

EYE ON EDUCATION

A Publication of the Paramount Unified School District

15110 CALIFORNIA AVE., PARAMOUNT, CA 90723 • TEL: 562-602-6000 • FAX: 562-634-6029

NOVEMBER 2010

Paramount High Salutes Its AP Scholars

Eight students at Paramount High School have earned AP Scholar Awards in recognition of their exceptional achievement on Advanced Placement Exams taken in May of the 2009/2010 school year.

At Paramount High, thirteen AP Exams are offered, each providing willing and academically prepared students the opportunity to take rigorous college-level classes while still in high school. Last school year, only 18 percent of the more than 1.8 million students taking AP Exams worldwide performed at the high level needed to earn an AP Scholar Award.

Enrique Gutierrez-Mendoza earned the prestigious AP Scholar with Distinction Award by earning an average score of at least 3.5 on all AP Exams taken, and scores of 3 or higher on five or more exams taken the previous school year. Enrique scored a 3 or higher on six exams last year, including AP Biology, AP English Language

and Composition, AP European History, AP Spanish Language, AP United States History, and AP Environmental Science.

Luis Chavez received the AP Scholar with Honor Award by earning an average score of at least 3.25 on all AP Exams taken, and scores of 3 or higher on four of these exams.

Six Paramount students qualified for the AP Scholar Award by completing three or more AP Exams with scores of 3 or higher. The AP Scholars are Erika Alvarez, Sergio Garcia, Vanessa Gomez, Paloma Ibarra, Jasmine Martinez, and Ismael Mireles.

The AP program provides students to stand out in the college admissions process. Each AP Exam is developed by a committee of university faculty and AP teachers, ensuring that AP exams are aligned with the same high standards expected by college faculty at some of the nation's leading universities. Research shows that AP students who score a 3 or higher



Pictured from left to right in the front row are Vanessa Gomez, Erika Alvarez, Jasmine Martinez, and Paloma Ibarra. From left to right in the back row are Ismael Mireles, Enrique Gutierrez-Mendoza, Luis Chavez, and Sergio Garcia.

on AP Exams (based on a scale of 1 to 5, with 5 being highest) typically experience greater academic success in college and have higher graduation

rates than students who do not participate in the AP program. Congratulations are due to Paramount's AP Scholars, who have already taken this signifi-

cant step towards success at the university level.

Greg Francois
Assistant Principal, PHS

Lincoln Lions Love Learning! Lincoln Lions Roar! We met our goal! Our school wide API of 828 reflects an increase of 37 pts!

I would like to take this opportunity to introduce myself to the Paramount community. My name is Pamela Williams, and I am honored to have been selected as the new principal of Lincoln Elementary School. My strong background in literacy, GATE education, interven-

tion support programs, special education, technology, and staff development will be used to support our Lincoln students toward continued success.

Lincoln is a wonderful K-5 neighborhood school that continues to serve multiple generations of families within

our Paramount community. In turn, our parents and families, as active members of our PTA and school community, support our students through many fundraising and educational events during the school year.

At Lincoln, we are incredibly proud of our students as

they continue to excel on state standardized tests. It is our team spirit that contributes to our very high levels of success! Lincoln's teachers, school staff, students, parents, families, and community members, ALL help makes Lincoln such a supportive place to work and learn!

In the spirit of a Professional Learning Community, each Monday, our entire school comes together on the black top to begin the instructional day. Led by our 5th grade Student Council officers, we recite the Pledge of Allegiance, sing a patriotic song, and listen to brief school announcements. Our

small school mascot, Leo the Lincoln Lion, is presented to a class each week for demonstrating respectfulness, outstanding student achievement, and good sportsmanship. Even though it is early in the school year, Mrs. Figueira's kindergarten students earned the privilege of posing with our Lincoln mascot.

It's always a great day to be a Lincoln Lion!

I look forward to a wonderful year at Abraham Lincoln Elementary School!

Pamela Williams
Principal
Lincoln School



Leo the Lincoln Lion pictured with Mrs. Figueira & her Kinder students.

