



# San Diego City Schools Staff Bulletin – February 23, 2005

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**Fun Fact of the Month:** Sarsaparilla is the root that flavors root beer.

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## Get to Know the New Board of Education Members

In November 2004, three new members were elected to the San Diego City Schools Board of Education:

- Luis Acle, Board President
- Shelia Jackson, Board Trustee
- Mitz Lee, Board Vice President

Biographies for each are included below.

To read about our other Board members, please visit the district website at [www.sandi.net](http://www.sandi.net). Additional information on the Board of Education, including dates of public meetings, is also available online.

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### **Luis Acle**

*Board President, District D*

**Luis Acle** was elected to the Board of Education in November 2004. Mr. Acle is a long-time resident of San Diego, since moving here in the early sixties from Northern California. He graduated from Edison High School and earned his AA degree from Stockton Junior College. He earned a Bachelor of Science degree from San Diego State College and a graduate degree from Stanford University. Mr. Acle has had a California Lifetime Teaching Credential for over 20 years and has taught Chemistry, Math, U.S. History, Government, Geography and Spanish at most of the district's high schools and several middle schools. He earned the highest certification in Spanish from the U.S. Department of State.

Over the years, Mr. Acle has worked in the public sector as Finance Manager in the Office of the Secretary and Health, Education and Welfare; as advisor to a U.S. Senate Committee and Associate Director for Public Liaison at the White House during the administration of President Ronald Reagan. In the private sector, he has been an international business consultant with Booz, Allen and Hamilton, working in ten different countries in industrial infrastructure.

Mr. Acle is the parent of three children, all of whom attend or attended San Diego City Schools. The eldest went on to graduate from MIT, and two currently attend high school.

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### **Shelia Jackson**

*Board Trustee, District E*

**Shelia L. Jackson** was elected to the Board of Education in November 2004. Ms. Jackson was born and raised in Smithfield, North Carolina, and graduated from Smithfield-Selma Senior High School. After graduation, she joined and served in the U.S. Navy for 21 years.

Ms. Jackson earned her Bachelor of Health Science from George Washington University. She received her teaching credential from Cal State San Marcos and a Masters Degree in Educational Leadership from National University.

Ms. Jackson taught at Bay Park Elementary School for eight years and served on various school and neighborhood committees including President of the School Site Council. Shelia Jackson served as Math Team Leader, Instructional Leader, and Institute Coordinator for the San Diego Math Project. She also coordinated the San Diego Math Olympiad for three years. Ms. Jackson is active in the community and is a member of the Coalition of Neighborhood Council, Bethel AME Women's Missionary Society, Clairemont Kiwanis and Fleet Reserve Association.

Ms. Jackson lives in the Webster area with her daughter and enjoys reading and walking when time permits.

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## **Mitz Lee**

*Board Vice President, District A*

**Mitz Lee** was elected to the San Diego Unified School District Board of Education in November 2004 and is currently serving as Vice President; however, her record of community involvement spans almost two decades. Mrs. Lee is co-founder and president of the Alliance for Quality Education and works with community and business organizations, civic-minded citizens and elected officials from all parties to build consensus on educational reform issues and to restore excellence to our K-12 public schools. Over the years, she served on the California State Testing and Reporting Performance Setting Panel for English/Language Arts and was a leader in San Diego City Schools advisory groups including Parent Involvement Task Force and Citizens' Budget Advisory Committee.

As the parent of two sons who attend San Diego public schools, Mitz has organized classroom parent volunteer programs, was a member of school site councils, governance teams, PTSA and a charter school board, served as a Cub Scout Leader and was a Little League Team Mom.

Mitz and her husband, Jeff, and their two sons live in Mira Mesa.

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## **School District Employees are Disaster Service Workers**

Did you know that as a school district employee you may be called upon to work during times of disaster? All public employees are disaster service workers during a disaster, state of emergency, state of war emergency or local emergency. They may be instructed by their employer to carry out disaster-related activities within the course and scope of their employment.

The California Emergency Services Act, online at <http://www.oes.ca.gov/Operational/OESHome.nsf/0/CB65D44B103E960D88256BC10079C3AF?OpenDocument>, provides a definition of disaster activities resulting from a "State of war emergency," a "State of emergency," and/or a "Local emergency." The disaster service is designed primarily to aid in disaster events. It does not include the day-to-day emergency response activities typically associated with, for example, law enforcement, fire services or emergency medical services.

If employees were injured during the course of those duties, they would be covered under the district's workers' compensation.

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## **Getting to Know Karen Childress-Evans**

*Director, Visual and Performing Arts Department*

A new face with big ambitions is leading the Visual and Performing Arts Department (VAPA). Although new to VAPA, Karen Childress-Evans (Karen Evans for short) is by no means new to the world of arts and academia. An accomplished musician and art teacher herself, Karen's vision for the department's already far-reaching programs focuses on putting high-quality, standards-based arts programs supported by credentialed VAPA teachers in all San Diego City Schools, a Herculean effort requiring all the talents of her dedicated staff.

At Washington State University, Karen indulged her love of music with a double major in viola and education. Karen began her teaching career in Bellevue, Washington, as a strings specialist teaching more than 300 students at three elementary schools. Five years later, she moved to San Diego, specifically La Mesa-Spring Valley, where she taught a variety of curricular areas, including drama, music, visual arts, language arts and social studies. In 1996 she received her Masters in Curriculum and Instruction from San Diego State University (SDSU).

Karen's instrument of choice continues to be the viola. She has performed with orchestras such as the La Jolla and Grossmont symphonies and has had her own string quartet. She sings occasionally with The City Council Barbershop Quartet and in duets with her husband. After studying Readers' Theater abroad, Karen developed a Readers' Theater program at La Presa Middle School in Spring Valley and went on to direct the Parkway Middle School Entertainment Company in La Mesa. Cartooning and summer school art classes are also included in her repertoire, as is program development in the areas of Gifted and Talented Education (GATE), social science, drama and music.

During her teaching career, Karen earned honors including site Teacher of the Year, PTA Honoraries, Cable in the Classroom and San Diego Teacher of the Year for Junior Achievement. In 1996, Karen received her Ed. S. degree in Educational Leadership from Point Loma Nazarene University. Her new degree paved the way to administration opportunities including assistant principal in Lompoc, California, principal in Manhattan Beach, and assistant principal/site administrator for the Mt. Empire School District.

Karen appreciates her wide variety of experiences and counts them as valuable resources that have helped her to better understand education's big picture and give her expertise for building and maintaining the high quality of our current, district VAPA programs.

### **VAPA Programs Bring Students and the Arts Community Together**

VAPA's programs are designed to expose and educate students in all grade levels to the diversity and intrigue of the arts. Many opportunities for our students depend on community partnerships to bring the arts to our students or our students to the arts. For example, a partnership with ArtsBusXpress provides bus rides for fieldtrips to music, theatre and dance performances, art galleries and museums. Words and Music (WAM), a collaboration between the district, La Jolla Playhouse and San Diego Opera, brings theatre and opera professionals to schools to teach students how to create their own 30-minute musical theatre/opera piece. The Superintendent's Art Exhibition, presented annually in March, presents student art to the community by displaying pieces at the Eugene Brucker Education Center. This year, an Open House Reception for the show will take place on March 30, 2005 from 5 to 7 p.m.

Students also express themselves through solo and ensemble music/choral festivals, honor concerts, a jazz festival, a recorder festival, an "improv" festival, Drama Fest, and showcases at local art institutes and museums. This year, VAPA and the San Diego Arts Education Partnership, will host the annual fundraiser, Applause! 2005, to further promote arts in our schools and to present our students' talents and skills to their families, peers, district staff and the San Diego community. This year's Applause! event is scheduled for June 6, at the La Jolla Playhouse. For more information, please call the VAPA office at (858) 539-5349.

### **The Agility of Arts Education**

The importance of arts education is recognized by and included in both the California State Standards and the *No Child Left Behind (NCLB) Act*. The beauty of arts education is that, with a little creativity, it can be integrated into nearly all subject areas. For example, students can improve their literacy skills through the creation of a musical theatre or opera script. They can explore American history by incorporating Native American painting styles into lessons on Western expansion. The study of the solar system can be linked to musical symphony scores that aim to capture the attributes of nearby planets.

