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December 2022

Los Alamitos USD is Forward Focused for 2023



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Forward Focused in 2023



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Reflecting on this first half of the school year, I am proud of what we have accomplished together as a community. As I reflect on the gifts most important to me, I am drawn to our time spent in the service of others. Education is a powerful gift and is something we are blessed with doing each and every day.

Dr. Andrew Pulver Superintendent

It is a privilege to work in Los Al USD with outstanding staff and for a Board of Education that is committed to providing

the very best opportunities for students. Each year, the Board of Education sets a collective vision for the new year. We use this information to update our District Priority Goals. The Board ensures that the goals represent what our families want for their children, what our community wants from its schools, and what our teachers and staff need to continue their exemplary work. Our theme this year is Forward Focused as we believe working together, embracing our unity, and moving forward together makes us stronger for all of our students. This year, our five priority goals include:

- 1. Passionately pursue academic excellence from all students by providing unparalleled preparation for College and Career Success.
- 2. Cultivate a thriving and safe culture that ensures a caring, inclusive, equitable, safe, and student-centered environment.
- 3. Foster collaborative relationships and partnerships with students, families, staff, and the community.
- 4. Provide high-quality facilities to meet the educational and instructional needs of students and staff.
- Manage and allocate financial resources to maximize students' educational experiences.

As we get ready to turn the calendar from 2022 to 2023, we look forward to welcoming the new year and what it may bring. I am confident that through the exceptional skills of our staff, the visionary leadership of our Board, and the unfailing support from our community, we remain Forward Focused to provide Unlimited Possibilities for all Students.

Staying Safe from RSV



Inderpal S. Randhawa, M.D. medical director, Children's Pulmonary Institute, MemorialCare Miller Children's & Women's Hospital Long Beach

Respiratory Syncytial Virus (RSV) season has hit earlier than expected, with activity starting in September and October and continuing to increase. We are in an unusual situation of dealing with multiple viruses at once as Winter approaches. This year, we're paying close attention to RSV.

RSV is a common respiratory virus that usually causes mild, cold-like symptoms in most children, teenagers, or healthy adults.
For children under age five, however, RSV can be especially dangerous, leading to thousands of hospitalizations each year. Children at greatest risk for severe illness from RSV include:

- Premature infants
- Infants younger than 6 months old
 Children younger than age 2 with chronic lung
- disease or congenital heart disease
- Children with weakened immune systems
- Children who have neuromuscular disorders, including those who have difficulty swallowing or clearing mucus secretions

Children with a high-risk of being hospitalized by RSV may also develop severe illnesses such as bronchiolitis (inflammation of the small airways in the lung) or pneumonia (infection of the lungs). Many children will get RSV by age two, so signs to look for include:

- Decrease in appetite
- Decreased activity or fatigue
- Coughs, which may progress to wheezing
- Apnea, or pauses while breathing

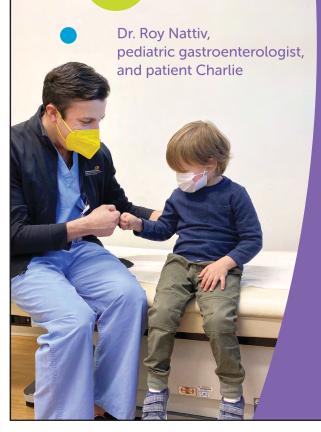
Knowing these symptoms, you'll be able to treat your child quickly and avoid hospitalization if they are at a greater risk. To protect yourself and your children from RSV, remember to:

- Wash your hands often and keep them away from your face
- Wear masks when in close contact with others
- Avoid places with large crowds, and socially distance when possible

Small steps like these can be effective in the fight against RSV and other respiratory viruses. Unlike the flu, there is no vaccine yet for RSV. Be sure to watch for the signs and symptoms, and talk with your pediatrician or physician if your child develops symptoms.

For more information call (714) 377-6993 or visit millerchildrens.org/pulmonary.





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Founder/Publisher





Netragrednik

Happy Holidays and Merry Christmas from our staff to you and your families.

Our popular book reviews are on pages 15 & 16. If your child would like to be a student columnist reviewing favorite books, please email me for specifics. And be sure to enter the word search contest on page 16 (all ages may enter).

