

# PUSD EDUCATION NEWS

A Publication of the Paramount Unified School District

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JANUARY 2015

## Outgoing Board President Sonya Cuellar Honored

The Board of Education, Superintendent Herman Mendez, City of Paramount Mayor Diane Martinez, Congresswoman Lucille Roybal-Allard's representative Kim Tachiki and Senator Ricardo Lara's representative Julia Juarez congratulated outgoing President Sonya Cuellar on her successful year as President of the Board of Education. A Certificate of Recognition was also presented to Board member Cuellar on behalf of Supervisor Don Knabe.



Pictured are Superintendent Mendez and Board of Education members with outgoing Board President Sonya Cuellar.



Pictured with Ms. Cuellar is City of Paramount Mayor Diane Martinez



Pictured with Ms. Cuellar is Senator Ricardo Lara's representative Julia Juarez



Pictured with Ms. Cuellar is Congresswoman Lucille Royball-Allard's representative Kim Tachiki.

## Zamboni Middle School Sports Season a Success

With the close of the 2014 middle school football and volleyball seasons, Zamboni Middle School proves to be a School to Watch even on the field.

Paramount Middle School's first intermural sport season came to an end with Zamboni School competing in two exciting championship games. Under the leadership of Principal Elizabeth Salcido, Zamboni teachers have coached their Wildcat teams to championship wins in both football and volleyball. Mrs. Salcido is an advocate for student athletes, ensuring that Zamboni Middle School is a School to Watch in the classroom and on the field.

The Lady Wildcats' volleyball season was exciting and successful. Volleyball coaches Ashley Lucchesi and Amie Stewart guided 13 young ladies and 3 managers through a 6-0 season; defeating Paramount Park in the championship game on November 24th. The team had intense practices 3-4 times a week after school, and their undefeated record provides evidence to their dedication. The Lady Wildcats are winners on and off of the court with a team cumulative grade point average of

3.8. All the athletes show a great deal of team effort, positive attitude, work ethic and leadership. Standouts this season include Celeste Mota leading the team in serving consistency and multiple aces per game. Itzel Perez led the team in passing, hitting, and serving. Both ladies held perfect attendance to practices and games all season. Esmeralda Mendez stood out for her tenacious defense, diving for balls, and aggressive game play. A highlight for many of the Lady Wildcats was the team trip to watch Paramount High School's varsity volleyball team in competition. After being inspired by the high caliber of play at the next level, many students said they could definitely see themselves on the high school court in a few years.

The Wildcat flag football team had a hard fought season ending in a triumphant victory against the number one seeded Paramount Park School. The November 25th championship game score was 35-20. The game's excitement was intensified by the stage it took place on; Paramount High School Stadium. With over 400 in attendance, Jason Banks, Carlos Jauregui, Art Luna, and Isaac Del-

gado expertly coached our Mighty-Z Wildcats to victory. The Wildcats' quarterback, Mario Tostado came away with four touchdowns spreading the ball around to his running backs, wide receivers, and tight ends. Running back Steven Patrick scored on a reception. Wide-receiver/safety Jordan Lewis was good for two touchdowns and came up big with an interception on defense. Richard Moya was able to get his hands on Paramount Park's QB's flag for a sack. Offensive Linemen Andres Salguero and Julius Alvarado provided excellent protection for the Wildcat QB. Defensive back Devin Grant provided outstanding on-man-coverage and along with Brandon Varela and Jaden Irvin came away with crucial flag pulls in the secondary. Joel Washington was also a standout on both sides of the ball providing great coverage against the pass and runs for big offensive gains. The Wildcat football team made a group effort that ended in victory.

The Zamboni community is proud of its athletes and their dedication in the classroom and on the field. They truly exemplify the first Wildcat character trait of being Winners.

### Alicia Anderson Elected President



The Board of Education elected new officers for 2014-15 during their December statutory meeting. Trustee Alicia Anderson was elected President and Tony Peña will serve as Vice President/Clerk.