### **VAPA is Here to Help**

VAPA is dedicated to providing qualified, credentialed teachers and lessons to students in all schools and grade levels. To help teachers become more comfortable with using the arts in their classrooms, VAPA is working to supplement the California State Standards with more user-friendly language and materials. Principals and site leaders can also turn to VAPA for assistance with developing stand-alone programs at school sites. Under Karen's direction, VAPA will continue to pursue increased community involvement and advocacy, accessibility to technology that supports the arts, and supportive structures that best meet school needs.

The highly qualified and talented staff in the VAPA Department include:

- Karen Evans, Ed. S., Director
- Denise Lynne, Dance and Drama Resource Teacher
- Nancy Olson, Department Secretary
- Dianne Park, Vocal and General Elementary Music Resource Teacher
- Marty Stegeman, Visual Arts Resource Teacher
- Dr. Ella Steinberg, Instrumental Music Specialist

For more information on the Visual and Performing Arts Department, enhancing your school's arts program or taking advantage of the community arts partnership programs, please call VAPA at (858) 539-5349 or view the VAPA Fact Sheet online at <http://prod031.sandi.net/vapa/Assets/VAPA.pdf> or webpage at <http://prod031.sandi.net/vapa/>. Please note that the fact sheet and webpage are currently under revision and new versions will be posted shortly.

###

## **M&O Employees Help Students' Families in Need with "Holiday Hope Drive"**

On December 17, 34 families of our San Diego City Schools (SDCS) students received a special gift from Maintenance & Operations employees – a full and festive holiday dinner with all the trimmings.

The first annual "Holiday Hope Drive" was spearheaded by the Maintenance Construction Program, but quickly gathered momentum as M&O employees from all areas of the department donated money and assembled and delivered holiday food baskets to 34 SDCS families in need. It's the start of a unique tradition they hope will be repeated for years to come.

The project was initiated Martin Perez, construction crew leader. Martin and others contacted 11 schools to identify students' families in need. Principals, counselors or Parent Academic Liaisons (PALs) in turn contacted 34 families ahead of time to get approval and coordinate delivery times.

Instead of spending money on the usual holiday staff luncheons, "we felt this would help our own students and be a good team-building activity," Martin said.

Local vendors also donated food items, but the most impressive outpouring of support was from M&O employees, who donated about \$1,500 and helped assemble and deliver the food baskets. The meals included choice of ham or turkey, potatoes, green beans, corn, fruit cocktail, dinner rolls and butter, pumpkin pie, mixed nuts, candy and fresh fruit. Other donations came in the way of gifts. Employee Tom Wright donated two bikes and bike helmets, which were delivered along with a food basket to a family with eight children.

M&O employees who delivered the food baskets had the opportunity to meet the families and students in their homes.

Ed Geil, painter, said, "It was very touching, and most of all it was a very humbling experience. It felt good to help our local students and families during the holidays."

Glen Degler, plumber, had a similar reaction: "I felt honored to be part of this event. It was truly an eye-opening experience, and I am looking forward to participating in next year's food basket drive."

Despite a late start to the project, the team at M&O chalks it up as a major success. Jesse Macias, maintenance construction supervisor, said planning will begin earlier next year, which will allow more students and their families to benefit from the generosity of M&O and district employees.

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## What's New on the Web?

Winter was a busy time for the district's main website, [www.sandi.net](http://www.sandi.net), with the addition of several significant new pages, and improvements to numerous others. Several other improvements and additions are in the works. Key additions and changes include, in alphabetical order:

### **About the District**

<http://sandi.net/about/>

This page provides information about the district's organizational structure, including descriptions about each branch, division and department; demographics and enrollment; school year calendars, and key initiatives. In many cases, it's the first time this information has been available on the web. A "New to the District" page is being developed and will be added.

### **Charter Schools**

<http://www.sandi.net/school/charter/index.html>

This page provides visitors information about how charter schools are formed along with specific goals and operating procedures. It includes resources such as Charter School Policy and Guidelines, the District Accountability Framework and the Proposition 39 report.

### **Communications Resources for Principals**

<http://www.sandi.net/staff/principals/resources/index.htm>

The list of topics on this page has more than tripled since summer! Sample newsletter articles, letters to parents, and other communications tools are available for administrators to share information on just about every subject, from API growth results to discipline policies to school maintenance to translation services and everything in between.

### **Gifted and Talented Education (GATE)**

<http://prod031.sandi.net/GATE2/>

The redesigned GATE page provides extensive information and resources regarding programs for students identified as gifted and talented. Information is available regarding not only the overall program, but also about testing and eligibility for the program. Details are also available about the GATE Seminar and Cluster programs.

### **Grants (Office of Resource Development)**

<http://www.sandi.net/depts/grants/index.htm>

This page for the new Office of Resource Development, which identifies educational grant opportunities and assists the district and individual schools in securing grant monies, includes information and materials to guide staff through the sometimes-daunting grant process. Materials include a guideline on developing a Request for Proposal (RFP), templates and forms.

### **Instructional Materials**

[http://www.sandi.net/depts/instructional\\_materials/index.html](http://www.sandi.net/depts/instructional_materials/index.html)

The new Instructional Materials Department web page provides information about the review, selection, adoption, ordering, distribution, and monitoring of instructional materials used in the district's K-12 programs. The page also provides school sites the necessary forms and instructions to complete textbook ordering appropriately.

### **Mathematics**

<http://www.sandi.net/depts/math/index.html>

The new Mathematics Department page has been redesigned to better present information about the district's Mathematics Framework, state standards, and grade-level curriculum. Each grade-level link includes the relevant standards, plus district-developed instructional modules and pacing guides for both traditional and year-round schools.

### **No Child Left Behind (NCLB)**

<http://sandi.net/nclb/index.htm>

The NCLB page was updated with information on parent notification including parent letters and publications; information about schools in program improvement; information for staff on educating homeless children; information for private, non-

profit schools; and links to many other resources regarding student achievement and programs available to San Diego families.

### **Office of School Choice**

[http://www.sandi.net/depts/school\\_choice/index.html](http://www.sandi.net/depts/school_choice/index.html)

The Office of School Choice oversees three school choice programs, including No Child Left Behind, Enrollment Options and Charter Schools. This new web page details the responsibilities for each, and provides relevant resources including fact sheets and websites.

### **Parent and Community Involvement Department**

[http://www.sandi.net/depts/parent\\_community\\_inv/index.html](http://www.sandi.net/depts/parent_community_inv/index.html)

The redesigned Parent and Community Involvement page reflects the current focus of the department: to engage the community—including parents, students, and local residents, businesses and organizations—in the education process. The site includes information about key initiatives and engagement issues, such as school closings or boundary changes, facilities, academic achievement and cultural factors.

### **Special Education Programs Division**

<http://www.sandi.net/depts/specialed/>

This comprehensive new site provides more and better information about the services provided to students with special needs. Key programs and services, including the Individualized Education Program (IEP), have sub-pages with information about eligibility, transitioning and contact information. Additional features are being included, such as a “Coming Up” section where parents can find direct information about events and activities geared toward families with special needs.

### **Transportation Services Review**

[http://sandi.net/issue/transport\\_review/index.htm](http://sandi.net/issue/transport_review/index.htm)

In an effort to improve transportation services for approximately 22,000 students, the district is preparing a comprehensive transportation plan designed to match a more effective utilization of transportation resources against clearly defined objectives intended to improve student achievement. The new Transportation Services Review page provides information about the plan and process, membership of the Review work group, and online surveys for families and staff.

Additionally, many existing pages have added information or new features, such as the new glossary of testing-related terms, online at <http://www.sandi.net/assessment/glossary.htm> and a test title Quick Links section added to the Student Testing and Performance page, online at <http://www.sandi.net/indices/testscores.html>.

There are several pages that you can expect to see added to the website in the days ahead as they near completion, such as a complete redesign of the Help Desk page. Some webpages still in the planning stage include those for Literacy, Biliteracy and Social Studies, and Teacher Preparation and Student Support.