SCHOOL BOARD MEETING DATES

November 17, 2010

Board of Education meetings are held at 6:00 p.m. in the Boardroom at the District Office, 15110 California Avenue, Paramount, and are open to the public

I Believe I Can Fly!!



Pictured on the right is Christian Rojas

I believe I can fly, I believe I can touch the sky – and that's what eagles do. Eagles soar with the wind of faith beneath their wings! Buena Vista class of 2010 Graduate, Christian Rojas expressed his dream to become a pilot.

Little did Christian realize a gateway to his dream was less than 3 miles away in the City of Compton, California. With support from Paramount Unified School Board Member-Tony Peña, Christian was accepted as a student at the "Tomorrows Aeronautical Museum" in Compton, California. Christian can also boast that like an eagle he was able to soar the friendly skies, as a passenger in a Cessna flown by a 16 year

old student of the Aero Squad, at the "Tomorrows Aeronautical Museum" in Compton, California.

Christian credits his success to the dedicated teachers at Buena Vista who took time to assist students individually. According to Chris, "The faculty and the physical environment makes Buena Vista a place where students can grow academically. I didn't believe that I could graduate on time but Ms. Duhart (Sub) made me believe that I could do anything I put my mind to do"

Gwen Yates
Assistant Principal
Buena Vista High School

College Planning for PHS Seniors 2011



Paramount High School Counselors presented the College Planning Guidance Curriculum for the 2011 senior class. One thousand and nineteen seniors were presented with a power point presentation that covered all the college options for students. PHS Counselors made the presentations in the Language Arts 4 classes in September. Students get this information early in the semester so they know vital information when making their post high school plans.

Students were presented with the A – G requirements for college admission, SAT and ACT Testing requirements, as well as the college admission process for Cal-States, University of California system, private universities and Community Colleges. Students also received information about several college workshops that will be held throughout the year in order to help support PHS students as they apply to colleges. The deadline to have College applications submitted for the fall 2011 admittance is November, 30th, 2010. Seniors need to have all of their required SAT and ACT exams completed before December. Students can register on-line at www.collegeboard.com and www.actstudent.org in order to take these exams.

Students who are planning on attending the Community Colleges were given information on the five steps they will need to take in the spring in order to get enrolled in the Community Colleges:

- Admission – Seniors apply on-line in the SPRING
- Assessment – Seniors will take assessment tests in Math and Language Arts
- Orientation – Students attend an informational meeting after taking the assessment tests to get important information.
- Advisement – Students will talk with a College Counselor to set up a plan or goal.
- Registration – Lastly, students use the plan they developed with the College Counselor to schedule classes.

All seniors received information on Scholarships, Financial Aid through the Free Application for Federal Student Aid (FAFSA) program and the Cal-Grant program. Counselors went over the necessary requirements for college athletic programs and NCAA eligibility. Seniors were encouraged to sign up to attend the College Fair held at the Lakewood Youth Center from 6 p.m. to 9 p.m. on October 12th.

As students continue to graduate from Paramount High School, PHS Counselors are committed to making sure our students have a plan and goal in place for higher education after graduation.

Erik Lindshield
Counselor, PHS

Paramount Unified School District



Workshops

LOCATION: Jefferson School
8600 Jefferson Street
Paramount, CA 90723

6:00 p.m. – 9:00 p.m.

Nov. 4, 2010 Character Counts!
Nov. 18, 2010 Building Positive Communication
Dec. 2, 2010 Raising Responsible Children
Dec. 16, 2010 Internet Dangers: Is Your Child Safe?

Spanish Translation will be available.
Co-sponsored by Paramount Unified School District
and Cerritos College

Babysitting available for children ages 3-12 (must be toilet trained)
MUST pre-register for babysitting one week in advance;
MAY pre-registration for individual workshops
Call: Myra McGinnis at 562-602-6035

Workshops Open to all PUSD Parents

Eye On Education is a monthly Publication of the Paramount Unified School District



Board of Education

Alicia Anderson, President
Tony Peña, VP/Clerk
Sonya Cuellar, Member
Linda Garcia, Member
Vivian Hansen, Member

District Superintendent
David J. Verdugo, Ed.D.

