

FREE

# School News

*Education + Communication = A Better Nation*

**Covering the Los Alamitos Unified School District**



Volume 17, Issue 87

October / November 2020



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(social distancing)

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# Los Alamitos Unified Acts to Meet Diversity, Inclusion and Equity Goals



**Dr. Andrew Pulver**  
Superintendent

We are back! Los Alamitos Unified students are once again pursuing their learning in two ways: a Traditional Pathway combining modified in-person instruction and with some distance learning, and a LosAl@Home pathway made up of 100% distance learning. Our successful restart was only possible through the incredible efforts of a team of more than 70 teachers and administrators who worked tirelessly through the summer to formulate a plan to ensure safe and rigorous instruction for all of our students.

Now that we have reopened, we are pressing on with other high priority goals, especially our Board of Education's ongoing commitment to furthering diversity, inclusion and equity in everything we do as a District. This commitment is literally written into the core beliefs that guide our Board of Education members, our teachers, and our staff.

## We are moving forward on two fronts.



**Danielle Nava-Mijares**

Working on human relations issues at a Districtwide scale requires patience and determination, Nava-Mijares says. "This is marathon work, but building on the strengths of being a diverse community by creating and sustaining more inclusive and equitable practices is vital to our students' education and well-being."

Our Human Relations Advisory Council, facilitated by Danielle Nava-Mijares, has a full slate of initiatives planned, such as advising the District on ways to increase diversity in hiring teachers and administrators, further integrating restorative practices into school disciplinary procedures, and holding workshops and other events to engage parents and community on social justice issues



**Nadia Williams**

We are also truly fortunate to have Nadia Williams, a 5th-grade teacher at Los Alamitos Elementary, on a special assignment to work with teachers in making diversity, equity and inclusion part of our daily classroom practice across the district from kindergarten to graduation.

Williams supports teachers at all grade levels in guiding students to appreciate and think critically about issues of cultural diversity and social justice. She will collaborate, for example, with our Educational Services staff and faculty at Los Alamitos High School as they develop an Ethnic Studies program that includes the study of race, gender, ethnicity, nationality, class, and religion and the ways they interact.

Williams, who has been teaching in our District since 2011, holds a Master's in Education from California State University Long Beach and has served as a teacher mentor for the Orange County Department of Education. And she is all in for this new work.

"I am elated to have the opportunity to work alongside our teachers in their journey to include social justice in their everyday teaching," Williams says. "This is more than a moment in time, this is a movement to include all of our students across our curricula."

We all are deeply saddened and angered by the racial injustice that continues to tear at the fabric of our country. In Los Alamitos Unified, however, we are determined to teach our children to be the ones to change a history of prejudice and fear by acting with respect, fairness, courage, grace and hope.

We have embarked on yet another extraordinary school year, but one thing has not changed: We know we are truly Better Together!

## Board of Education



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*Netragrednik*

Welcome back to another school year. There have been many changes throughout the years; however, I think we all agree this is the most challenging. Americans are innovative and educators are at the top of the list. Zoom has taken on a whole new meaning to this generation of students. Fortunately, students and educators were proficient with technology to help with the seamless transition to distance learning. Families stepped up to the challenge.

Thank you for continuing to include *School News* among your reading choices.

Be sure to enter our word search contests on pages 13 & 14. All ages may enter. Also, if your child would like to be a columnist reviewing his/her favorite books, email me for information.

Our next issue is December 2, 2020.



# School News

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Covering the

## LOS ALAMITOS UNIFIED SCHOOL DISTRICT

FOUNDER/PUBLISHER: Kay Coop

562/493-3193 • [kay@schoolnewsrollcall.com](mailto:kay@schoolnewsrollcall.com)

ADVERTISING SALES: 562/493-3193

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### SCHOOL NEWS ROLL CALL, LLC

P.O. Box 728, Seal Beach, CA 90740  
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## Keeping Your Family Safe and Healthy This Flu Season



**Graham Tse,**  
**M.D.,**  
chief medical officer,  
MemorialCare  
Miller Children's &  
Women's Hospital  
Long Beach

As we approach peak flu season during a pandemic, now more than ever, it's extremely important to ensure that everyone in your family follows optimal hand hygiene practices. Good and frequent hand hygiene is one of the most effective ways to prevent infections, including flu and COVID-19.