Our next issue is February 8. In the meantime, Happy Holidays and Happy New Year!





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Covering the LOS ALAMITOS UNIFIED SCHOOL DISTRICT

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Los Alamitos-Rossmoor Branch Library

12700 Montecito Rd., Seal Beach CA 90740 • 562/430-1048 • www.ocpl.org



Read and be Entertained

Los Alamitos – Rossmoor Library is happy to serve and entertain you through the holidays. Give us a call at 562-430-1048 or stop by Monday - Thursday 10:00am --7:00pm and Saturday 9:00am – 5:00pm. We continue to offer to-go services,

Cassandra Sargent Librarian II Branch Manager

and monthly grab 'n go crafts. For more information about our events, visit our homepage <u>https://www.ocpl.org/libraries/</u> <u>los-alamitos-rossmoor</u>

Holiday closures: December 26th, January 2nd, and January 16th.

Read to a Dog is back! Grab a book and practice your reading to a certified therapy dog the 3rd Wednesday at 2:00pm, upcoming dates are December 21st and January 18th.

If you love gingerbread decorating come by for a 30-minute decorating time slot using graham crackers on December 22nd from 11:00-1:00pm or 4:00-6:0pm. Registration will begin December 1st. Space is limited so sign up early.

Lastly, Los Alamitos High School Jazz Band will be here Saturday, December 17th at 2:00pm for a holiday musical performance.

Seal Beach Animal Care Center

1700 Aldofo Lopez Dr., Seal Beach, CA 90740 • 562/430-4993 • www.sbacc.org

Grieving a Pet

By Murlyn E. Burkes, Cat Committee Liaison

There are many proven or perceived benefits of pet ownership, from protection to companionship, but as any pet parent knows, pet ownership comes with one big negative. One day, every pet will pass away in a home. It is not something that we like to think about and sometimes losing a pet is just as hard or harder than losing a human family member. There has been research that proves losing a pet really does cause genuine and significant grief and your support system plays an important role in helping to grieve. Pet loss can have deep and significant emotional and psychological effects.

Pet owners not only feel the loss of the pet but also the activities they used to share with the pet. The capacity to love requires the capacity to mourn. One of the reasons for feeling the loss is that pets are so easy to love. They become a part of the ritual of our daily activities such as feeding, exercising, playing with toys and simply relaxing with them on you or next to you while watching TV. When your pet is no longer there, the ritual crumbles.

In closing, it is possible to move forward despite how difficult the life post loss. Savor the memories one holds in their heart for their dearly loved pet. Even after death, love perseveres and lives on.

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Hopkinson Elementary

12582 Kensington Rd., Los Alamitos, CA 90720 • 562/799-4500 • hopkinson.losal.org



Showcasing Gratitude and Honor

This year, our theme at Hopkinson is "We Are All Huskies." This theme reminds us of how we will always continue to build upon our strong traditions of inclusion and connectedness.

Jason Farvour Principal

We recently celebrated our connection to the community

beyond Hopkinson through our annual Veterans Day Assembly, where we honored our local veterans for their service and sacrifice on behalf of us all. The assembly highlighted student speakers from our Husky leadership group, and allowed these students to present to the whole school as well as the visiting veterans and their families.

The assembly focused on gratitude for service above self as given by our veterans, and showcased the traditions, history, and importance of Veterans Day. Our Husky Chorus, led by our amazing music teacher Suzanne McElderry, performed a series of patriotic songs, including the national anthem, and concluded with a medley of official songs of the armed forces.



Our Hopkinson PTA hosted a post-assembly reception for all of the veterans and their families. All of our Huskies were included in experiencing the presentation, and were able to connect beyond their school community to the larger community as a whole.

We are grateful for our Husky communities both at school and beyond, as they can all help to inform the Huskies of today and what they will become.



Lee Elementary 11481 Foster Rd., Los Alamitos, CA 90720 • 562/799-4540 • <u>lee.losal.org</u>



Lee's Wellness Space

We are so excited to announce the opening of Lee's very own "Wellness Space." We have been so fortunate to receive \$3,000 from the LAEF to be able to create this welcoming space for our students. With this funding, we were able to completely transform a classroom into a relaxing and open space for our students at Lee.