### SCHOOL BOARD MEETING DATE

January 14, 2015 \* January 28, 2015

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

## 'Tis the Season for Giving'



The holiday season is full of joy, laughter, great food, loved ones, and most importantly—generosity. The students, staff, and ASB at Paramount High School West Campus are doing as much as possible to keep in the spirit of giving during the holidays and support the less fortunate. West Campus students demonstrate their generosity by donating to the canned food and toy drives sponsored by ASB.

During the month of November, the West Campus ASB sponsors a school-wide canned food drive. ASB Leadership students collect cans from first period classes on campus. The food items donated by the students and staff are arranged into a holiday baskets full of goodies for families in need to enjoy. To complete the Thanksgiving meal, each family is given a twenty-five dollar gift card to a local market. With over seven hundred cans, ASB was able to assist six families.

In the month of December, West Campus holds its annual Su Casa Holiday

Toy Drive. Su Casa is a shelter for victims of domestic violence and their children. West Campus students are greeted every morning in December with ASB students and large gift boxes needing to be filled at the door. Both items reminding students of the importance of giving to children who have experience hardship in their lives. For this toy drive, ASB collects board games, books, dolls, sports equipment, teddy bears, and many other toys and art supplies. The gifts donated by West Campus Pirates brought a smile to the face of less fortunate children.

The holiday season is full of generosity here at Paramount High School West Campus as well as so many other places. It does not matter where the giving takes place just that families are able to have a wonderful holiday season. West Campus is happy to play a part in this season of giving.

Paramount High School-West ASB

## Paramount High School Teacher and Assembly Member Patrick O'Donnell Recognized



Mr. O'Donnell pictured with his wife Jennifer, two daughters, Board of Education members and Superintendent Mendez

During a recent Board of Education meetings, the Board of Education recognized Paramount High School teacher Mr. Patrick O'Donnell, who was newly elected as State Assemblyman representing the 70th District in Long Beach.

Assembly member Mr. O'Donnell, has been a classroom teacher for more than 20 years in Paramount Unified School District, most recently as a high school civics teacher

at Paramount High School.

That experience likely played a factor in a recent committee appointment. He was named chair of the Education Committee by Assembly Speaker Toni Atkins, D-San Diego.

The Paramount Unified School District family wish him success in his new position, where he will continue to advocate for students and education at the State level.

## The Paramount Band Marches to Success



The Paramount High School Marching Band, powered by the dedicated leadership of Mr. Angel Carmona, had an extraordinary season filled with memorable tournament experiences and great successes! The musical performers include woodwind, brass and percussion players who march in carefully-choreographed formations and are held to high standards in the eyes of critical field-show judges. In the Southern California School Band and Orchestra Association (SCSBOA) Adjudicated Field Show, hosted at Mayfair High School, the Marching Band impressed fans by taking 1st place; Drum Line earned 2nd place honors and Color Guard earned sweepstakes honors. The Marching Band additionally took 3rd place at the La Habra High School Field Tournament and Color Guard walked away with a 1st place trophy for their outstanding and well-rehearsed performances.

The prestigious Orange County Invitational afforded both the Marching Band and Drum Line to compete at top-notch levels. Their preparation along with focused determination led both to place 3rd in the tournament for overall performance. The program's busy schedule does not stop there; in the San Clemente tournament, the Band placed 5th overall and Color Guard earned 2nd place. With numerous opportunities to practice detailed formations and remarkable musical performances, the program spent countless evening hours under the lights of the football field perfecting individual roles that contributed to the collective team's goals.

Impressively, all field performers qualified for the semi-finals in the state tournament and finished 8th place in Southern California! Color Guard placed 3rd overall in the State and the team will continue to practice through the winter months in preparation for upcoming indoor Pageantry competitions.

