben Swanson, Keiser Ruiz, Isaac Palomares, Anthony Alvidrez.

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### Victoria Elementary (K–6)

1025 Victoria St., Costa Mesa, CA 92627
949/515-6985

**Student Council Rises to Challenge**

Victoria’s newly elected Student Council members scarcely had time to savor their taste of the limelight recently before being thrust into action to help the school prepare for its annual Fall Festival. Council members worked hard to paint and decorate virtually all of the signage used for the annual fete. Students are asked questions regarding the type of housing, transportation, and lifestyle they desire and the program tells them how much money they need to make to sustain that lifestyle. Random true-life situations occur, such as unemployment, and the student must downsize to the revised budget.

Career Club Wednesdays include professionals from several industries, such as law enforcement, screen writing, publishing and marketing. Students come to school early on late-start Wednesdays and enjoy actual accounts of what is involved in each career and the hard work involved in being successful.

Our goal at TeWinkle Middle School is “to give students the tools for a better life!” These programs are helping us to fulfill this purpose.

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### Charles W. Tewinkle Intermediate School (7–8)

3224 California Ave., Costa Mesa, CA 92626
714/424-7965

**Planning for the future**

This year, eighth-grade students are planning ahead with Kuder. Kuder is a career assessment and planning system that takes students through this process step by step. It is user-friendly and has a self-guided approach. Students answer a series of 60 questions, and Kuder presents a sector of jobs that align with their interests and strengths. Students may research any career within the program. Kuder links students to colleges offering specific career programs and gives an overview of financial aid. Once enrolled in the program, students have access through high school, college, and beyond!

Our Advancement Via Individual Determination (AVID) students are utilizing California Live this year. This program assigns a student with a career, budget, bills, and life scenarios. Students are asked questions regarding the type of housing, transportation, and lifestyle they desire and the program tells them how much money they need to make to sustain that lifestyle. Random true-life situations occur, such as unemployment, and the student must downsize to the revised budget.

Our goal at TeWinkle Middle School is “to give students the tools for a better life!” These programs are helping us to fulfill this purpose.

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**Rea Has New Character Program**

At Rea Elementary School, we have Intelligent, Capable and Talented students who are learning about John Wooden’s Pyramid of Success. We have embraced the lessons taught by the legendary coach and are integrating the characters in his book “Inch and Miles” into our school. There was a new mural painted on the wall of the library to remind students of the new character traits. Their new agenda has all the characters for students to see and learn about throughout the year. Classroom teachers are also using a new reward system when they see students exemplifying the characters of the pyramid. Rea students are enjoying learning about all the new characters and we are seeing an improved positive attitude from the whole campus.

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**Everett A. Rea**

601 Hamilton St., Costa Mesa, CA 92627
949/515-6905

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**Kirk Bauermeister**

Principal

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**Charles W. Tewinkle**

Intermediate School (7–8)

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**Dr. Linda Tenno**

Principal
Whittier Elementary (K–5)
1800 N. Whittier Ave., Costa Mesa, CA 92627
494/515-6990

Jii and ST Math Program
Second and third grade students at Whittier School have a new academic partner! This feathery friend helps students understand mathematical concepts presented via the computer in a language independent, video game format. Students solve spatial temporal math problems to help a penguin named JiJi cross the screen. The students work at their independent level to build conceptual understanding before moving to the symbolic level of mathematics with numbers and math symbols.

The ST Math program has helped students to form a deeper understanding of the part-whole relationships in mathematics. The teacher is able to pair classroom textbook lessons with JiJi demonstrations so everyone succeeds.

Whittier received a grant through the Orange County Department of Education to purchase the program for our students. Next year, we will expand the program to include grades one through four. Look for JiJi when you visit our campus!

Woodland Elementary (K–2)
2025 Garden Lane, Costa Mesa, CA 92627
949/515-6945

Fall Highlights
It’s hard to believe that it is already December! The past three months have flown by so quickly. It seems like just yesterday we were greeting our new and returning families. So much has happened in October and November to share with the Woodland Elementary School community.

Classes celebrated Literary Character Day in October. Students dressed up as their favorite book characters and provided their classmates with oral presentations summarizing the stories they read.