Laura Trotter Interim Principal

Our Wellness Space is run by our wellness counselor, Ms. Jara, who is at the Lee campus on Thursdays, Fridays, and every other Wednesday. This space allows our students to come in during their lunch recess, and for Ms. Jara to deliver her monthly SEL lessons. Although Ms. Jara is not at Lee every day, Lee's Wellness Space is available to supervised students who need a place to decompress.

In the Wellness Space you will find things such as yoga mats and a community table for the children to come together to color, play with kinetic sand, or simply get to know one another. There is also water coloring available, tons of fidgets, breathing spheres, sensory toys, board games, books to read, and two comforting rug areas for the students to hang out on. The ultimate goal is for our students to be able to have another safe place on campus to utilize. In the future, Ms. Jara hopes to hold specific learning topics in the room where the students can learn a variety of different socialemotional tools. This is our first year of bringing this space to Lee, and we hope to continue growing and improving it as time goes on.



Lee's Wellness Space is filled with lots of Mindfulness and Relaxation tools supplied by LAEF!



Students are using Zen meditation boards and painting with water for Relaxing, Mindfulness & Meditation Practice.

Los Alamitos Elementary

10862 Bloomfield St., Los Alamitos, CA 90720 • 562/799-4700 • lae.losal.org



Principal

Celebrating Culture by Sharing Stories

Nadia Williams, Assistant Principal at LAE, was a classroom teacher for 20-plus years and she will take any opportunity to get back in the classroom with students. Mrs. Williams is excited to offer the classrooms at Los Alamitos Elementary monthly stories from other cultures. For November and in celebration of Native American Heritage Month, she read the story "We are Grateful" by Traci Sorell. This story is about the Cherokee people and how they beautifully celebrate community, ancestors, nature, and gratitude for their daily blessings and struggles. By offering opportunities for students to not only learn lessons from characters but also learn how other cultures live and celebrate community. The stories Mrs. Williams selects are hand-picked for the LAE students and give them mirrors to see themselves, windows to see into other's worlds and doors to know anything is possible. This new tradition will be a staple in the LAE community for years to come.





Los Alamitos High School

3591 W. Cerritos Ave., Los Alamitos, CA 90720 • 562/799-4780 • lahs.losal.org



Welcome to "The Loft"

Los Alamitos High School is honored and proud to launch the soft opening of our student-centered Well Space called The Loft. As a district board priority, and with the support of our administration, our mental health team, our partnership with the Los Alamitos Education Foundation (LAEF), and the Orange County Department of Education, this tranquil student center lounge is now

Christiana Kraus Principal

available for all of our Griffins.

The Loft is designed to be a safe place for students to escape from the day's stressors and surround themselves with a calming, relaxing, and welcoming environment. With the support of a full-time wellness counselor, Emily Ledterman, and a licensed clinical social worker, Ashley Weiss-Wright, our students will have the opportunity to check in, meet with a qualified counselor, and learn various calming strategies to help navigate life's challenges. This tier-one level of support is designed to increase the emotional well-being of our students and staff while balancing the burden of various mental heath obstacles.

The Loft was created by a team of experts from OCDE and a student focus group, who worked together to better understand the needs of high schoolers here in Los Alamitos. Our student focus group provided the design team tips on the type of space they would want to retreat to. They discussed healthy activities and the ways in which they prefer to release stress during their school day.

The team shared ideas about the type of colors, music, lighting, and furniture that feels safe and inviting. In addition to the aesthetics, the students shared the sort of mindful activities they want to practice more of, including yoga, meditation, and social circles. Finally, the team came together to select a name, The Loft. Students shared that they felt The Loft sounds like a cool place teenagers would want to hang out at.





We look forward to the thousands of students who will now have a place on campus where they can decompress and learn life-long mindful techniques with the support of their peers, teachers, and school counselors. NAMASTE!