Parents play an important role in teaching children lifelong healthy habits, which includes handwashing. Use these tips to encourage hand hygiene:

- Explain that handwashing prevents your child from getting sick and getting other people sick.
- Encourage your child to wash his or her hands before eating and avoid touching their face with unwashed hands.
- Make sure your child always washes their hands after going to the restroom, playing outside, touching an animal, or coughing or sneezing.

- Provide your child with hand sanitizer when soap and water are not available. Lead by example and wash your own hands as often as possible and carry hand sanitizer with you.

In addition to good hand hygiene, it's also important that you and your family get an annual flu shot. The Centers for Disease Control and Prevention recommends that everyone over 6-months-old get a flu shot by the end of October, with some rare exceptions. Once available, it will also be important to get vaccinated against COVID-19 to help end the global pandemic.

As the COVID-19 pandemic and flu season overlap, make sure you and your family take precautions to stay healthy. Face masks, hand washing, social distancing and avoiding large gatherings are important practices that help prevent illness.



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# Seal Beach Animal Care Center

1700 Aldofo Lopez Dr., Seal Beach, CA 90740 • 562/430-4993 • [www.sbcc.org](http://www.sbcc.org)

## Fostering Kittens

By Murlyn E. Burkes, Cat Committee Liaison

When you are fostering kittens, it can be life affirming and lifesaving. But it is a lot of hard work, too. If you are ready to put time and energy into this venture, your heart will fill with love when you send them off to their forever home where they have a chance to thrive because of the early socialization and care that you gave them.

The amount of effort it takes to raise foster kittens depends in part on how old they are when you get them. There are bottle babies, which are kittens younger than 3 to 4 weeks old. They need four to six feedings a day. It is important for kittens to be warm, but make sure that they have room to move around in case they get too warm.



Kittens do best with commercial kitten formula. Never, never feed them cow's milk. You can start to offer solid food when kittens are 3 to 4 weeks old. Warm the food slightly prior to offering it to them, and add a little water.

Fostering kittens can be a wonderful experience. At the Seal Beach Animal Care Center, we offer a kitten foster program for our newly impounded kittens. If you are interested in learning about our program, please contact us. We will train you on exactly what to do.

Warning—you might be a kitten failure, meaning you just might keep one or two!

## Los Alamitos-Rossmoor Branch Library

12700 Montecito Rd., Seal Beach CA 90740 • 562/430-1048 • [www.ocpl.org](http://www.ocpl.org)



**Semra Bilsel**  
Branch Manager

The Los Alamitos/Rossmoor Library has many online databases that are a great resource and two resources are highlighted below.

Please go to [ocpl.org](http://ocpl.org), elibrary, to access these databases.

**DMV Tests:** Whether you're cruising the streets of Los Angeles or Highway 1 outside Big Sur, the best way to get on the road is by taking the California DMV practice tests.

They help you retain knowledge better than studying the manual alone, whether you're preparing for your Class C Instruction Permit test, driver's license test, or senior citizens' refresher test. The wide range of practice tests for car driving, motorcyclists, and for commercial driver's licenses (CDL) is perfect for anywhere in the state, as the written test is the same at all California DMV locations. Several of the tests are also available in other languages.

**Chilton's Auto Repair:** Get the detailed information you need to tackle vehicle maintenance and repairs.

Some of Chilton's Library's more popular features include the following:

- Maintenance and specification tables that provide the unique data you need for each specific vehicle.
- Step-by-step service and repair procedures, and labor estimating tool to help you confidently determine your next move.
- Vacuum diagrams to simplify troubleshooting.
- Wiring diagrams to help explain system operation.
- Close-up photographs and illustrations for visual support.
- ASE test prep quizzes for the most popular certification exams
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Please call the Los Alamitos/Rossmoor Library Tuesday through Thursday between 12-6pm or Saturday 10am-4pm for any questions you may have.