If you have any questions or comments about the website, contact either Ursula Kroemer at [ukroemer@sandi.net](mailto:ukroemer@sandi.net) or Joy Muehlenbein at [jmuehlenbein@sandi.net](mailto:jmuehlenbein@sandi.net) or call (619) 725-5578.

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## **The Rebirth of Lincoln High School Begins**

### *Ground is Broken on Largest Proposition MM Project*

Despite the rain on Wednesday, December 8, about 150 neighbors, community members, Lincoln alumni and district staff came out for the groundbreaking on the new Lincoln High School in southeast San Diego.

The ceremony kicked off construction on the largest project in the Proposition MM program, the \$1.51 billion bond measure passed by 78 percent of San Diego voters in 1998. The program is funding modernization of 161 existing schools and construction of 12 new and three rebuilt schools throughout San Diego City Schools.

At the ceremony, general contractor Douglas E. Barnhart, along with its partner company Black IPO, presented a \$10,000 check to Black Men United, a group that aims to prevent violence in southeast San Diego. The company also donated \$2,500 to Lincoln Legacy, an alumni group that funds student scholarships. Doug Barnhart gave an engraved chrome shovel to commemorate the event. Joe Martinez of Martinez + Cutri Architects presented the original shovel from the groundbreaking ceremony held in the early 1950s. Martinez is a 1966 graduate of the original Lincoln High School.

The old school was demolished in fall 2003 due to deterioration and will be expanded to relieve high school overcrowding and restore regular grade configurations and feeder patterns in southeast San Diego. The new Lincoln will reopen in September 2006 to serve nearly 2,800 students.

The new Lincoln, at 323,196 square feet, will feature four comprehensive high schools on 24 acres. Campus features include 77 general classrooms, an arts complex, library, 16 science classrooms and eight science prep rooms, seven technology classrooms, a Career Center, a 790-seat auditorium, 376 onsite parking spaces and more. Athletic facilities include locker rooms, weight room, two gymnasiums, baseball fields, track, football field, press box and concession stands.

Lincoln's building materials were selected in consideration of the school's colors of green-and-white and will include roofs striped with green and light green standing seam metal. Facades of the classrooms will have earth-toned precast panels, subtle light green stucco surfaces and white-trimmed window frames.

At the groundbreaking ceremony, Marquisha Sweet, a 9th grader at Gompers High School who hopes to attend Lincoln in September 2006, told the crowd how a new school will create a renaissance in the community. Tiona Brown, a 12th grader at University City High School who had to leave Lincoln after its closure, spoke of the sacrifices made by herself and her classmates to ensure that future Lincoln students will someday have a world-class facility.

The Lincoln-Gompers Redevelopment Committee was established to ensure widespread community support for the project. More than 100 community meetings were held to gather input.

### **Collapse of modular building manufacturer may alter Lincoln project**

While the majority of the new Lincoln High School campus is being built by Douglas E. Barnhart, four classroom complexes were to be built by TurnKey, a modular building manufacturer based in Perris, Calif. The modular classroom complexes were to be built in a factory then assembled on site, which is an increasingly common school construction method to save time and costs. However, in early January, TurnKey suddenly went out of business, leaving 10 school districts throughout California, including San Diego City Schools, in a lurch. Proposition MM staff are working on alternative solutions for the construction of the four classroom complexes at Lincoln High School. However, because of time needed to restructure the project and make some design modifications (the original designs were specific to Turn Key's manufacturing process), it is possible that only two of the four classroom complexes will be completed when the campus opens in Fall 2006. Watch Staff Bulletin and the Proposition MM website for ongoing updates.

###

### **Food Services Wins Golden Bell Award**

Students, parents and teachers have embraced Kid's Choice Café and now it's unanimous: The California School Boards Association (CSBA) has awarded the SDCS Food Services Department their highest honor, the **Golden Bell Award**. Food Services Director Gary Petill and Food Services Marketing Coordinator Joanne Tucker accepted the award in December at the 25th Annual SCBA Conference in San Francisco.

The CSBA represents more than 1,000 school districts and county offices of education in California. The Golden Bell Awards Program "promotes excellence in education by recognizing outstanding programs throughout California. It reflects the depth and breadth of education programs necessary to address students' changing needs. The program contributes to the development and evaluation of curriculum, instruction and support services by seeking out and recognizing sustainable, innovative and exemplary programs, which have made a demonstrated difference for students."

Kid's Choice Café is a healthy choice breakfast and lunch program created in-house by the SDCS Food Services staff. The program encourages students to choose foods wisely and establish lifelong positive eating habits. Kid's Choice Café is in each of the district's 130 elementary schools and promotes the theme "It's Cool to Eat at School."

###

### **Help Desk Webpage Redesign: We Want Your FAQs**

The IT Help Desk is planning a major web page redesign this spring in order to provide improved customer service, and to empower staff to follow user-friendly self-help instructions regarding some of the most common technology problems. As part of this redesign, we are building a set of Frequently Asked Questions (FAQs) that will be searchable by key words. We would like to solicit *your* suggestions and ideas on the issues to address in these FAQs.

FAQs will be developed for a wide range of technical issues, including but not limited to:

- ✓ **Business Applications**
- ✓ **Computer Repair**
- ✓ **Data Communications Services**
- ✓ **Email**
- ✓ **Passwords**
- ✓ **Security**
- ✓ **Spam**
- ✓ **Viruses**

Examples:

### **When should you power on/off your workstations?**

You should shut down your workstation every day before you go home, in order to conserve energy and reduce energy costs.

- ✓ **Mac OS Users** – Click on the Special menu at the top of the screen and choose “Shut Down.”
- ✓ **Mac OS X Users** – Click on the Apple menu on the upper left and choose “Shut Down.”
- ✓ **PC Users** – Click on the “Start” menu and choose “Shut Down.”

During the workday, it is preferred that you leave your workstation powered ON. If you are going to be away from your desk for an extended period, it is recommended you log out of any DWA-related processes and put your workstation in an idle or lock mode.

### **What should I know or have ready before I call the Help Desk?**

There are a few simple steps to take prior to calling for assistance that will improve the timeliness and quality of service provided. They include writing down the manufacturer, model type and serial number of the equipment having trouble. Also have at hand a detailed description of the problem, such as “*squiggly lines on the monitor,*” “*paper jamming in the printer,*” etc. Use the Checklist for Reporting Problems with Hardware, available in the online version of *Staff Bulletin*.

To submit your question for possible inclusion in our FAQ directory, please email it to HelpDeskFAQ@sandi.net. You can also send it in via school mail to Help Desk, Eugene Brucker Education Center, Room 1108. Please put “FAQ” on the outside of the envelope.

We thank you in advance for your participation and support.

###

## **Stress-Related Eating: Breaking the Mood-Food Connection: *How to Train Your Body to Find More Healthy Ways of Dealing With Stress***

*Article taken from the PacifiCare Behavioral Health, Inc. website, <http://www.pbhi.com>*

During times of stress, many of us turn to food. No matter the reason, some individuals use food to fill emptiness, motivate good feelings, and soothe the nerves born of job pressures and family conflicts. Eating sometimes has nothing to do with being hungry. Instead, it's a response to anxiety. This defines emotional overeating, and it can be controlled.

### **Mood-Altering Foods**

Sweets foods can alter your mood by setting-off emotional and chemical reactions in your body that can temporarily make you feel calm or powerful. When stress goes up, food can have a calming affect, but only for a short time. Obviously, it also brings many problems like weight gain. Stress eating is often followed by self-judgment that can drive you to reach for more food. You feel guilty and mad at yourself. Fortunately, there are ways to break that cycle and stop eating to feed emotional hunger.

**Use Time as Your Ally.** When you crave sweets, tell yourself to wait 30 minutes to eat. The craving may pass or you may become distracted and forget about the food.

**Make a Food Log.** Looking at a list of what you have already eaten may convince you not to have that extra helping or that donut. You will also get into the good habit of thinking before you eat.

**Eat Breakfast.** Research shows that eating a low-fat, high-carbohydrate breakfast makes you more alert, more focused, and in a much better mood than if you have an unhealthy breakfast (like a donut or blended coffee drink) or have no breakfast at all. Skipping breakfast can rob your body of its ability to cope with the stress you're likely to confront later in the day.