COVERING THE LOS ALAMITOS UNIFIED SCHOOL DISTRICT

McAuliffe Middle School

4112 W. Cerritos Ave., Los Alamitos, CA 90720 • 714/816-3320 • mcauliffe.losal.org



Pathways Are Opportunities

At McAuliffe, we seek to find meaningful ways to connect every student to school through exposure to a variety of pathways. Helping students find a pathway and excel in that pathway is an exciting moment for every McAuliffe educator.

Dr. Ryan Weiss-Wright Principal Recently, through the support of outstanding faculty members, McAuliffe Eagles have

had many opportunities to stand out in dramatic arts, visual arts, vocal music, and STEM. This month, the McAuliffe Choir performed their incredible fall production of "Time," featuring over 200 students performing over 20 musical numbers. The McAuliffe Drama Department attended the DTASC competition, which featured students from all over California, and were recognized in multiple categories that included the Spirit Award, given to the school that is most respectful and demonstrates strong character! In visual arts, our own Andrea Zoelle Ruiz won the Seal Beach Lions 2022 Peace Poster

contest. And thanks to an amazing contribution from LAEF, our STEM program will be expanding to include new 3D printers and invertebrate and vertebrate dissection kits as part of our new STEM course design.

We are so happy to continue providing these outstanding opportunities to our McAuliffe students!





McGaugh Elementary 1698 Bolsa Ave., Seal Beach, CA 90740 • 562/799-4560 • mcgaugh.losal.org



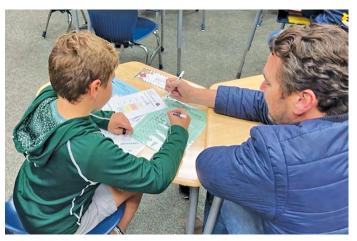
Wendy Wood

Principal

Family Math Night

McGaugh held its second annual Family Math Night on Wednesday, Nov. 9. During this free event, over 62 families with children of all ages moved from classroom to classroom playing a variety of mathfluency games. Fifth-grade teacher Mrs. Espinosa along with Los Alamitos Unified School District math teacher on special

assignment (TOSA) Mrs. Kroese organized eight classrooms of engaging mathematical games for Sea Lions to play with their families. Staff volunteers presented various math games that Sea Lions play in the classrooms daily to build mathematical fluency and number sense. This free family event allows teachers to share different ways for parents to help their children practice math fluency in a fun way at home.



To top off an already great night, families received a complimentary packet of math games to play at home. Mrs. Espinoso, Mrs. Kroese and McGaugh staff who volunteered their time made this night a huge success. We look forward to holding another McGaugh Family Math Night in spring 2023.





Oak Middle School 10821 Oak St., Los Alamitos, CA 90720 • 562/799-4740 • <u>oak.losal.org</u>



Focused on 4 A's

Aligned with our district vision, at Oak, we make every effort to focus on the 4 A's. Academics, Athletics, Activities and the Arts are all fostered at Oak. We are extremely proud of our Arts program and are excited to see them perform

Evelyn Garcia Principal

at many Winter events. Both our Choir and Instrumental music programs are gearing up to wow the crowd with their hard work and talent. Our band and orchestra students have been playing their hearts out in class, whether they are returning to the music program or just beginning their journey. While our beginning groups are learning their first songs, the advanced groups are taking time to dive deeper into instrument technique and pedagogy. The level of dedication placed into the preparation of music, choreography and detail will be evident when they take the stage at the Winter performances. The groups are building community as they dive deep into music together.





Rossmoor Elementary

3272 Shakespeare Dr., Los Alamitos, CA 90720 • 562/799-4520 • rossmoor.losal.org



Celebrating Casa Youth Shelter

We have been working hard at Rossmoor as we transitioned to the giving time of the year. As part of our schoolwide Rossmoor Knight Pride House events, we dedicated the month of November to gather much-needed supplies for the Casa Youth Shelter. We sent over \$500 in gift cards and 21 duffel bags filled with the necessities our local youth will

Amy Coltey Principal

appreciate this holiday season. We gathered new items that included sweatshirts and T-shirts, male and female toiletries items, and school supplies. The duffel bags will be gifted to the youth at the shelter, and the gift cards will be used as incentives and rewards for the youth.