Great things are happening in Paramount Schools

Eye On Education

Editor - Isela Preciado
Paramount Unified School District
15110 California Ave., Paramount, CA
(562) 602-6000 • Fax (562) 634-6029

Pirate Fall Athletics Fare Well in Non-League Play

Heading into San Gabriel Valley League competition in late September and early October, Paramount High's fall teams showed promise during non-league competition. Led by defending SGVL champion Lady Pirate Tennis, our student-athletes prepared for their league schedules by carrying the maroon-and-white to schools throughout southern California.

As of this writing, Paramount girls' tennis was in a good position with an 11-2 overall record, including 4-1 in league play. The Lady Pirates have had different players step it up in different matches; Maria Toledo in singles and Diana Vargas and Mayra Briones in doubles have been stalwarts on coach Curtis Mu's squad. Our ladies are facing tough competition from Downey and Warren this fall, and the second and third rounds will decide the playoff rankings come November. Lady Pirate volleyball is also in the thick of the race for the playoffs with a 9-6 overall record and having split with Lynwood and Downey to open league play; tough matches against Warren and Gahr will determine coach Anna Yasuhara's team's playoff future.

Pirate boys' cross-country finished second to Warren in the first league cluster meet on Sept. 23; the second cluster on Oct. 14 gives the Pirates a

chance to balance the books heading into league finals on Nov. 3. Our lady runners were third in cluster #1 and need to bounce back to move into the league title hunt. Our boys' water polo team opened league play with a convincing win over Whitney on Oct. 5 and awaited an important league match with Downey at the Paramount Park Pool on Oct. 12. That match, coupled with future dates with Warren and Cerritos, will measure the progress our boys have made since the program was revived two years ago.

Finally, Pirate football has competed well every week this fall and looked forward to beginning league play at home against Lynwood on Oct. 15. The Pirates have notched wins over Western, Bellflower and Whittier in establishing a 3-2 record so far and have demonstrated resiliency and toughness in all five games they have played. Like all of our fall athletes, the Pirate football team is playing hard and demonstrating "Pirate Pride" in how they prepare and practice.

Good luck to all of our fall teams as they continue league play and try to qualify for the CIF playoffs next month.

Dr. Mark Kemp
Athletic Director, PHS

Welcome to Dolphinland... A Happening Safe & Civil School in Paramount

"Individually, we are one drop. Together, we are an ocean."

We began the 2009 school year as Alondra Middle School. There were many challenges to be faced, many lessons to be learned, many hurdles to get over, and many obstacles to get around. We are now one year more knowledgeable, and with that knowledge brings insight: we have a clearer vision. As of day one: administrators were administrating, teachers were teaching, counselors were counseling, coaches were coaching, support staff were supporting, and students were engaged and learning.

This school year has started with a bang, our enthusiasm and insight will drive us to the end-line, and to our 800 API goal! We have music playing in the quad each morning, students being greeted at the gate with a hand-shake, a smile, a "good morning," and a raffle ticket to thank them for being to school on time and in uniform. For the month of September, Alondra School had 98.7% of our students attending school each day...that is a WOW! Raffle off free treat tickets to our local 7-Eleven Store, they have joined our team, and monthly attendance celebrations seem to have motivated our students to practice punctuality.

We have a gymnasium that is being created right before our eyes, sport

teams and music class before and after school, dolphin dogs in the dolphin café, sport tournaments going on during lunch, a fantastic team running our learning lab before and after school, Alondra Cheerleaders and Dance Team on board, NARCANON presenting drug prevention lessons in science classes, our own Parent Project class every Friday from 9-12 with over 25 parent participants, Bullying-Violence Prevention and Reporting lessons being presented to all Alondra Students, before and after school tutoring in place with many of our students participating, and most importantly, stellar and rigorous curricular lessons being presented in English Language Arts, Mathematics, Science, Social Studies, Physical Education, Art Education, Music Education, and Computer Science every day - All our recipes for greatness and success!