**Drink Water.** The notion of drinking the recommended eight glasses of water, for most of us, is a joke. But your body needs the fluids before you feel thirsty. Almost two-thirds of the human body is water, which essentially means that the water you drink becomes you. Dehydration puts stress on the body and tells your brain (which is 85% water) to decrease the level of energy it produces. This is a recipe for depression, lethargy and a variety of other physiological problems.

**Stay Occupied.** If you have a pattern of snacking at certain times of the day, change your routine and keep yourself occupied during that period.

**Throw Away the Temptations.** Completely remove tempting foods from your home and office. Stock your refrigerator with food that you feel good about eating.

**Get Active.** Aside from the obvious and well-documented cardiovascular benefits it brings, exercise is a natural stress-reducer.

**Be Human.** If you cannot stop obsessing about food, then sometimes it won't hurt to indulge yourself. You have to retrain yourself to eat well, and that doesn't mean stopping "cold turkey."

**Get Started.** Making major dietary changes is not an easy thing to do. The best thing you can do is resolve to take one positive step, then another one tomorrow. Eventually, you'll develop new, healthier habits.

**Get Help.** Therapists are frequently contacted to assist people who need basic behavioral weight loss treatment, while others suffering from depression, anxiety and low self-esteem may require more specialized treatment. Your PacificCare Behavioral Health EAP program can help. Call them today.

Eating sometimes has nothing to do with being hungry. Instead, it's a response to anxiety.

###

## News You Can Use

### Board Announces Transition Plans

During the open session of the January 27, 2005 Board Meeting, the district's Board of Education announced that it reached a mutual agreement to amend the contract with Superintendent Alan D. Bersin, that will see Bersin leave the district on June 30, 2005. Read January 27, 2005 News Release online, <http://www.sandi.net/news/2005/0127bersin.pdf>.

### February Post and Bid Timeline Change

The February Post and Bid opening date has changed to February 22, 2005. The February Post and Bid closing date has changed to March 3, 2005.

### Changes to the Federal Teacher Loan Program

Do you teach math, science or special education? Have you taught for five years in a Title I school? If you answered yes to both of these questions, you may be eligible for new loan forgiveness limits recently signed into law by President George W. Bush. The Taxpayer-Teacher Protection Act (P.L. 108-409) authorizes up to \$17,500 in loan forgiveness to eligible teachers of math, science and special education. This dramatic increase of \$12,500 above the previous loan limits is meant to ease the shortage of teachers in key subject areas. For detailed information and to find out if you qualify, please call the U.S. Department of Education's Federal Student Aid Customer Service Hotline at 1-800-433-7327 or visit <http://www.ifap.ed.gov/dpccletters/GEN0414.html>.

### Celebrate Black History Month

Please join the Board of Education in celebrating Black History Month this February, in honor of the contributions of our African-American population. African-American students comprise 16% of San Diego City Schools. View the Board Resolution from January 25, 2005 in the online version of Staff Bulletin

### Classified Employees of the Year Nominations

In May 2005, the Board of Education will present the 22nd Annual Classified Employee of the Year Awards to an outstanding man and woman and runners up. A nominee for the award must be a classified employee with at least three

years of service in a monthly position, and must have demonstrated extraordinary service, involvement, and accomplishments through his/her employment with the district as well as involvement in the community. If you know of a classified employee who is deserving of this special award, please submit his or her name using the Nominating Petition, online at <http://www.sandi.net/staff/circulars/0405/ic510.pdf>. Please send or hand-deliver completed petitions in a sealed envelope to: Gloria Rangel, Eugene Brucker Education Center, Room 1241, **no later than 5 p.m. Friday, March 11, 2005**. Incomplete petitions and those received after the deadline will not be considered, and neither will petitions that contain nominating statements that exceed the allocated space on the form.

In conjunction with the presentation of selected Classified Employees of the Year, the Board of Education will adopt a Resolution recognizing May 15-21, 2005, as Classified School Employees' Week at a special meeting scheduled for Tuesday, May 17, 2005. To honor the district's classified employees, the board has requested that a classified employee representative be selected from each school/work site to be recognized at this meeting. Additionally, each representative will receive a copy of the board-adopted resolution to take back to his/her site. Please use Administrative Circular # 70: Selection form for Classified Representative, online at <http://www.sandi.net/staff/circulars/0405/ac070.pdf>. to submit the name of your site's classified representative. For more information, please contact Gloria Rangel at (619) 725-8172 or [grangel@sandi.net](mailto:grangel@sandi.net).

### **Driving Directions Directory Available Online**

Need driving directions to a school? An updated Site Locations & Driving Directions is available online at [http://www.sandi.net/staff/directories/driving\\_directions.pdf](http://www.sandi.net/staff/directories/driving_directions.pdf), and is also accessible via the "For District Staff" page of the district website. The current online version replaces the prior April 2004 version. The directory can be printed from the website and is a useful reference if your job requires travel around the district. The directory will be updated periodically. If you have a correction or question about the directory, please send an email to [jkawano@sandi.net](mailto:jkawano@sandi.net).

### **Support our High Schools with an Internship Program**

Internship programs between our district high schools and community partners are not uncommon, but district departments and offices are a good place for interns to learn as well! Consider offering an internship through the district's Regional Occupational Program (ROP), which is required for many graduating seniors. Internships provide valuable work experience to students, assistance on key projects, opportunities for offices to connect with future employees, and valuable management experience to employees. For more information on the benefits and details of offering an internship, read about the student internships offered by the Communications Department in the Fact Sheet, online at [http://www.sandi.net/comm/factsheets/comms\\_stu\\_interns.pdf](http://www.sandi.net/comm/factsheets/comms_stu_interns.pdf).

### **No Child Left Behind (NCLB) Compliance for Paraeducators**

Paraeducators that have not complied with the *NCLB* certification process recently received "one year left to certify" reminder letters from Human Resources, with a copy to the principal / department head. Only those Paraeducators who received letters need to take action to comply. Other Paraeducators who did not receive letters have already complied or are exempt. In many cases, all that is required is to take the *NCLB* compliant Classroom Assistant Proficiency Exam (CAPE) test. If you received a letter, please keep in mind the **January 6, 2006, deadline** for becoming *NCLB* compliant. If you have questions, please contact Human Resources, in person at the Classification and Recruitment Unit, Ed Center, Annex 9 or call (619) 725-8195 and press "0."

### **Use PeopleSoft's eRecruit for Certificated Applications**

Certificated applications for Spring Intersession, Summer School, and Post and Bid must be submitted via the new PeopleSoft eRecruit Module. The open and end dates for submitting bid applications for each posting are listed on the corresponding circulars. Directions for applying online can be found on the district website at <http://prod031.sandi.net/personnel/>; look under "Hot Topics". Please log into PeopleSoft prior to the posting dates to ensure there are no access problems prior to the application period.

### **Spring Intersession Classified Positions Available**

Spring Intersession is quickly approaching and Human Resources is looking for eligible classified candidates. If you are a classified employee (OTBS/PARA) and are interested in working from March 28 to April 8, 2005, please contact Grace Gutierrez at (619) 725-8114 or [ggutierrez@sandi.net](mailto:ggutierrez@sandi.net) or Gloria Rangel at (619) 725-8172 or [grangel@sandi.net](mailto:grangel@sandi.net). If you already submitted a bubble sheet/application last fall, please do not re-apply. This notice is only for those employees in the OTBS or PARA units who did not already apply or who are new employees.

### **Chargers Champions Scholarship Application Now Available**

The San Diego Chargers have announced that the annual *Chargers Champions* Scholarship and Grant Program is now accepting applications. The school grant portion of this program provides funds to San Diego County schools for physical fitness, education and nutrition programs. High schools can apply for grants up to \$75,000; middle schools up to \$40,000; and elementary schools up to \$30,000. The scholarship portion annually awards high school juniors with \$7,000 tuition scholarships and laptop computers. Since the beginning of this program six years ago, *Chargers Champions* has provided

more than \$1.6 million in scholarships and grants. Apply for a School Grant online at <http://www.chargers.com/pdf/community/2005ChargersChampions-School.pdf> (**Due March 18**), or for a Student Scholarship, online at <http://www.chargers.com/pdf/community/2005ChargersChampions-Student.pdf> (**Due March 4**). For more information, please visit the website at <http://www.chargers.com/community/index.cfm>.