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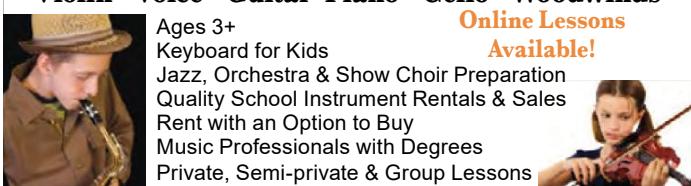
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## Hopkinson Elementary

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### On Campus and Distanced!

We are so fortunate to be part of a district that gives parents options! Whether families chose to have their Huskies learn from a distance or on the traditional pathway, our team of educators is dedicated to making this year extraordinary.

No matter which path

Huskies have decided on, we are all still part of the same pack. We value our relationships because they help us thrive.

Our first day for all Huskies was Aug. 31. All Huskies are thriving in their learning environment and are looking forward to a phenomenal year. Our first day of on-site instruction proved to be special for all.

This year, we will remember that Huskies are stronger together and always keep a growth mindset. Students who embrace growth mindsets view challenges and failures as opportunities

to improve their learning and skills. Having a growth mindset is more important than ever.

We are excited that Huskies are continuing to be ignited with unlimited possibilities both at our campus and at a distance.

**Evelyn Garcia**  
Principal



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## Our Challenge Continues

Welcome to the 2020–21 school year! Although the start to this school year has been unconventional, the staff at Lee is immensely grateful for the patience, flexibility and support of our entire community.

**Dr. Amy Vento**  
Principal

For elementary-age students, school is much more than a place to learn foundational skills. It serves as a platform to encourage curiosity, inspire embracing challenges, and promote social-emotional growth. In order to allow our students these important growing opportunities, we have taken many measures to ensure that our site remains safe for our students and staff. Measures include establishing stable cohorts of students, taking daily temperature checks, scheduling hand-washing times, and encouraging social distancing.

With combined efforts, Lee School will continue to provide rigorous and strategic instruction while keeping our Leos safe and healthy. We look forward to another year of developing critical-thinking skills, promoting healthy friendships and supporting academic success for all students!



# Los Alamitos *Elementary*

10862 Bloomfield St., Los Alamitos, CA 90720 • 714/816-3300 • [www.losal.org](http://www.losal.org)



## Moving Forward

Los Alamitos Elementary School is excited to have two school openings in two weeks. Our teachers, families, and students came together to start school virtually on August 31st. With Los Alamitos USD receiving the elementary waiver to reopen,

in person instruction began on September 8th in a hybrid model. Half of our students attend in the morning and the other half in the afternoon. The top priority at LAE is our student's safety. Teachers are wearing masks and have face shields available. Students are wearing masks and sitting behind plexiglass partitions. In classrooms, non-essential furniture was removed and desks were spaced to ensure

students are sufficiently separated. Four times a day, students take handwashing/hand sanitizer breaks. With all of these safety measures in place, we anticipate a great year and can't wait to move our TIGERS forward academically, socially, and emotionally.



# Los Alamitos *High School*

3591 Cerritos Ave., Los Alamitos, CA 90720 • 562/799-4780 • [www.losal.org](http://www.losal.org)



## Connecting Virtually!

Griffin Nation, under the leadership of ASB President Courtney Lazar and ASB Vice President Sinead Quirke, launched a new program called Freshman Connections. This program is designed for both LAHS and LosAl@Home students. Our Associated Student Body (ASB) officers sent an outreach email to each incoming freshman in August and invited him/her to participate in a Zoom Meeting designed to increase freshman-to-freshman interaction. These small cohorts of freshmen served as a chance for the Class of 2024 to make connections before the first day of school. The meetings were facilitated by ASB mentors and monitored by our ASB Directors – Ms. Tami Sciacca and Mr. T.J. Fenton. In addition to allowing the students to make connections with their classmates, the counselors also popped into these sessions to introduce themselves. Throughout the school year, activities will be designed to help freshmen get acclimated to Los Alamitos High School. Go Griffins!