Beyond the successes of the Paramount High School Marching Band, Drum Line and Color Guard members, the pirates have incredible school spirit that lasted Friday after Friday to support the pirate football program at both home and away games. The band marches in and out of stadiums in a systematic formation that communicates their dedication to excellence to all who are witness. It is obvious that the spirit of Paramount is exemplified in the music that the pirate band provides at all school events. The pirate family applauds the band members for their accomplishments this season and is appreciative for the uncountable contributions to keeping the spirit of Paramount alma mater close at heart.

## A Family-School Partnership



The Paramount High School Parent Teacher Student Association (PTSA), led by president, Roxana Resendiz, is doing a phenomenal job collaborating to support parent development and student recognition. The senior campus perfect attendance recognition program honored close to 600 students who earned perfect attendance in the month of October. The PTSA graciously donated gifts to praise these students for their admirable academic efforts. The association has involved 135 student members who have the opportunity to apply for state PTA scholarships and Paramount PTSA scholarships as they transition to pursuing their college goals. The Science, Mathematics and Social Science departments make up the top three faculty groups who contributed to the large number of staff PTSA memberships this school year.

The PTSA greatly contributes to the family-school partnership by increasing parent involvement on campus. They conduct outreach efforts at all major school events to provide parents with information on how they can become more involved in the school community. The Paramount counseling staff hosts a monthly Coffee Corner event where families are invited into the new College and Career Center and are given the opportunity to dialogue with counselors to discuss college readiness and explore techniques that they can employ to support their high school students toward

reaching their academic goals. The PTSA assists in promoting Coffee Corner events and kindly provides refreshments and food that creates an inviting atmosphere that aims to build strong home to school relationships. The Coffee Corner experience includes informational sessions in both English and Spanish regarding specific details about 4-year college requirements, financial aid, community college opportunities for priority registration, graduation requirements and more. Dr. Stark, Director of Educational Services for the Paramount Unified School District, attended and engaged in the first Coffee Corner of the year and contributed meaningful input that enforced the district's commitment to increasing the college and career readiness for future graduates of Paramount.

The pirate community extends sincere gratitude for the collaboration and contributions that the PTSA has provided for parents, teachers and students. Great things are happening at Paramount High School thanks to increased parent involvement through PTSA. If you are interested in becoming more involved in your high school child's education, call the counseling office at 562-602-6068 to inquire about more ways to become involved. If you have a student attending the senior campus, please join us on January 30th at 8:30am to enjoy the Paramount High School Coffee Corner experience.

PUSD Education News 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  
Herman M. Mendez

Great things are happening in Paramount Schools

PUSD Education News

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# Mokler School Is a Bully Free Zone



Students speak up against bullying.



Parents pledge to foster a bully-free environment.

The Mokler Pilots pledge to be bully free! Students spent the first week in December participating in activities to speak up against bullying. The week kicked off with a school wide assembly on Monday morning bringing awareness to the issue of bullying. Additionally, daily activities and classroom lessons taught by the school counselor reminded students and staff to be kind, friendly, speak up and stand up against bullying. The students created signs, posted them around the school and used their most powerful weapon...their

voices to chant, "Bully Free" during recess and lunchtime rallies.

On Wednesday, parents were invited to participate in a Coffee with the Counselor meeting to discuss the topic of Bullying. During the meeting, Mokler parents pledged to do their part at home to foster a Bully Free Zone at Mokler School.

The week concluded with students experiencing a high energy performance by Kaiser Permanente titled Drumming up Peace.

**Ms. Holland, Counselor**

## Career Readiness through Paramount Unified School District

Paramount Unified School District offers students a choice among three career based pathways: Media Arts, Medical, and Engineering. Students who complete Career Technical Education (CTE) classes have multiple options after high school. They may choose to continue their education at colleges and universities, go directly into the workforce, select technical training programs, apprenticeships, or schools that specialize in their chosen field of interest, or some combination of all of the above.