### **Apply For Healthy and Ready to Learn Recognition**

Schools and programs demonstrating leadership in Coordinated School Health may apply for Healthy and Ready to Learn recognition. Applicants have access to an extensive network of programmatic resources and technical support from Coordinated School Health (CSH), San Diego, a committee of public health professionals, educators, nutrition and physical activity specialists, healthcare providers and other youth serving agencies. Applications may be downloaded at <http://www.sdcoe.net/lret/hpe> and submitted before the deadline on **Friday, March 4, 2005**. Awardees will be recognized at the annual Healthy and Ready to Learn Reception in May. If you have any questions or need assistance in completing the application, please contact Brenda Burt in Physical Education, Health and Interscholastic Athletics at (619) 725-7124.

### **Win Your Dream Classroom from KSWB!**

KSWB is supporting local schools by giving teachers (Grades K-6) the chance to create the classroom of their dreams with a \$1,000 prize. One lucky teacher will win each month. Enter online at <http://kswbtrb.com/> or email [ssalgado@tribune.com](mailto:ssalgado@tribune.com) for more information.

### **GSDIEC Mini-grant Program for Teachers**

The Greater San Diego Industry-Education Council (GSDIEC) is proud to offer teachers the opportunity to participate in a mini-grant program. The program is intended to encourage teachers to try new alternatives to make education meaningful to students, to recognize innovative spirit and promote a link between industry/business and education. Grants will be awarded for up to \$600. View the application online at [http://www.sandi.net/staff/newsline/2005/050210\\_minigrants.pdf](http://www.sandi.net/staff/newsline/2005/050210_minigrants.pdf). Applications are due on **Friday, March 25, 2005**. For more information, please call Trish Cushing at (858) 668-4005 or [TCushing@powayusd.com](mailto:TCushing@powayusd.com).

### **Professional Development Opportunity: Study Spanish in Mexico This Summer**

San Diego City College is pleased to announce it will once again be offering its four-week intensive Spanish language program in Cuernavaca, Mexico from July 2 to July 30, 2005. Participants can enroll in one of six levels of Spanish while living with Mexican host families where they will be served three meals daily. Excursions to Mexico City, Teotihuacan, and Taxco are also included. For more information, please contact Marion Froehlich at (619) 388-3652 or [mfroehli@sdccd.net](mailto:mfroehli@sdccd.net) or visit the San Diego City College website <[www.sdcity.edu/studyabroad](http://www.sdcity.edu/studyabroad)> and click on the Mexico link."

**Message from the Teacher Preparation & Student Support Division:** Credit toward the 150 hours of professional development for credential renewal must be in conformance with guidelines delineated in the California Professional Growth Manual and with article 12 of the SDEA Collective Negotiations Contract.

### **New from the New Americans Immigration Museum and Learning Center**

A free user's guide is now available to support teachers who plan to use the Family Histories Essay Competition in their classrooms. Featuring FAQs from students and teachers as well as helpful tips and suggestions, the user's guide is available online at [www.naimlc.org](http://www.naimlc.org) (click on Family Histories Users Guide) or by emailing [carolinemckoen@earthlink.net](mailto:carolinemckoen@earthlink.net).

### **Food Services Essay, Poetry Rap Contest for Students**

Bright blue student flyers announcing the Food Services Essay, Poetry Rap Contest should now be available at all school sites. Last year over 1,200 students from every grade level entered this contest, which runs each year during the month of March, National Nutrition Month. To enter the contest, students answer the question, "What do bones need to grow and stay strong?" We are fortunate to be partnered with Sea World, who is not only sponsoring the event by printing flyers and offering prizes, but will also send valuable bookmarks and coupons to all students. Bookmarks will arrive next week. For more information, please contact Joanne Tucker at (858) 627-7316 or [jtucker@sandi.net](mailto:jtucker@sandi.net).

### **\$12,000 in Scholarship Awards Available from California Coast Credit Union**

If you know a high school senior who needs cash for college, California Coast Credit Union can help. Their 2005 Scholarship Program recognizes the academic excellence, school activities and community involvement of graduating high school seniors. This year's program offers five scholarships: one for \$5,000, two for \$2,500 and two for \$1,000. The applicant must have a GPA of at least 3.0 on a 4.0 scale, and be a California Coast member, or the son or daughter of a member, by the application deadline of **March 31, 2005**. For complete details and an application, visit the website at [www.calcoastcu.org](http://www.calcoastcu.org) and click on the scholarship link under "What's New." Applications are also available at all California Coast branches, or by calling 1-877-495-1600.

### **Red Cross Offers Aquatics Scholarship Opportunities for Students**

The American Red Cross Aquatics Division is kicking off its 2005 Aquatics Training Programs with exciting new opportunities for San Diego students (ages 15+) to take Lifeguard Training and Water Safety Instructor Training for free or at a reduced price. Graduates will be trained for jobs at pools, clubs and other facilities. Participants are urged to apply in advance as space is limited. Courses run from February through June. For more information, call 1-800-REDCROSS, email [aquatics@sdarc.org](mailto:aquatics@sdarc.org), or visit [www.sdarc.org/aquatics](http://www.sdarc.org/aquatics).

### **High School Oratorical Contest for Students**

Students (Grades 9-12) are invited to brush up on their public speaking skills with Pazzaz Inc. The High School Oratorical Contest, hosted by Pazzaz Inc. and currently in its tenth year, provides San Diego students with a forum to express their feelings and beliefs on important issues and enhances students' research, organization, writing, critical thinking, and oratorical delivery skills. Students are invited to attend Saturday workshops in preparation of the competition which will take place at the Achievement Awards Dinner, on May 22, 2005, at the Holiday Inn on the Bay. This year's topic is "Where if anywhere should Congress draw the line on freedom of expression?" For more information, visit the Pazzaz Inc. website at [www.pazzaz.org](http://www.pazzaz.org) or contact Pazzaz Inc. at (619) 264-6870 or [zz@pazzaz.org](mailto:zz@pazzaz.org).

### **City of San Diego Water Conservation Poster Contest for Students**

The City of San Diego is pleased to announce the 5th Annual Water Conservation Poster Contest. The contest is designed to encourage classroom discussions about the importance of conserving water and various ways to use recycled water in San Diego. To enter, students in Grades 1-6 must draw a poster that illustrates one important point based on this year's theme, "Water... Reduce Your Use!" Posters should display large lettering, only a few words, and must be drawn horizontally on 11" x 14" white paper. Last year's winners included Katelyn Adelman, First Place, Grade 1, Hearst Elementary; Maren Hale, First Place, Grade 2, Silver Gate Elementary; Amber Knight, Third Place, Grade 3, Holmes Elementary; Amy Ishiguro, Third Place, Grade 4, La Jolla Elementary; Charmaine Ong, Second Place, Grade 4, Sandburg Elementary; and Seo Yong Kim, Third Place, Grade 5, Curie Elementary. Last year's posters are available in the online version of Staff Bulletin. The deadline for poster submissions is **Wednesday, March 30, 2005**. Additional information about the contest, including the entry form and a free activity book are available online at <http://www.sandiego.gov/water/conservation/kids/poster/index.shtml> or by calling (619) 235-1984.

### **SAMMY Awards for Seniors**

America's Milk Processors and *USA TODAY* are please to present the 8th annual "Scholar Athlete Milk Mustache of the Year" (SAMMY 2005) Award Program. Each year, this scholarship program recognizes 25 outstanding scholar athletes in Grade 12 from across the nation. Nominations will be accepted through **March 4, 2005**. For more information, please visit [www.whymilk.com](http://www.whymilk.com).

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### **Hall of Fame**

#### **Carson Elementary is a "Cool School"**

Carson Elementary was recently recognized by San Diego Channel 8 News for their environmental programs. The wetland habitat at the San Diego river-mouth is an ideal outdoor learning experience for these elementary students, who are on a mission to restore the wetlands, and they have the shovels to prove it! A six-week educational program provided by Aquatic Adventures encouraged these students to restore their environment. The Channel 8 News Cool School Program is offered jointly through Channel 8 and the County Office of Education.