**As a kick-off activity, Griffins get into the luau spirit the first week of school with the Otter Pop handout.**

## McAuliffe Middle School

4112 Cerritos Ave., Los Alamitos, CA 90720 • 714/816-3320 • [www.losal.org](http://www.losal.org)



**Dr. Ryan Weiss-Wright**  
Principal

### We're All in This Together!

At McAuliffe, we have launched a new Leadership and ASB elective aimed at empowering student leaders to make impactful change with our McAuliffe students. Our McAuliffe Leadership students have already participated in a virtual retreat, planned a



kickoff Spirit Week, filmed virtual morning announcements, and written personal emails to every new student at McAuliffe. This group of extraordinary student leaders have been a bright spot in an unusual school opening and continue to give us hope about the great school year we have ahead of us. It's amazing to see what our students are capable of and what they can accomplish with shared vision!



## McGaugh Elementary

1698 Bolsa Ave., Seal Beach, CA 90740 • 562/799-4560 • [www.losal.org](http://www.losal.org)



**Dr. Isaac Gates**  
Principal

### Two Learning Modes

McGaugh Seal Lions are off to a great start to the 2020–21 school year! As a community, McGaugh Sea Lions have embarked on a fantastic educational journey! With the opportunity to select LosAL@Home, a 100% online distance-learning pathway, or traditionally returning to school, McGaugh families have appreciated having the choice.

The excitement of meeting new families and reconnecting with students has been palpable. On-campus, McGaugh teachers have worked hard to understand and implement the various new safety protocols outlined by our district and that are in alignment with CDPH guidance. Online, McGaugh teachers, students and families have established a great schedule that

allows students and teachers to meet synchronously daily. LosAL@Home teachers are applying sound online pedagogy and utilizing materials and assessment that are similar, if not the same, to that of their traditional classroom counterparts. On-campus, teachers and students are in lock-and-step with administration, adhering to every safety protocol while engaging students in meaningful and rigorous instruction. Students are thoroughly enjoying their time learning together.

Whether students have returned to school via the hybrid mode or LosAL@Home online pathway, they have created rejuvenating energy on campus and throughout the community.

As the new principal, I couldn't be more proud of our supportive and gracious community. All things being equal, McGaugh Seal Lions are off to a great year!

## Oak Middle School

10821 Oak St., Los Alamitos, CA 90720 • 562/799-4740 • [www.losal.org](http://www.losal.org)

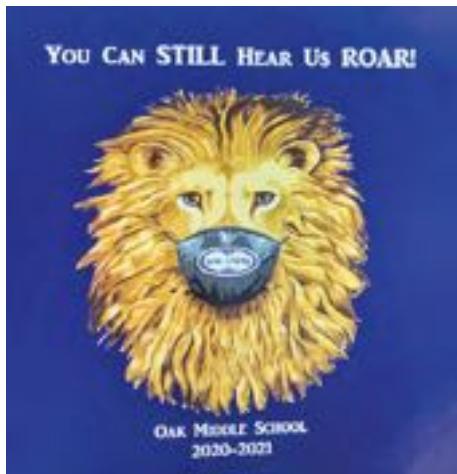


### Back to School

We want to welcome everyone back to the new school year at Oak. With COVID-19 restrictions in place, we modified our opening routines to allow for the safety of both our students and our staff.

Materials and books were distributed to nearly 1100 students via a drive through “touchless” routine. It was so great to see our students and families even from afar! We welcomed our new

**Erin Kominsky**  
Principal



sixth graders with Oak spirit wear for everyone and provided a virtual WEB (Where Everybody Belongs) for students to participate on a live Google Meet. We even connected our eighth grade WEB leaders with individual sixth graders for additional virtual support. Each day, our teachers deliver live instruction to all students through an interactive platform. We even hosted our very first virtual Back to School Night for parents. Teachers recorded presentations and families could watch from the comforts of their own homes. Hear us Roar!