The Medical Services Pathway is a challenging program of study that is designed to prepare high school students for post high school education, training, and employment in the health services industry. Students are provided opportunities to participate in internships with local businesses and those who complete all courses within the Health Pathway may be eligible to earn various industry ready certifications that will allow them to use for immediate employment. Students in the Media Arts Services pathway develop marketable skills necessary to successfully participate in the competitive and media-rich twenty-first century including the ability to create and edit professional quality videos and websites. Students will gain marketable skills while working directly with software and programs currently used in the media industry sector including Adobe Creative Suite,

Final Cut Pro, Dreamweaver and AVID Video Editing Software. The Engineering Pathway is designed to help students learn to apply engineering, science, math, and technology to solve complex, open-ended problems in a real-world context. Students focus on the process of defining and solving a problem by engaging in open-ended problem solving and using the same technology and software used in the world's top manufacturing companies including ROBOTIC programming software, Autodesk software, Logger Pro software, 3D Printers and robotic arms.

Paramount Unified School District is proactively working with local businesses, Cerritos College, parents and students to review Career Technical Education pathways, their alignment to industry expectations, and to develop opportunities for students to intern within local business. As a result of this collaboration, students in the Engineering Pathway will have an opportunity to intern with Ace Clearwater Incorporated while students in the Media Arts Pathway will have an opportunity to intern with Cerritos College, creating websites for staff members and departments. For additional information, contact Paramount Unified School District at (562) 602-6014.

**Jose Iniguez, Ed.D. - Director  
Secondary Education**

## Superintendent's Message: New Year's Resolutions for High School Parents - and Their College Bound Students

New Year's is often a time of new beginnings. For parents of high school students who may be headed off to college in the fall, this year will bring significant changes. You may, or may not, be prepared for those changes, but you know that they are still several months away. We'd like to offer some New Year's resolutions to help you, and your college bound high school student, begin to prepare now. We hope that you find them helpful – and that you pass some of these on to your student.

### For high school parents

1. Resolve to begin practicing some important communication skills with your high school student. Remember that your role in his life will be changing next year. Try to listen more, keep open and honest lines of communication going. It won't happen automatically next year if you're not building the foundation this year.

2. Resolve to keep the college process in perspective. Getting into college – and deciding where to go to school – is important, but it is only one part of your student's life this year. Remember that where your student goes to school is less important than what she does when she gets there. She will create her success wherever she ends up.

3. Resolve to model de-stressing about the college decision process for your student. Try to relax – especially while waiting for acceptance letters.

4. Resolve to let your student make the final college choice. Remember that your student is the one going off to college. He will be better able to adapt to difficult times if he is the one who made the final choice of college.

5. Resolve to accept the natural tendency of teenagers to begin the distancing process. Use this year as a time to begin to step back.

6. Resolve to begin the "letting go" process now. Buy your student a good alarm clock and don't wake him up in the morning. Make sure she knows how to do her own laundry. Encourage him to be responsible for his own finances.

7. Resolve to remember that the college transition process happens to both your student and to you. Remember that you will be undergoing changes as well. Don't forget to nurture yourself.

### For high school students

1. Resolve that you will not let your guard down this spring and become a victim of senioritis. Remember that colleges will look at your final grades.

2. Resolve that once your applications are in you will relax and try not to worry about admissions. Focus on senior year and enjoying this time before you need to make a final decision.

3. Resolve to find somewhere to invest the energy and time you have now that the college application process is completed. Take up a new hobby. Do some community service.

4. Resolve to spend some time this spring investigating scholarships. There are many hidden ones available. Keep searching online and checking with your guidance office.

5. Resolve to meet all spring deadlines. File the FAFSA early. Watch scholarship deadlines. Make your college deposit and housing deposits on time.

6. Resolve to spend some time thinking about your life goals. You don't need answers, and you certainly don't need to plan your life, but think about your goals for college. Don't just see it as a next step without knowing where you want it to take you and how you want to spend the next four years.

7. Resolve to talk to your parents. Remember they are nervous about you starting college too. Work at keeping lines of communication open. Let them know what you are thinking. Listen to some of their advice – whether or not you plan to take it.