#### **SDCS Teacher Named National Finalist for Teacher of the Year**

Stan Murphy, SDCS Teacher of the Year at the High School Level, has been announced as one of the four finalists for the National Teacher of the Year Award. Other finalists hail from the District of Columbia, Iowa and Washington. The winner will be announced in mid-April. Read the press release online at [http://www.ccsso.org/Whats\\_New/Press\\_Releases/5781.cfm](http://www.ccsso.org/Whats_New/Press_Releases/5781.cfm) or view the district webpage on Stan's accomplishments online at <http://www.sandi.net/news/2005/1010murphy.html>.

#### **Recycling Pledges Lead to Fun Prizes**

Winners of the December and January Recycling Contest include:

- **Harry Allen**, Maintenance and Operations, who won a gift certificate to Whole Foods
- **Bob Hatchett**, Supply Center, who won a Harbor Cruise on the San Diego Bay for two
- **Anna Cornett**, Instructional Media Center, who won a two pound box of See's Candies and a half pound of Peet's coffee
- **Marlon Painia**, Supply Center, who won one dozen Krispy Kreme donuts and a half pound of Peet's Coffee

Congratulations to these winners, and thank you to all of our prize sponsors! Each month on the 15th, two winners are chosen from entries received. To enter, you must pledge to recycle and send your pledge card to the Recycling Office via

school mail or via email to [acalbow@sandi.net](mailto:acalbow@sandi.net). Pledge cards are available online at [www.sandi.net/energy/recycling](http://www.sandi.net/energy/recycling). Click on "Contests." Good luck!

### **Food Services Adds to Holiday Cheer**

The third annual Food Services Toy Drive in December was more successful than ever before. Ten families from our district were selected to receive the many toys, books, games, bicycles and sports equipment that were generously donated by employees of the Food Services Department as well as by employees from throughout the district. One family responded gratefully that all they had was \$20 to buy their children Christmas gifts.

Organized by Shirley Cabri-Rumrill and her staff Violeta Gonzales and Maria Lagace, the toy drive utilized many resources. Victor Parra, Classified Man of the Year, and his staff in the Food Services Operations Center, assembled bicycles, trucked and stored the toys and finally distributed them to the ten schools. Cabri-Rumrill noted that "As in the past two years our Food Services staff, along with the Purchasing Department has been extremely generous. This year everyone really out did themselves. We were thrilled to bring holiday cheer to those special families in need."

Food Services Director, Gary Petill was especially pleased with the results. "We are happy to be able to make a difference for these families that are less fortunate than our own and would hope that the spirit of giving continues throughout the year." Pictured here are Marlin Ormsbee, Jesus Garcia, Maria Lagace, Shirley Cabri-Rumrill, Victor Parra, Violeta Gonzales and Rod Lagace as well as Chesterton Elementary Principal Karen Mooney and Food Services Driver Marlin Ormsbee.

### **Special Education School Psychologist Receives SANDCASP Award**

Joan Rich, one of the district's Special Education School Psychologists, recently received the San Diego County Association of School Psychologists (SANDCASP) Outstanding School Psychologist of 2004 Award. This award is presented for significant contributions to students' psychological health and education and for overall excellence in the field of School Psychology. Joan has also been officially submitted by SANDCASP as their recommendation for CASP's (California Association of School Psychologists) Outstanding School Psychologist and will attend a conference in March 2005.

### **Transportation Director Receives Certified National Status**

Alexandra Robinson, Director of Transportation Services, was recently certified as a Director of Pupil Transportation by the National Association for Pupil Transportation (CDPT). Alex is the 85th person in the United States to achieve this recognition. The NAPT Professional Certification Program was established in 1989 to recognize the achievements and expertise of individuals in various administrative positions within the pupil transportation field.

### **Bernays Mark of Excellence Awarded for Kid's Choice Café Video**

The San Diego City Schools Video Services team, in collaboration with the Food Services Department and students from Dingeman Elementary, was awarded the 2004 Edward L. Bernays Mark of Excellence Award for Public Service campaigns by the Public Relations Society of America (PRSA) for its "Kid's Choice Café" video. The video was recognized for its effectiveness as a tool to market the innovative student nutrition program and to increase student awareness about healthier eating choices. The "Kid's Choice Café" video has been shared with school districts throughout the U.S., and also won a 2004 Award of Merit from the California School Public Relations Association (CalSPRA). In addition, it was showcased at the 2004 "Best Practices in Urban Business Operations" in Houston. The video was produced by **Ursula Kroemer** and **Victor Vargas**, in collaboration with Food Services' **Joanne Tucker** and **Gary Petill** and featured several Dingeman Elementary students as cafeteria staff. The student actors include **Gina Holsag**, **Courtney Bruno**, **Annu Subramanian**, **Joshua Lin** and **Daniella O'Neill**.

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## **Scenes from Schools**

### **Ericson Elementary Takes a Trip to Chuck E. Cheese's and Sends Art to Japan**

On Thursday, November 11, 2004, Ericson families enjoyed a PTA fundraising evening at Mira Mesa's Chuck E. Cheese's. Students who were present at school on the day before Veteran's Day received a sticker good for 10 free tokens for games. Parents enjoyed themselves too. Kay, the mother of an Ericson fourth grader, said, "This is just such a great idea because it gets the whole family out of the house. The kids have a great time and I get a break from making dinner. I'll definitely be at the next one!" The PTA at Ericson Elementary provides a number of family oriented activities for their community.

The Ericson art program is also up to great things. Several students in Grades K-2 have been selected to have their artistic masterpieces submitted to the 35th International Children's Art Exhibition. The entries will be sent to Japan for judging and the pieces will become a part of a number of international exhibits.

### **Schools Celebrate Ribbon-cutting Ceremonies**

Before the Winter Break, several schools held ribbon-cutting ceremonies to dedicate new Proposition MM libraries. Lewis Middle School welcomed guests into the new library with Lewis' well-respected jazz band. The children of the school's namesake, Harvey Lewis, attended the event. Another special guest was the school's first principal, Ralph Patrick, who opened the Lewis Middle School when Dr. Bobbi Forcier (current principal) was a student.

At the ribbon-cutting ceremony for Lafayette Elementary's new library, Principal Heidi Eastcott recognized the winners of Summer Reader Achievers and essay contests. Students ended the ceremony by singing -- and signing (sign language)-- Lafayette's school spirit song.

At Knox Elementary, the new Proposition MM library was completed three months ahead of schedule! The students were treated to a visit by their new Board member, Shelia Jackson.

### **Colonial Wax Actors from Hickman Elementary**

On January 18 and 20, fifth graders from Hickman Elementary School (Room B6) performed as historical wax actors. After researching a character from Colonial American History, students assumed the role of that character and dressed up in traditional colonial garb. When activated, students sprang to life, ready to tell their life story and enumerate their important historical contributions.

### **University City High Holiday Music**

Musicians from University City High School charmed Education Center employees with holiday music in December 2004.

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## **Student Salutes**

### **8th Grade Stock Market Wizards**

Harriet Tubman Village Charter School 8th graders Robert Asperin and Tony Nieves recently took first place in the *San Diego Union-Tribune* Stock Market Game for the Middle School Division (out of 52 teams). This simulated investing experience allows teams to start the 10-week game with \$100,000 in their accounts, and students research companies and invest in stock following the rules of 'real-world' investing. Robert and Tony outperformed the S&P 500 by over 23% during the period of the game, ending with a winning balance of \$127,673. This amount was good enough for a ranking of 9 out of 574 total teams participating, including high school and adult levels. Tubman teacher David Sciarretta took first place in the adult division, finishing with \$122,169.

### **Promoting Non-violence at Martin Luther King, Jr. Parade**

Together making a statement in support of non-violence, students from Gompers and O'Farrell Community School marched in the Martin Luther King, Jr. Parade on January 15, 2005. As part of Students Against Violence Everywhere (S.A.V.E.), these young people joined the San Diego City Schools Police Services Department downtown, to honor one of our nation's most influential non-violent leaders for change, Dr. Martin Luther King, Jr. S.A.V.E. Chapters also will be started at Bell Jr. High and Keiller Middle schools and are co-sponsored by the district's Police Services Department and participating schools. For more information, please contact Patrick Wafer at (619) 855-2688 or [pwafer@sandi.net](mailto:pwafer@sandi.net).