At the end of October, students participated in Healthy Choices Week with the theme “What Are You Running On?” Teachers shared Dr. Sear’s book Eat Healthy, Feel Great with their students. Each student pledged to live a healthy lifestyle by creating a classroom mural, which now decorates our multipurpose room and reminds us to make healthy choice each time we visit for an assembly or our Principal Awards ceremonies. Mrs. Penn, Mrs. Glasson, and Mrs. Muir provided each class with a discussion on healthy food choices. To top it off, every student received a Woodland water bottle engraved with what has become our trademark, “Fuel, what are you running on?”

November passed by in a flash! Many students were excited to win an Artist’s Award Certificate, recognizing them for having their artwork chosen for our school calendar. Thank you, Mrs. Glassen. Artwork order forms came out just in time for the holidays, and the artwork was amazing, thanks to Mrs. Wilkens.

Have a wonderful holiday season with your family and friends!

Wilson Elementary (K–6)
801 W. Wilson, Costa Mesa, CA 92627
949/515-6995

An Exploration
In early October we had our first field trip to Irvine Regional Park. The students really enjoyed being in this beautiful setting. Here we learned about Native Americans and how they used the natural resources that are part of Southern California. We learned about food chains and life cycles, and then applied this knowledge to discover the differences between producers, consumers and decomposers. The students saw the contribution that each group has made to the animal world.

It was a great hands-on science and social studies learning experience.

Once again we have connected with the wonderful students and teachers at Sage Hill School. Both sets of students are building relationships by way of letter writing. Sage Hill has even provided interactive journals for our students to keep and share during their monthly visits.

This exchange of knowledge and friendship is a powerful experience, and will be a lifetime memory for everyone involved.

Our students are also earning stars in Mrs. Bock’s library. They read interesting chapter books, and then must answer her questions or take an AR test on the library’s computers. Afterwards they can become a “famous reader” and get their own personal star on the Reading Wall of Fame. It is a great and motivating way to create lifelong readers on our campus.

As you can see, we are very busy in the fourth grade, and do our best to have fun while also increasing our knowledge.

Nutrition Services
2985 A Bear Street, Costa Mesa, CA 92626
714/424-5000 www.mmusd.us/depts/nm/resources_parent.php

In the Running for Good Health
Do you know how good exercise is for you? From boosting your mood to helping you manage your weight, exercise can improve your life.

In November, College Park held a successful Running Club meeting. The principal, Julie McCormick, encouraged students and parents to participate in the running club.

In the past, the club averaged about 200 to 225 students who ran every week. This year, Ms. McCormick has encouraged students to do more than her example. She completed eight laps last week and encouraged students as they ran. Within the past two weeks, she has inspired more than double the number of students and about 50 parents to get moving. Both parents and students are feeling energized and better after exercising.

Being physically active is a key element in living a healthier and happier life. Physical activity and nutrition work together for better health. If you are a parent, start a running club at your child’s school. But if your child attends College Park, come join the running club and reap the benefits of regular physical activity!

Exercise is fun!

Happy New Year!
from the staff at School News Roll Call

COVERING THE NEWPORT-MESA UNIFIED SCHOOL DISTRICT
DECEMBER 2009—JANUARY 2010
By Martha Rankin, Lead Administrator

New Managed Enrollment Plan

In an attempt to better serve our learners and more accurately measure learning gains, we are piloting a managed enrollment plan for our English-as-a-Second Language and Adult-Basic-Education classes in 2009-10. We offer four nine-week sessions:

- Session 1: September 8, 2009 – November 12, 2009
- Session 2: November 16, 2009 – February 4, 2010
- Session 3: February 8, 2010 – April 22, 2010
- Session 4: April 26, 2010 – June 24, 2010

Objectives:

Our objectives are to provide sustained, high quality instruction, reduce attendance turbulence, and increase our learner persistence rates and learning gains.

Session I Test Results:

We are pleased to report that our persistence rates are up 12.3%, and our average learning gains are up 12.6% at our managed-enrollment learning site.

Session II Registration:

Our first day of Session II registration brought long lines of hopeful enrollees. All enrollees participate in a comprehensive intake process that includes a reading appraisal, an oral interview, and a 60-minute standardized reading test. By the end of the first registration day, 130 happy new adult learners joined 985 current students in our ESL and ABE classes for Session II.

School Health Services

By Linda Natzmer, RN, MSN, CPNP

Is Your Child Getting Enough Sleep?

Sufficient sleep is essential for chronic disease prevention and health promotion. Sleep promotes alertness, memory and performance. Children who get adequate sleep are more likely to function better at school and less prone to moodiness and behavioral problems.