At our last House Meeting, our Knights worked together with their partners, and all students made holiday cards for the youth who live at the shelter. Not only did we collect age-appropriate supplies and clothing for the shelter but also inside the bags, we included holiday cards made by our very own Rossmoor Knights. We could not be more proud of our generous community and thoughtful Knights.

Thank you to all our families who supported Casa Youth Shelter during the month of November and donated muchneeded items. We truly hope we were able to bring joy from Rossmoor Elementary to the Case Youth Shelter.





Weaver Elementary 11872 Wembley Rd., Los Alamitos, CA 90720 • 562/799-4580 • <u>weaver.losal.org</u>



WHALETALES!

There is something absolutely extraordinary when you get to see a student come up with an idea and then stick it out all the way to the end. At the end of last year, an intrepid third-grader, Kimi Vadher, came to me in my office with her parents to pitch an idea: a student-run newsletter written by students, for students.

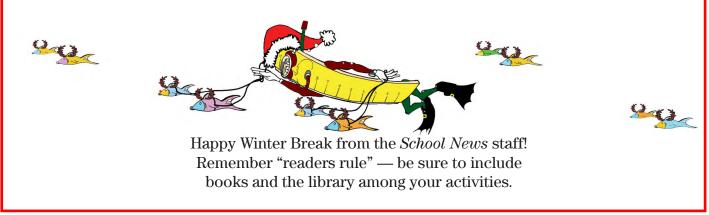
Dr. Todd Schmidt Principal

As we came back from summer, Kimi and her parents had brainstormed a lot of options for how we could make something like this a reality. After an initial informational meeting, Kimi was able to recruit 17 fourth- and fifth-grade students to write the inaugural issue of WHALETALES. This first issue is chock-full of fun and fascinating articles, topics chosen by the students themselves covering everything that included movie reviews, parent and teacher spotlights, and even "Find Your Calm" and "Finding Your Passion."

The students, under the guidance of both Mr. Vadher and Mrs. Freedman-Finch, one of our wonderful thirdgrade teachers, distributed their first issue the first week of December. We could not be prouder of this team of students for their dedication in making one little girl's vision a reality! #WeAreWeaver



Members of the inaugural issue of WHALETALES...a newsletter written by students, for students!



Aubtin's Review



Aubtin M.

Teamwork

Title: Thomas & Friends -Day of the Diesels Author: Christopher Awdry On the Island of Sodor, Thomas the tank engine and Percy the small engine are best friends. When Belle: the fire engine comes,



she becomes Thomas's new friend. Percy feels very left out. Percy goes to

the Diesel Works to see if the Diesels want to make friends with him. Percy leads the Diesels to the Steam Works, when he discovers that Thomas is held prisoner in the Diesel Works. What will happen to Thomas? Will Percy save him? I recommend you read this book to see what happens.

I learned about friendship, teamwork and cooperation from this book. I hope you will too. You will find great pictures in this book.

Aubtin is a 1st Grader. When not playing, Aubtin does writing, reading and drawing. He also likes sports, swimming, and music. He cares a lot about his family and friends.

Kailani's Review



Speak Up for Yourself

Left Behind by Laurie Halse Anderson is book 17 (of 17) in the Vet Volunteers series. The story is mainly about Sylvester and Sunita. One day while Sunita follows Dr. Gabe and another Vet

Kailani T.

Volunteer to a horse farm on a house call, she finds Sylvester in 1 of the stalls

in the barn. Sylvester is a sheep who was just left behind. Sheep usually thrive when they live in a group or a flock. Why is Sylvester left alone? Does Sylvester need a new home? Can Sunita and her Vet Volunteer friends help this lonely little lamb?

I like all the books in the Vet Volunteers series, especially this one since I can relate to the main character. Just like Sunita, I am very reserved and shy. I often let my friends decide the games we play and the TV programs we watch to avoid conflicts. I highly recommend this book to anyone who loves animals and anyone who may have a hard time speaking up for themselves.

Kailani is a 5th grader who loves to read. When not reading, Kailani likes to play with her brother, jump on the trampoline, listen to music, and ride horses.



Daniel's Review



Who Wants Freckles?

Freckle Juice is about a boy named Andrew who really wants freckles on his face. A girl in his class named Sharon says that she'll sell him a secret recipe for freckle juice

that will give him freckles.