### **Donations at Dana Reach Tsunami Victims Half a World Away**

The ASB at Dana Middle School organized a Tsunami Relief Week effort and raised \$4,000 for the Save the Children Organization. Dana students were asked to donate a dollar a day for five days, January 10-14, 2005. ASB advisors Mrs. Galindo and Mr. Grabert spearheaded the effort.

### **Student Recognition Ceremony**

On Tuesday, January 25, 2005, at 3:05 p.m., the Student Recognition Awards Ceremony took place at the Eugene Brucker Education Center Auditorium (4100 Normal Street, 92103). The Board of Education and Superintendent recognized more than 550 of our students for their outstanding achievements.

### **Scripps Ranch Student is Named America's Top Young Scientist of the Year**

Shannon McClintock, a ninth grader from Scripps Ranch High School, recently received the title "America's Top Young Scientist of the Year." During an annual science competition in Maryland, sponsored by The Discovery Channel, Shannon displayed her study of traction between a train and the tracks and how this affects fuel use. As a competition winner, Shannon received \$15,000 toward her college tuition.

### **Two Students Receive Presidential Scholar Award Nomination**

Michael Shih of La Jolla High and David Daniels of Patrick Henry High are among the nation's top graduating seniors. The Presidential Scholars Program has recognized these students for their academic and artistic successes, leadership, and community involvement. As scholars, Michael and David will be recognized at a national ceremony in Washington, D.C. in June 2005.

### **Winners of the When Not to Keep a Secret Contest-Excerpt from "Counseling Corner," February 1, 2005**

Thanks to a grant from the American Psychiatric Foundation, students in Grades 9 and 10 were encouraged to participate in a project, "When Not To Keep a Secret" Essay Contest. This project challenges adolescents' sense of mortality and gives permission to break a confidence, when the confidence is life threatening. It is a tool that can be used to model appropriate disclosure skills. In particular, it is designed to promote an overall awareness in students that violent talk can lead to violent behavior. We are pleased to announce the following three San Diego City School winners: Emily Partridge, Grade 9, Scripps Ranch High School; Vilaiporn Thanone, Grade 10, Serra High School; and Dash Wise, Grade 10, La Jolla High School. Students will receive a \$100 gift certificate to the Westfield Shopping Malls and a chance to compete at the State and Federal levels.

### **Laurels for Leaders Recognition Luncheon**

At noon on Tuesday, February 22, 2005, high school Associated Student Body (ASB) presidents from across San Diego County were honored at Laurels for Leaders, held at the Town and Country Hotel in Mission Valley. In attendance were ASB student presidents, ASB advisors, principals, parents and district staff.

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### **Save the Date**

#### **CSET Preparation Classes**

Need to take the CSET? The district is offering preparation classes for the March 19, 2005, CSET at no charge to district teachers. Classes are available in Multiple Subjects, Single Subject English, Single Subject Mathematics, and Single Subject Chemistry/Physics/Biology. The three-hour classes began on **Tuesday, February 22, 2005**. Passing the CSET ensures compliance with the "highly qualified teacher" requirement of the *No Child Left Behind (NCLB) Act*. The registration form is available online at [http://www.sandi.net/staff/newsline/2005/050203\\_CSET\\_form.pdf](http://www.sandi.net/staff/newsline/2005/050203_CSET_form.pdf). Please call (858) 539-5330 or (858) 539-5347 if you have any questions.

#### **PAR Program Looking for Teachers**

The Peer Assistance and Review (PAR) Program is looking for district teachers to serve as Consulting Teachers for teachers who are participating in the program. A session will be held **tomorrow, Thursday, February 24, 2005**, from 4 to 5 p.m., at the San Diego Education Association (SDEA) Office at 10393 San Diego Mission Road, Suite 100, 92108. View the flyer online at [http://www.sandi.net/staff/newsline/2005/050203\\_par.pdf](http://www.sandi.net/staff/newsline/2005/050203_par.pdf). For more information or to sign up, please contact Suzanne Lindemann at (858) 496-1866 or [slindeman@sandi.net](mailto:slindeman@sandi.net).

#### **And the iVIE Student Film Winner is...**

Last year, the Innovative Video in Education "iVIE" Festival and Awards received nearly 200 entries from schools across San Diego County. On **May 17**, the San Diego County Office of Education and its partners will host the 2005 Fourth Annual iVIE Awards Ceremony at the Spreckels Theatre. The Academy Awards-style ceremony will honor student participants and announce the winners for 2005. For more information, please visit <http://www.iveawards.org>. The iVIE Program also sponsors digital media workshops throughout the year. Upcoming workshops include:

- Film Production - Filming, Lighting & Camera Techniques: **Feb. 23, 6 - 8 p.m.**
- Plugging into Digital Video, The Strength of the Story: **Mar. 2, all day**
- Filmmaking for Life - Career Tips from the Pros: **Mar. 9, 6 - 8 p.m.**
- Plugging into Science: **Apr. 21, all day**
- Animation for Gaming Videos - an insider's look at SONY 989: **Date TBA, 6-8 p.m.**

Most workshops are offered free of charge to teachers, support staff and students. For more information and a complete list of workshops, please visit <http://www.sdcoe.net/jrrtc/04-05events.html> or contact Becki Goehl at (858) 292-3832 or [bgoehl@sdcoe.net](mailto:bgoehl@sdcoe.net) or Bill Simpson at (858) 292-3608 or [bsimpson@sdcoe.net](mailto:bsimpson@sdcoe.net).

#### **Support the American Cancer Society's Daffodil Days**

Brighten your life and join the fight against cancer by volunteering during the American Cancer Society's 22nd Annual Daffodil Days Campaign. Volunteers are needed to take orders at their school sites for these bright yellow flowers, a symbol for hope, now through **Friday, February 25, 2005**, with deliveries scheduled for the week of **March 14-18, 2005**. Proceeds will support critical cancer research, patient services and local education for all types of cancer. Current statistics indicate that more than 11,500 San Diegans will be diagnosed with some form of cancer in the coming year and

nearly 4,700 will die of the disease. Please call (619) 682-7474 for information on making a donation or on becoming a Daffodil Days volunteer.

### **Upcoming SDCS Honor Concerts and Music Festivals**

San Diego City Schools has a wealth of talented musicians, many of whom will be performing in upcoming spring concerts and festivals. **This Saturday, February 26, at 7 p.m.**, the City/County Choral Honor Concert, including Honor Choirs at all levels, will take place at Brown Chapel in Point Loma Nazarene University. On **Thursday, March 10, at 7 p.m.**, students from the Elementary Honor Orchestra and Elementary Honor Band will also perform at Point Loma Nazarene during the City Schools Elementary Instrumental Honor Concert. On **Sunday, April 10, at 3 p.m.**, the City Schools Secondary Instrumental Honor Concert will feature the Middle School Honor Band, Secondary Honor Orchestra, and High School Honor Band at Copley Symphony Hall. For more information or to RSVP, please contact the Visual and Performing Arts Department at (858) 539-5349.

### **Annual Resource Fair for Special Education Vocational Rehabilitation Counseling**

Each spring, San Diego City Schools presents a Resource Fair designed to bring community agencies and area businesses together, offering an array of transition, vocational and post secondary options to special education students. This year's fair will be held **Monday, February 28, from 9 a.m. to 3 p.m.** at the Balboa Park Club, 1549 El Prado #1 (just north of the Reuben H. Fleet Center, in Balboa Park). Students will have opportunities to learn about career exploration, job training options and additional transition services. A minimum of 40 agencies and businesses generally attend. Admission is free, and parents are also welcome. For more information please call Employability Counseling Services at (858) 693-5514.