How Much Sleep is Enough? Most children’s sleep requirements fall within a predictable range of hours based on their age, however each child has unique sleep needs. Recommended guidelines for developmental stages:

- Preschoolers (3-5 years) need 11-13 hours (including naps)
- School-aged children (5-12 years) need 9-11 hours
- Adolescents need 8.5 – 9.5 hours.

Ideas for Promoting Better Sleep:

- Keep a bedtime routine. A winding-down period could include reading a book, listening to quiet music, writing in a journal, or taking a warm bath.
- Physical activity decreases stress and helps your child feel more relaxed. However, avoid physical activity close to bedtime because exercise can wake you up before slowing you down.
- A quiet, dark, relaxing environment can help promote sleep. If your child has a TV in their room, make sure it’s turned off when it’s time to sleep.
- Avoid caffeinated drinks, especially late in the day.
- Encourage your child to go to bed at the same time every night and wake up at the same time every morning.

School Readiness

By Jenith Mishne, Educational Technology Coordinator

Expanding the Curriculum

This year, Newport-Mesa has launched a district-wide implementation of the “Discovery Streaming Plus” program. This web-based program integrates into any curriculum over 9,000 full-length educational videos that are themselves segmented into 71,000 content-specific clips.

The program’s Web site also gives our teachers and students access to over 22,000 images from over 100 educational publishers, including PBS, Scholastic, BBC, AIMS and Clearvue. The content of these videos covers all of the K-12 subject areas, and is correlated to the California state standards.

Every school has identified a special Site Discovery Leader. Each month this person will attend professional development trainings, and will take back what they have learned and share it with their fellow staff members.

We already have over 3,500 registered users, and 14,000 videos have been viewed so far. Over 700 videos have been downloaded, too. Recently, we learned too that we’ve received federal funding from the Enhancing Education Through Technology (EETT) program. This grant will be used with fifth-, sixth- and seventh-graders in the Costa Mesa Zone.

The specific schools involved are Costa Mesa Middle School, Davis Magnet School, Killybrooke, Sonora and Paularino. The grant’s focus is on writing across the curriculum, with an emphasis on science. These schools will expand their current Discovery Streaming subscription to include the Discovery Science unit.

The interactive nature of Discovery Science will allow these students to reinforce concepts that are already taught in the classroom, and in a much more experiential manner than is possible with traditional textbooks. Discovery Science has many focused lessons that are designed specifically for use with students.

If you would like more information on this program, please contact Jenith Mishne, at jmishne@nusd.us.

Education Technology / Career Technical Education

By Steven A. Glyer, Director of Education Technology and CTE

 '../../images/standwell.jpg' width="200" height="200" class="alignnone size-medium"

Standwell, MPH, CHES, MEd

Director of Technology and CTE

Orange County Health Care Agency

The interactive nature of Discovery Science will allow these students to reinforce concepts that are already taught in the classroom, and in a much more experiential manner than is possible with traditional textbooks. Discovery Science has many focused lessons that are designed specifically for use with students.

If you would like more information on this program, please contact Jenith Mishne, at jmishne@nusd.us.
what we would like to do. Our class voted and decided to help a child through Operation Smile.

To raise money for an operation for a child, we decided to ask Juice It Up to help us raise money by selling smoothies at our school. We separated our class into groups like our Sales Team, Advertising Team, Marketing Team, Accounting Team and CFO, Public Relations Team and CEO. Each team had a job to do. For example, the Marketing Team surveyed kids at Sonora during recess to see what kind of smoothies they liked best, like strawberry and raspberry. Our Public Relations Team told our principal Mrs. Anderson about our idea to work with Operation Smile and our smoothie sales with Juice It Up, and she told us that she liked our idea. Our Ad Team made posters and hung them up around our school, and they passed out flyers to help with the smoothie sale. Every Tuesday after school, our Sales Team helped sell smoothies after school with Juice It Up for $4.00 each. Students, parents and teachers bought smoothies. They helped us raise money to give to someone in need. By the end of the year, we raised $240 from our smoothie sales to help a child get an operation.

At the end of our smoothie sales, we felt happy because we actually helped an Operation Smile kid get an operation. It felt like we were doing a good deed. We all felt happy to help another child.