Come by and visit...We are Alondra Middle School...We are Safe & Civil... We are happening...We are the Dolphins...We are Dolphinland...We are Proud...We are the Happiest Place on Earth!

Dolores Barrios and Debbie Morrow
Counselors

Superintendent's Message: Cyber Bullying



Current data is still being gathered, but the 2007 statistics by the National Crime Prevention Council showed that 43 percent of surveyed middle and high school students said they had experienced some form of cyber bullying in the prior 12 months. The prevalence was highest amongst students' ages 15 and 16 - more than half of those teens said that in the prior year they had experienced at least one cyber bullying incident.

Clearly the popularity and prevalence of cyber-communication among younger students is expanding their opportunities to insult or intimidate one another, says Katherine Cowan, Communications Director for the National Association of School Psychologists. The internet makes it much more complicated and challenging to wrap our arms around a dynamic and complex social communication system with the students we serve.

What can you as parents do?

Teach students, our children to be cyber-savvy. Students need to understand the risks involved in

sharing personal information online, students need to understand how the "tone" of their communications can be perceived much differently than they might have intended.

Finally, it is important to report cases of bullying to the school, to the parents of all involved students, and, when necessary, law enforcement. Please take the time to discuss with your child the importance of good Internet skills. Helping them understand the consequences of being hurtful to anybody is also part of the learning process.

We appreciate your support and partnership in the educational process of our children.

Thank you.

David J. Verdugo, Ed.D.
Superintendent

One Ninth Grader's Point of View

Summer came to an end, and I knew that I would be going back to school sooner than I thought and wanted. I was both nervous and excited to start my journey as a ninth grader at Paramount High School West Campus.

I got up extra early on August 25, 2010, to get everything ready for my first day of high school. On my way to school, I started to get more anxious and excited. I was nervous because I did not know where my classes were or if my old friends from eighth grade were going to be in my classes. Either way, I made it through my first day of high school; I met new people and had fun without even trying.

Later on throughout the first two weeks, I heard about ASB Leadership through the morning announcements; and I went to Room 25 to sign up. It was an opportunity, I thought to meet new people and make my freshman year more fun. ASB Leadership is an organization which tries to make all students' ninth grade year both fun and memorable. Just

this month, we had Homecoming Court elections, lunch time activities including a pie-eating contest with our Homecoming nominees, and had our first fundraiser.

I also made it on the Girls' Basketball team, which is great because I get to meet new people and participate in high school athletics. The activities and clubs at Paramount High School West Campus are a great opportunity to meet new people and have fun at school. One of the jobs of ASB Leadership is for us to get people to join clubs and activities so that they will experience what I have experienced.

Also, I would like to encourage the freshmen Class of 2014 to have fun as well as study hard. Like many people tell us, we only go through high school once—so have fun and no regrets.

Good luck Class of 2014!

Your fellow Pirate,
Stephanie Morales
Student
PHS-West

Paramount High School Advice from One Delores Stephens Library Grand Opening Pirate to Another



Mrs. Stephens is joined by her husband, Board of Education, Executive Cabinet and Mayor Tom Hansen for the ribbon cutting.



Mrs. Delores Stephens pictured with her family after the ribbon cutting to the PHS library dedicated in her honor.

Our new Paramount High School Library is just one of many examples of the focus that our Board established by supporting and committing to our Measure AA Bond referendum which has clearly given us the resources to achieve at even greater pace our conditions for renewal across our entire school district said, Dr. Verdugo at the recent ribbon cutting for the library named and dedicated to former Assistant Superintendent-Human Resources Delores Stephens.

The new Delores Stephens Library will build nurturing and engaging learning environments that are conducive to student and teacher success.

Delores Stephens improved our lives and as a result it is but one reason that we dedicate our new high school library to and in respect to her life of giving to Paramount Unified. Her love of this community, her passion for our students, and her love of books, especially being able to use the written word as a road-map, a guide and reflection to others.

Ahoy, Class of 2014! I am sure you were all excited about taking your first steps into high school. Your freshman year is filled with so many new things; and it can all seem overwhelming, but after some time, you will have it altogether.