### **Safe Middle Schools PTA Presentation**

The San Diego Unified Council of Parent-Teacher Associations (PTAs) will present "Safe Middle Schools" to San Diego parents and teachers on **Tuesday, March 1, at 7 p.m.** at Marston Middle School, 3799 Clairemont Drive. The presentation will feature Wayne Sakamoto of the San Diego County Office of Education Safe Schools Unit and will discuss information on the signs of drug use and violence, and how to help students avoid them. The registration deadline is February 24, 2005. For more information, call (619) 297-7821 or email [communications@sducouncilpta.com](mailto:communications@sducouncilpta.com).

### **Interested in National Board Certification?**

The Teacher Preparation and Student Support Division has scheduled information meetings and orientations to provide information on becoming a National Board Certified Teacher. If you are interested in attending, please select one Information Meeting **and** one Orientation from the lists below:

#### **INFORMATION MEETINGS**

- **Thursday, March 3, 2005** (4-5:30 p.m.), Chesterton Elementary (Media Center), 7335 Wheatley St., San Diego, CA 92111
- **Tuesday, March 8, 2005** (4-5:30 p.m.), Kennedy Elementary (Auditorium), 445 South 47th St., San Diego, CA 92113

**ORIENTATION (REQUIRED):** New candidates interested in receiving district support must attend one of the following mandatory orientations:

- **Saturday, April 23, 2005** (8 a.m.-noon), SDEA Headquarters, 10393 San Diego Mission Rd., Board Room, San Diego, CA 92108
- **Saturday, May 21, 2005** (8 a.m.-noon), Instructional Media Center (IMC) 2441 Cardinal Lane, Building "G," San Diego, CA 92123

To register for an Information Meeting and Orientation, contact Velvet Wright at (858) 496-1882 or [vwright@sandi.net](mailto:vwright@sandi.net).

### **Student Art Shows Decorate Ed Center and La Jolla Gallery**

For one month, starting on March 7 and ending April 8, 2005, the second floor of the Eugene Brucker Education Center (Ed Center) will be adorned with work from student artists from across the district in the annual Superintendent's Art Exhibition. Pieces collected from art classrooms include watercolors, oil paintings, sculptures, charcoal drawings, collages, mosaics and many more. An Open House reception will take place on **March 30, from 5 to 7 p.m.** Forty jury-selected pieces are also currently on display at the La Jolla Art Association Gallery at 7917 Girard Avenue in downtown La Jolla from **through March 6**. A reception for student artists and their guests will take place on February 26. For more information, please contact the Visual and Performing Arts Department at (858) 539-5349 or [mstegeman@sandi.net](mailto:mstegeman@sandi.net).

### **Support Arts Education with Tickets to STOMP**

The imaginative percussion group, STOMP, will be performing at the Civic Theatre on **March 8-13, 2005**. Thanks to *The San Diego Union-Tribune* and Broadway/San Diego, ticket sales from these six performances will directly support ArtsBusXpress, a program that gives our students "A Ride to the Arts!" Discounted tickets—20% off—are now available for \$17.75-\$50.50 and can be purchased at the Civic Center Box Office (1200 3rd Avenue, Downtown San Diego, 92101) or online at <http://www.signonsandiego.com/bsd/>.

### **Journalism Competition for High School Students**

The San Diego County Journalism Education Association Write-off Competitions will be held on **March 19, 2005**, at San Dieguito High School. Yearbook and newspaper advisers should begin organizing teams to participate. Further details will follow as the event nears. If you have any questions, please email [cedwards@sandi.net](mailto:cedwards@sandi.net).

### **Turning Strength into Leadership: Young Women's Leadership Program**

*Excerpt from "Counseling Corner," February 1, 2005*

The Jenna Druck Foundation offers several extraordinary opportunities for young high school women. The annual spirit of leadership conference, taking place, **April 23, 2005**, allows future leaders training, dynamic workshops, and community connections with successful San Diego women leaders. Individual leadership forums at high school sites are also available to provide educational settings for young adolescents to explore contemporary issues confronting women today. To nominate a young lady for the conference, sign up to be a mentor, or to obtain more information about programs offered, please contact Roxanne Lauridsen, program coordinator, at [ywl@jennadruck.org](mailto:ywl@jennadruck.org).

### **Grab your Calendar and Circle the Day, The Union-Tribune Race for Literacy is Coming in May**

The San Diego Union-Tribune would like to remind you that one of the highlights of the school year is coming again in May – The Kids Magic Mile on **May 7** and the Race for Literacy 8K on **May 8**. These events headline the annual *Union-Tribune* Race for Literacy Weekend. The focus is on the two "R's," running and reading. As in past years, there will be plenty of fun for participating schools, and lots of new surprises, including visits from students' favorite fictional characters, more post-race activities and more benefits to team captains. To make signing-up as easy as possible, team packages can be emailed and registration is available online. Hard copies are also available. Help promote literacy in our schools and community! For more information, contact Ellen Flanagan at [eflanagan@inmotionevents.com](mailto:eflanagan@inmotionevents.com) or (760) 692-2900.

### **CalSTRS Spring Workshops**

The California State Teachers Retirement System (CalSTRS) will be holding free Spring Group Appointment Workshops at the San Diego County Office of Education, 6401 Linda Vista Road through **June 22, 2005**. View the schedule online at [http://www.sandi.net/staff/newsline/2005/050203\\_CalSTRS.pdf](http://www.sandi.net/staff/newsline/2005/050203_CalSTRS.pdf). Workshops will cover Designation of Beneficiary, Pre-election of Options, Purchase of Service Credit, and Online Estimates of Final Compensation. Two estimates and materials will be provided. For more information or to register, please call (858) 292-3565 or email [jblazdel@sdcoe.net](mailto:jblazdel@sdcoe.net).

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### **In Memoriam**

**Julie Baker**, whose service with the district began in January 1988, passed away on December 15, 2004. Ms. Baker was a teacher in the Secondary/Interim Department. She is survived by her children.

**Joan Bates**, whose service with the district began in October 1968, passed away on February 28, 2004. Ms. Bates was a school clerk at Mann Middle School at the time of her retirement on October 21, 1991.

**Betty Brownlow**, whose service with the district began in October 1979, passed away on January 26, 2005. Ms. Brownlow was a special education assistant at Hamilton Elementary School. She is survived by her husband.

**Alyce Fastenau**, whose service with the district began in September 1963, passed away on December 30, 2004. Ms. Fastenau was a teacher at Jerebek Elementary School at the time of her retirement on June 28, 1988. She is survived by her husband.

**Iris Garcia**, whose service with the district began in October 1975, passed away on December 5, 2004. Ms. Garcia was a secondary counselor at Mission Bay High School at the time of her retirement on June 26, 1996. She is survived by her son.

**James Longest**, whose service with the district began in August 1958, passed away on November 12, 2004. Mr. Longest was a building service supervisor at Mann Middle School at the time of his retirement on January 12, 1982. He is survived by his wife.

**Barbara MacNeil**, whose service with the district began in October 1975, passed away on January 9, 2005. Ms. MacNeil was a special education program manager in the Special Education Department. She is survived by her daughter. A poem, written by Cay Casey, PhD, RN., is available in the online version of Staff Bulletin.

**William Plaza**, whose service with the district began in February 1991, passed away on December 27, 2004. Mr. Plaza was a custodian at Mann Middle School at the time of his retirement on February 2, 1995. He is survived by his son.

**Elizabeth Povey**, whose service with the district began in April 1963, passed away on December 3, 2004. Ms. Povey was a secretary at Lindberg Elementary School at the time of her retirement on June 29, 1977. She is survived by her son.

**Verna Redding**, whose service with the district began in November 1989, passed away on November 14, 2004. Ms. Redding was a clerk at Birney Elementary School at the time of her retirement on June 28, 1997. She is survived by her daughter.

**Yvonne Rivera**, whose service with the district began in April 1970, passed away on December 10, 2004. Ms. Rivera was a teacher at Lafayette Elementary School. A memorial service was held on December 10, 2004. She is survived by her parents.

**Dianne Stubbs**, whose service with the district began in September 1986, passed away on September 6, 2004. Ms. Stubbs was a school librarian technician at Marshall Elementary School.

**William Vogel**, whose service with the district began in September 1959, passed away on December 4, 2004. Mr. Vogel was a principal at Taft Middle School at the time of his retirement on August 2, 1997. He is survived by his wife.