## Rossmoor Elementary

3272 Shakespeare Dr., Los Alamitos, CA 90720 • 562/799-4520 • [www.losal.org](http://www.losal.org)



### You Inspire Me!

Our amazing team of educators and support staff has worked together to prepare for distance learning in addition to launching the hybrid learning model. The amount of teamwork and dedication that our team has shown has been extremely empowering and uplifting. There was nothing more magical than having our Knights be able to learn from campus starting this September! Each day, we greet our Knights with a smile under our masks, a wave and a friendly nod.

**Amy Belsha**  
Principal

To prepare for this school year, our staff spent countless hours of planning. Each day, I was inspired by the work of our team. With that being said, I started to think of how significant it is to hear those words from one another: "You inspire me..." With all of us doing incredible work, we need to find a way to cheer one another on. As a result, our staff had a challenge to reach out to at least three other people at our school that have been an inspiration to them through this unique start to the school year. It was quite magical to see the encouragement spread through campus, not to mention creating a sense of community and camaraderie while building strong relationships across all stakeholders.

What a fantastic way to start our 2020–21 school year!



**Happy Halloween!**

# Weaver Elementary

11872 Wembley Rd., Los Alamitos, CA 90720 • 562/799-4580 • [www.losal.org](http://www.losal.org)



**Dr. Todd Schmidt**  
Principal

## **Homemade Learning Kits!**

While the 2020–21 school year may have started very differently from how it ever has in the past, it didn't stop our Weaver community from coming together to create an absolutely memorable opening! Knowing that several of our students would be joining the Los Al @Home Program while others would be starting virtually and then moving into our hybrid model, it was essential to create "learning kits" for each student.

Learning kits are more than just school supplies. Each grade level identified the resources and manipulatives students would need in order to be successful, whether at home or in the classroom! Several of our amazing parents spent countless hours long into the night as they copied, collated, and assembled these kits to be given out during our Materials Distribution Day. Then, on the first day of school, our parent volunteers outdid themselves again with an after-school drive-up First Day of School picture event! Finally, on the first day of our hybrid program, we had amazing decorations and celebrations at each of our drop-off gates, welcoming our students back to campus after an extended break.

While we proudly proclaim that "Weaver is a great place to learn," it is because of our partnership with our parents that we are able to make Weaver such an extraordinary place for children!



**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](mailto:Kay@schoolnewsrollcall.com) (Please put Los Alamitos in the subject line)

**Entries must be received by November 30, 2020**

From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

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## **Halloween Word Search Contest**



**Congratulations to Melanie Moylan & Renee Schwartz  
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## Note-ables

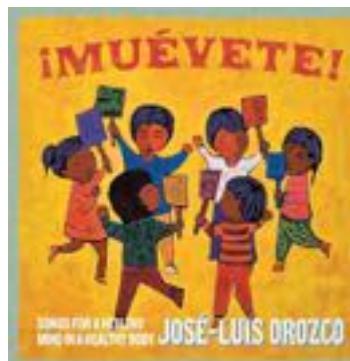


### 'iMuévete!'—Bilingual Fitness!

Here's a great way for preschool- and primary-age children to take on the challenges that the COVID-19 pandemic has imposed on our schools and our children's parents. To ramp up physical activity and basic vocabulary, you can't do much better than *iMuévete! Songs for a Healthy Mind in a Healthy Body*. On top of it all, children can begin learning another language while developing their first one, whether it's English or Spanish!

This recent offering presents an old-school approach to early-education recordings. *iMuévete!*, one of Smithsonian Folkways' newest addition to their catalog, is performed by Grammy-nominated musician/educator José-Luis Orozco. Orozco's melodious tenor engages his young audience with 18 songs—nine in Spanish, with their nine English translations. They're amusing and energetic, and their purpose is to get the little guys and girls up 'n' at 'em!

**Kate Karp**



Children will enjoy balancing like the great pink birds in "Domingo Flamingo," learning about colors from "El baile de los colores," and directionality in "La raspa," sung to the tune of "Jarabe tapatío," more commonly known as the hat dance song. They'll identify and move their body parts with "Monica" and "Juanito." Just for fun, there's "Clap, tap, tralala" in which the young participants will laugh

their little heads off as the tempo becomes faster and faster and faster. And they'll do it all in two languages!