Some personal comments from students from Miss Nivinskus’ 4th grade class at Sonora Elementary School in Costa Mesa, CA:

I felt that we should help Operation Smile because the families really need the money to help their child live a normal life. –Kainoa

I feel really happy that we did that and hope we can do it again because it makes a difference in a child’s life. –Emily

I felt sad because the kids didn’t have a happy life, and then I felt happy because the operation changed their life. –Joselyn

When I first heard about the Operation Smile website, I felt like the kids were my brothers and sisters, and even if they weren’t, I would still want to help them. –Brittany

I felt sad because in some countries they don’t have a lot of money and in this country we do. –Chris

I also really felt sad because these families really need the money to help their families, but they just can’t. –Hannah

Happy Holidays
from
School News Roll Call

Board of Education • From Page 1

The four areas are:
1. Student Learning
2. Communication
3. Developing Organizational Capacity and Relationships
4. Strategic Fiscal Responsibility

The four zone-wide strategic priority community meetings were held on the dates listed below. Attendance was open to all from within and outside the particular zones.

Harbor Zone: October 7, 2009, 6:00 p.m. to 7:30 p.m., Ensign Intermediate School Gym

Estancia Zone: October 21, 2009, 6:00 p.m. to 7:30 p.m., Estancia HS Commons Area

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

Costa Mesa Zone: November 18, 2009, 6:00 p.m. to 7:30 p.m., Costa Mesa HS Library

Notes were taken at each meeting and immediately transcribed and posted on the webpage below: http://numusd.ca.schoolloop.com/stplanpriorities

A blog page has also been established to assist community members with providing feedback on the forums, notes and any new ideas you would like to share. http://numusd.ca.schoolloop.com/blog

The Board of Education would like to encourage members of the community to provide feedback and suggestions about the proposed goals, as well as your thoughts about the discussion notes from the forum. With the community’s collective help, we hope to put together priorities that will help guide the District. We look forward to hearing from you.
Tooth Talk

Flouride in Your Children’s Water

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.

Flouride is a mineral that occurs naturally in all bodies of water, including the oceans, lakes and underground water sources. Extensive research has shown that optimal levels of flouride not only reduce cavities in children and adults, but also help repair the early stages of tooth decay before the decay is even visible.

Some recent news reports have raised questions about the safety of flouride in drinking water. However, according to Surgeon General, Richard H. Carmona, “Flouridation is the single most effective public health measure to prevent tooth decay and improve oral health over a lifetime, for both children and adults.”

Flouride in Our Bodies

Flouride is obtained in two forms: topical and systemic. Topical flourides are found in many types of toothpaste, mouth rinses, flouridated water, and in special gels or pastes applied in the dental office.

Systemic flourides are those that are ingested. They include flouridated water and dietary flouride supplements in the form of tablets, drops or lozenges. Systemic flourides are integrated into children's teeth as their tooth structures form.

The greatest reduction in tooth decay is achieved when flouride is available both topically and systemically. Water flouridation provides both types of contact.
**Fluoride in Your Water?**

If your water comes from a public water supply, contact your local water supplier to determine the fluoride level. You can also check your local, county or state health department.

There are two Internet sites that also supply information. One is the U.S. Environmental Protection Agency’s (EPA) website www.epa.gov/safewater. Another is the U.S. Centers for Disease Control and Prevention’s (CDC) fluoridation website, “My Water’s Fluoride” at http://apps.nccd.cdc.gov/MWF. For those states that have provided information to the CDC, the agency’s website lists fluoridation status by water system.

After you have determined the level of fluoride in your local drinking water, consult with your pediatric or general dentist to determine the optimal level for your child.

To prevent too much fluoride from being ingested, remind your children not to swallow their toothpaste and mouth rinses.

**Happy and Healthy New Year**

Give your child the gift of a healthy smile and make time this holiday season to schedule their appointment with their pediatric or general dentist. I can’t stress how important regular cleanings, fluoride treatments and sealants are to your children’s overall dental health. It’s a good time to make sure they get a check-up for a happy and healthy New Year!

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.
THE CITY OF NEWPORT BEACH
RECREATION & SENIOR SERVICES DEPARTMENT
HAS SO MUCH TO OFFER THIS WINTER

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.

CALL OR VISIT OUR WEBSITE FOR REGISTRATION INFORMATION

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.

YOUR FIRST CHOICE FOR CONNECTING PEOPLE, PLAY, AND PROGRAMS!
WWW.NEWPORTBEACHCA.GOV
949-644-3151