The first day that I arrived at Paramount High School West Campus I was scared because I did not want to get lost, but rest assured all around the campus are friendly staff who can help you find your classroom. If you were a little late on the first day, do not stress too much as teachers understand students do get lost. Another scary thing about starting freshman year is that sometimes you are in a class where you know absolutely no one—don't worry; you will make friends. High school is all about meeting new people. Many kids are nice, so say hi to the people you sit next to; and you might find a great friendship. Also, you do not always get the subjects (class) you like; no matter what the reason is that you do not like the class, it is very important that you pay attention.

In high school you earn credits. You either earn five credits for the semester or you do not; there is no in between. If you do not pass, you will have to take the class again in summer school. If you did not like the class the first time, you probably will not like it for five hours a day the second time around. Also, do not get scared if a class seems hard. Teachers are there before school, after school, and at lunch to help you; and they are always glad to help. In addition, teachers accept late work. If you do not complete an assignment the day it is due, finish it—better late than never because half the points is better than no points at all. Sometimes you will have projects due around the same time or even on the same day, so make sure you use your planner and plan out your projects appropriately. If you try to pull an all-nighter, chances are you will not get such a good grade; or you will only finish half of both projects.

Furthermore, tests on the same day are also difficult. Pay attention in class and study for the test you are less confident about a little more than the other. Doing homework for the classes and taking notes really helps you pass tests and makes the stress of two exams on one day a little less. If a teacher gives you a study guide, use it and study it! Study guides are a great deal like the test most of the times, so do not ignore them. If you are on the borderline between two grades, finals are a good time to boost up your grade. They can bring up your grade from a high "B" to an "A" or from a high "C" to a "B," so study hard for those.

On campus, there are many great clubs to suit your interests. Get involved! They will result in good friendships and fun memories. While you're busy making new friends, do not forget about the old ones. As a personal experience, in high school several old friendships may not continue. You often lose touch with those you were closest to, but choose instead to strengthen an old friendship by staying in touch. Freshman year brings many changes that can be fun and exciting. Remember, make the best out of your freshman year because you only do it once.

Sincerely,

Crystal Estrada
Student -PHS, Class of 2013

Jackson School Students Take on the Read to Achieve Challenge!

From October 18-December 1st, students at Jackson School, along with over 20 other schools in Los Angeles, will take on the challenge by the Los Angeles Clippers to take time out to read. The middle school who tracks the most minutes will receive a Reading Timeout visit with a Clippers basketball player.

For three years in a row, West Middle School in Downey has received this prize. "They need some competition," said Moriah Snyder, the Community Relations Manager for the Los Angeles Clippers. So Jackson School students decided to give West Middle School just what they need...a challenge!

In order to pass the 1,000,000 minute record, each student must read for 30 minutes a day, seven days a week, and for forty-five days. Many students at Jackson School are already avid readers and can easily surpass the 30 minutes a day goal.

The five elementary and five middle school students in Los Angeles who read the most minutes out of all 20 schools will be drafted into the Clippers Student All-Star Reading Team. These students and a guest will be invited to attend a special ceremony with the Los Angeles Clippers!

The goal of the challenge is to promote independent reading. That is, reading that is done by choice and for fun. Beating West Middle School's record will not be easy, but the Knights are up for the challenge. Yet, even if the Knights don't match the Spartans, the experience of reading intensely as a school will be amazing!

Rebecca Perez
Language Arts Coach, Leona Jackson School

WALKING SAFELY

These student safety guidelines were developed by Paramount Unified School District. Please review the following safety precautions with your children:

- Do not speak to strangers.
- Do not walk alone, particularly in isolated areas not intended for walking, especially along the railroad tracks.
- Use the appropriate dismissal gates, ones where there is supervision.
- Walk in areas where you can be seen by others.
- Travel in groups whenever possible.
- Report any suspicious behavior school authorities and the Paramount Sheriff Station at (562) 220-2002, Lakewood Sheriff Station at (562) 623-3500, Long Beach Police at (562) 570-9800 (Collins School) or South Gate Police at (323) 563-5400.

Please remind your children to be careful and constantly aware of their surroundings.