During this strange, uncertain period, the lessons in *iMuévete!* are more important than ever for children as well as parents. Celebrate movement and keep healthy with this playful, bilingual collection!

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

## Fun Things and Places while Social Distancing –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](mailto:Kay@schoolnewsrollcall.com) Please put Los Alamitos in the subject line.

Entries must be received by November 30, 2020  
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## Jenna's Review



Jenna C.

### A Rocky Road

Title: *Fish in a Tree*

Author: Lynda Mullaly Hunt

This story is about a girl named Ally who is struggling with reading words. Ally was always the "bad student," but it all changed when her teacher had to give birth and the sub teacher, Mr. Daniels came. Almost everything flipped around. She made friends, she worked harder, she was happy, and she started chess lessons with Mr. Daniels. Only one thing doesn't change, she can't stand up to her bully. Ally tells Mr. Daniels about what's going on about the words that she can't read. Mr. Daniels says that he can help her. Next, an election goes on for class president and Ally gets nominated. Can she win? Can she learn to read? Last but not least can she stand up to her bully? I give this book a 5 out of 5 as it is such an inspiring book for all of us.



Jenna is a 5th grader. She enjoys playing soccer and painting. She likes to read fiction novels. Someday she wants to publish a book.

## Katie's Review



Katie C.

### A New Inspiration

Title: *Love That Dog*

Author: Sharon Creech

Jack is a second grade boy who has no interest in writing poems. When encouraged to do so by his teacher, he feels that he has no business to do so, however, once he writes a poem, it is clear that he has talent in writing poems. His poems make it to the classroom's blackboard, where his teacher anonymously wrote one of his poems. As he continues developing his love for poetry and grows to enjoy writing them, he reveals a heartbreaking secret through one of his poems: the death of his beloved dog. As this poem attracts attention from his teacher and classmates, Jack writes to a poet to come to the school. Jack is surprised when the meeting is arranged and his love for poetry is inspired even more. I recommend this book to people who like reading poetry, as the book is written in a poem format.



Katie is a junior in high school. She likes reading and writing. She loves to read to younger kids. She provides book reviews to kids who want to find more good books.

## Kailani's Review



Kailani T.

### Surprise for Charlie

*Charlie and the Chocolate Factory*

is a classic children story written by Roald Dahl. The story is about Charlie, a poor boy who lives in a small house with his parents and 4 grandparents.

One day, Charlie found some money buried in the snow. He used some of that money to buy Wonka bars. He found the fifth and final ticket to join 4 other lucky children who got to go on the tour of Willy Wonka factory. The factory is magical and mysterious. Inside the factory, the children were distracted by various wonderful creations. The tour of the factory had a hidden intention that was revealed at the end.

The story is funny and full of magic and mystery. I felt like I was on the tour of the factory while I was reading this book. I highly recommend this book for anyone who loves chocolates or anyone who loves reading a funny and mysterious story.

Kailani is a 3rd grader who loves to read. When not playing with her baby brother, Kailani likes to color and draw. She started taking Spanish lessons while sheltering-in-place. Horseback riding and skate boarding are the new activities she enjoys. Hope everyone stays well and healthy.

## Yoona's Review



Yoona C.

### Twisted Fairy Tales

*The Land of Stories The Wishing Spell*

Author: Chris Colfer

Do you like fairy tales? This story is about twins named Alex and Conner that got stuck in a fairy tale land. They found a talking frog who told them how to go back home. The frog said that they would have to get the items so Alex and Conner decided to get the items. After they got the items and were about to go home, the Evil Queen kidnapped them! What did the Evil Queen want from the twins? Will Alex and Conner eventually escape from the kingdom? I like this book because it is full of adventurous events with full details. I recommend this book to the kids who enjoy classic fairy tales but at the same time a little twist.



Yoona is a 3rd grader. She likes to read books and create stories. She also enjoys singing and listening to music.