8. Resolve to keep an open mind about where you go to school. What you do at college is going to be much more important than where you go to school. Remember that the final decision will need to be your decision, based on your feelings and goals. Don't choose a school because someone else tells you that you should – or because someone you know is going there.

9. Resolve to begin to take on more responsibility in your life in preparation for being on your own next year. Prove to yourself and to your parents that you can be responsible and independent. Get yourself up in the morning, budget your money, clean up after yourself, keep your curfews and behave responsibly. Your parents will be more comfortable about you heading off next year.

10. Resolve to take some time to thank all of the people who helped you get where you are. Think about family members, friends, teachers, counselors, and others who may have gone out of their way to help you. Take time to let them know that you appreciate it.

This is a big year ahead for high school seniors and their parents. Start now to think about what you can do to make the transition to college a smooth and successful one.

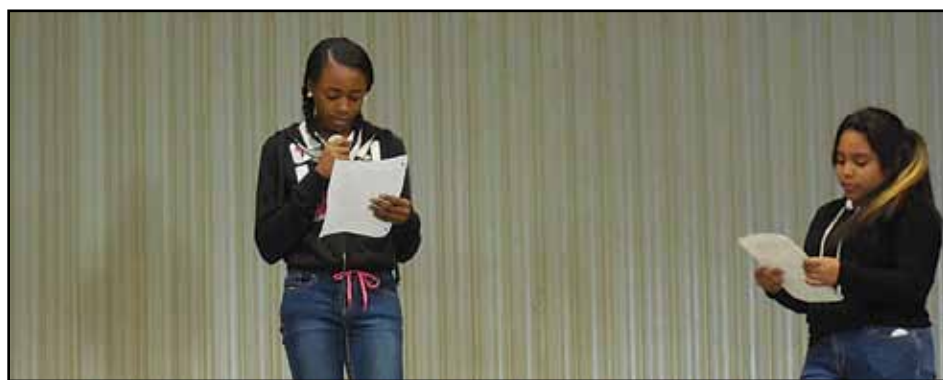
**Happy New Year!  
Adapted from College Parents of America**

# Paramount Park Middle School Stands Up to Bullying

On Friday, November 21, 2014, Paramount Park Middle School held their annual Stand Up to Bullying assemblies for all grade levels. The purpose of the assemblies is to empower students to be upstanders and speak up when they see another student being bullied. In the days leading up to the assemblies, students were given the opportunity to take a pledge to stop bullying by signing their name on cut out hands, which were then assembled into a poster encouraging students to "Take a Stand – Lend a Hand." The poster was displayed on the stage of the multipurpose room for all students to see during the Stand Up to Bullying assemblies. It remains displayed on campus to remind students of their commitment to be upstanders.

Paramount Park's cheerleading team helped kick off the assemblies with a few of their very own Panther cheers. To keep the student spirit going, the Student Council President and Vice President each gave inspiring speeches in which they encouraged all students to stand up and speak out against bullying. The president ended her speech by leaving students with the following quote by Harvey Fierstein, "Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself."

The highlight of the assembly was showing students a ten minute video created by Paramount Park students. A few weeks prior to the assemblies, several students were interviewed during lunch by their peers regarding bullying. Every student that was interviewed was asked the same three questions: "What is one word you would use to describe bullying?", "How can students stand up to bullying?", and "What message do you have for victims of bullying?". Students responded by speaking directly into the camera, which allowed students at the assembly to feel as if they were being addressed directly by their peers. Since the goal of the assembly is to inspire students to stand up to bullying, the next part of the video was aimed at showing students how to stand up. Several students put their acting skills to good use by filming four different scenes to display the different types of bullying (i.e., verbal, physical,



social-emotional, cyberbullying). In each scenario, students acted as upstanders by speaking up to the bully, offering support to the victim and encouraging the victim to tell an adult. The video concluded with images of posters inspiring students to stand up to bullying made by students in the Intermediate/Advanced Art class. The posters continue to be displayed throughout the campus serving as daily reminders of each student's role of creating a positive and safe school environment.