Daniel H.

Will he buy the recipe and use it? Read to find out!

This book is very silly and easy to read. I liked this book and I think you will too.

Daniel is in third grade and he likes to spend time with his family playing board games, reading, and playing sports like tennis, basketball, and bowling.

David's Review



Thrills and Surprises

The Detective's Assistant is a mystery book about Nell Warne, who is adopted by her Aunt Kitty, a detective that works for detective agency, and the mysteries that



they solve. One of the mysteries they

solve is a murder. This book shows how detectives solve crimes and the thinking behind it. It also contains a lot of historical facts so you are learning while you are entertained. If you want to read a good mystery novel, you are sure to love this book!

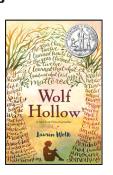
David is in fifth grade and he loves to read and play piano. He likes math and activities such as tennis, basketball, and bowling.

Tegan's Book Review



Redemptive Friendships

Wolf Hollow, a beautifully written novel by Lauren Wolk, revolves around the complicated life of Annabelle, a twelveyear-old girl living in a barn, surrounded



Tegan

by forests. As Annabelle attempts to deal with an evil bully named Betty, she wants to defend a strange World

War I veteran named Toby against lies and accusations of a violent crime he did not commit.

While Annabelle struggles to stand up for herself, she courageously learns to speak up for others. Defying her parents' wishes, she faces sadness, fear, and hope as she fights for Toby. Wolf Hollow is a wonderful story of unexpected friendship, prolonged injustice and bittersweet redemption. Readers are taught how one person's evil actions as we as another's determination can impact a whole community. All in all, I award this work a deserving ranking of 4.8 stars.

Tegan Y. is a fifth grader who enjoys art, biking, writing, and reading.

Taegyoung's Book Review

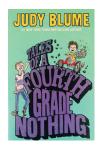
Absolutely Nothing

Title: Tales of a Fourth Grade Nothing

Author: Judy Blume Fourth grade. The days of kickball at recess. The grade of joy. But Peter Hatcher doesn't think so. But that isn't even the problem.

Taegyoung K.

His problem lies with Farley Drexel. Or Fudge as everyone calls him. Fudge is all the world's irritating toddler



brothers merged into one. A three-year old terror straight out of the cinema's next horror movie who gets away with all he does. Even if it's smearing some mashed potatoes on the wall of the restaurant or putting stamps all over a bag, he's never punished. Of course, by this point Peter has had enough of his chaotic brother and no-nonsense parents. But his parents are busy with Fudge rather than paying any attention to Peter. After they leave Fudge alone with Dribble, Peter's pet turtle that he cares so much about out, things get ugly. Will Peter solve his problems, or is he truly nothing

Taegyoung K. is a 7th grader. She loves reading books and writing her own stories. Also, she likes to draw and play video games.



Football Word Search Contest

Rules! One word in the list is NOT in the word search. When you have completed the word search, one word will be left and that word you email to: Kay@schoolnewsrollcall.com (Please put Los Alamitos in the subject line)

Clipping	Personal Foul	Entries must be received by December 31, 2022 From the correct entries one name will be drawn to win															
Coach	Possession		a \$20 gift certificate redeemable at Barnes & Noble.														
Conversion	Quarterback			_							_				_		
Cornerback	Roughing	Y F		F Q	L	N R	0 W	і В	S G	S R	E P	S P	S Z	O S	P K	E Y	
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Field Goal	Scrimmage	E	_	A	E	K	L	D	D	С	R	E	D	F	A	S	
Flanker	Special Teams	G		R T	B A	C I	G N	D A	ı G	F N	S O	Y Y	o W	E T	B L	E D	
Goal Post	Super Bowl	N	-	Е	С	к	L	Е	Е	0	Ν	S	Ν	Y	I	I	
Interference	Tackle		і О Т	R B	K E	т Х	V E	F A	R H	F	A I	M	S R	W O	A T	S F	
Kicker	Tailback	R	Y	A	R	D	A	G	E	н	F	A	P	Z	L	F	
Linebacker	Touchdown	C		С	G	Ν	I	Н	G	U	0	R	Ν	0	В	0	
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