## Parent To Parent



**Jodie Lynn**

Due to the COVID-19 pandemic, often our kids were on their devices upwards of eight hours per day. What can parents do to keep them safe online and on their cell phones? It seems like more than ever, kids are getting spam emails, calls and texts from unknown sources. This is not acceptable, quite scary and exhausting to try to constantly monitor.

COVID-19 has isolated the majority of us and leaves us with levels of uncertainty, unusual scariness and frequent loneliness. Individuals are in a vulnerable place, especially our kids. This is the perfect time for sexual predators to approach them as it can come in many forms.

Give your kids a set of online safety rules that they will understand with explanations that they will believe and take to heart.

It's important for you to know which online games that your kids are playing. Many are multiplayer games where several online players can be together playing at once or just watching. These games have text and voice chat capabilities from around the world. This is highly dangerous because people can pretend to be someone else and of a certain age and can expose kids to unsuitable and unacceptable predatory language and content. These individuals can develop friendships with kids and eventually encourage them to meet in real life. It's important to recognize that each game has specific settings which you should check out and change for better online safety.

Remember not only to talk with your kids frequently about staying safe online, but also explain that anyone at any age can be cyberbullied. If a person or group want them to chime in about someone, tell them to ignore the request and don't return to that area and group. Explain why it's so important to think about what they are going to post at any given time or in any area before doing so, to keep their passwords safe, to always log off and not to click on links from people that they don't know. The right thing to do is to report the cyberbullying to an authoritative figure as well. They may just save a life.

You could also take their electronic devices away for a few hours each day, but for those hours that they're on them, rules and guidelines still need to be in place. Even if your kids seem to have level heads on their shoulders and you feel like you can trust them, they can still be sneaky.

It's easy to hide all kinds of online activities from parents with various apps:

Snapchat is a program where people can send images, videos, etc. to friends which will disappear within 10 to 30 seconds. It's pretty popular among teens. The hidden danger is that those "private" moments are not really deleted. They're hidden in files on most phones. Even more devastating and scary is that if someone takes a screen shot, the message, image or whatever can be posted anywhere.

Finsta is a fake Instagram account where anyone can create photos, conversations, etc., staying anonymous and keeping everything private through sharing with a few close friends and can be hidden on devices. But again, just like anything else, if a screen shot is taken, boom, it can show up anywhere online.

Be sure to read about popular apps and arm yourself with knowledge for options that you as the parent can do to help your kids be safe. Below you'll find a few but there's many others that you can find by doing an online search: Instagram, YouTube, Kik, Telegram, TikTok

There's also several phone apps offered to parents to help them monitor their kids' phone and online activities.

For unwanted calls or texts, it's simple to register landlines and cell phone numbers with the office of your state Attorney General's No-Call list for unwanted calls or texts. It's available online, free and will cut down on both. While it does take a few weeks to actually go into effect, it's best to get that done straight away. Do a little research and you'll also find several other government agencies where complaints can be made. Unfortunately, it's not going to totally eliminate them and that is even truer for robot calls. Learning some basic rules to share with your kids can also help.

For example: Don't answer any calls that are not in your contact list. If it's truly someone trying to reach you, they'll leave a message. If they don't, the number can quickly be blocked. The same goes for unwanted texts. The exception in this situation is going to be from "Unknown" or "Private" numbers, which are really hard to trace because no number shows up. However, there are phone apps to help with this. As far as spam email goes, if it's opened, don't click on any links. Look up how to set up filters and teach your kids how to recognize, delete and block it.

As you are well aware, this whole cyber safety situation is extremely exhausting. But, there's no way of getting around it if you're going to be proactive in protecting your children.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. Her column Parent to Parent™ ([www.ParentToParent.com](http://www.ParentToParent.com)) has been successful for more than 20 years. She is a regular contributor to several sites including *School News Roll Call* for 20 years and has written four books and contributed to three others, one of which was featured on the Oprah Winfrey Show. She has authored several books including *Mom CEO (Chief Everything Officer)*, *Having Doing, and Surviving it All!* and *Syndication Secret—What No One Will Tell You!* [www.ParentToParent.com](http://www.ParentToParent.com)