Perhaps what makes this assembly especially unique is that it was what created for the students and by the students. This was the first year Paramount Park's counselors formed a Stand Up to Bullying Committee consisting of 6th, 7th and 8th grade students. The committee was formed as an opportunity for students to collaborate and share their own ideas on how to create a school culture in which bullying is not tolerated. Students dedicated their

own time, often meeting during lunch or after school, to making the Stand Up to Bullying assemblies a huge success. The assemblies might be over, but the com-

mittee will continue to meet throughout the year to implement new ways to remind students that they have the power to make a difference in someone else's life!

## Paramount Athletics

Paramount High School ended its fall season of sports with the Pirate football team reaching the quarter finals of the Southeast division in the CIF playoffs. It marked the first time since 1996 that a Pirate football team reached the quarterfinals. The playoffs started with an exciting first round victory over Norwalk. With the Pirates down 14-3 with three minutes left in the game, the outcome did not look very good. The offense drove down the field and scored with 1:25 left in the game to make the score 14-11. After an unsuccessful on-side kick, the defense stepped up and stopped Norwalk. The Lancers went back to punt and the kick was blocked. The Pirates took over first and goal on the Lancer nine yard line. Two plays later, the pirates scored to seal an 18-14 victory. It was one of the most exciting games in Paramount football history. Congratulations to Head coach, Matt Howard, and the rest of the Paramount football family.

Boys and girls Cross-Country reached the CIF playoff after missing out the year before. Both the boys and girls finished third in the San Gabriel Valley League qualifying them for a berth in the playoffs. With a lot of runners returning for the 2015 season, head coach, Joe Peterson, is looking forward to another great year.

Winter sports have begun and Paramount High School is looking forward to many successful seasons. Boys and Girls basketball

will be playing in tournaments throughout the month of December. At the start of the new year, they will begin San Gabriel League play. Wrestling has entered in many individual tournaments to prepare for dual-meet season which starts in January. Girls Water Polo is much improved and is looking forward to an outstanding 2014-2015 season. Boys and Girls soccer kicks off their seasons with several tournaments and a number of non-league contests. The boys soccer team is ranked 10 in the CIF Division 1 pre-season polls. Moving up to Division 1 will be a challenge, but the Pirates are prepared and ready to make a run at a fourth CIF title in the last six years.

One of our boys soccer players has been invited to participate in the United States Soccer Federation training camp for boys 16u. Sophomore, Daniel Villegas, was selected as one of the top 20 16u players in the United States and will travel to France for the training camp. Congratulations to Daniel; Paramount High school is proud of you!

As the Pirates enter the new year, there are many sporting activities on campus. We would love to see as many people come out to support our winter sports. Please visit our web site for times and games in the month of January. On behalf of the Administration, faculty, and student body we wish all of our community a Happy and Safe New Year. GO PIRATES!!!

## Middle School Students Conduct Research

The Common Core State Standards are opening up the doors to technology and research for middle school students in Paramount. The new standards provide students with the opportunity to learn by conducting research using multiple sources, assessing the credibility of those sources, and presenting their findings to their class using technology. Middle school students across Paramount Unified School District are learning these 21st Century skills by conducting investigations in their Language Arts classes. These investigations include Internet research on topics related to their unit themes in new computer labs. Students are researching topics ranging from

wilderness survival skills to influential authors like Edgar Allen Poe.

In addition to the research, students have the opportunity to work collaboratively to organize the information they find and present it to their classmates in a digital PowerPoint presentation. Mrs. Ferrell, a teacher from Paramount Park Middle School, sees the positive effects on her class. "Students are not only researching content, but also becoming more technology savvy. By working with their teams, they learn strategies for productive collaboration." Students love the opportunity to work with technology in their classes, and teachers are impressed with how excited and motivated their students are to learn through research.

**SCHOOL RESUMES**  
**Monday, January 5, 2015**