

Letter From The Principal



Dear Parents:

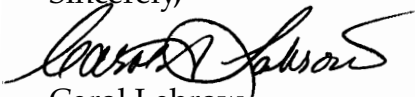
This year, all first through fifth grade students will take the state mandated tests which compare student achievement by grade level around the country. This is the APRENDA Test in Spanish and the Stanford 9 Achievement Test in English. The state requires that all second through fifth grade students who have been enrolled in a California school for twelve months or more be tested in English this spring. The school district requires that all English Language Learners, who are taught in their primary language, also be tested with the APRENDA Test. Your children will take home additional information regarding testing dates and test preparation. Please help your children do their best on these assessments by following these Test Taking Strategies:

- Send your child to school each day.
- Do not schedule any medical or dental appointments during the testing period.
- Arrive to school on time. Have your child get up early enough to eat breakfast.
- Talk to your child about the tests. Remind them that all tests show how well they are doing academically and give the teachers an opportunity to see where they need assistance.

Periodic and frequent review, evaluation and upgrading of our school's emergency operation plan is a priority of our staff. On April 21, our school will participate in a district-wide earthquake drill. This will provide us with an opportunity to simulate disaster response in order to evaluate the present emergency operations/Safe Schools Plan. Please talk with your child about your family's home preparedness plan.

Thank you for your cooperation and willing participation in the District's Consolidated Charitable Campaign. Your donations will help the families in the Los Angeles area in its many needs.

Sincerely,



Carol Labrow
Principal



Emergency Preparedness

Periodic and frequent review, evaluation and upgrading of the school's emergency operation plan is a high priority for the administration and the school emergency team. Ongoing, monthly emergency drills are necessary to ensure an effective and efficient emergency response when needed. Each year in the spring, the District schedules a district-wide earthquake drill to ensure that each student, school district employee, school and district office is prepared to respond in the event of an earthquake. This year's district-wide spring drill is scheduled for April 21, 1998.

Earthquakes are inevitable in California. We can't predict or prevent them, but we can reduce their physical and psychological impacts. By understanding the risk they present and what we might face in their aftermath we can better prepare.

POSSIBLE IMPACTS IN YOUR AREA:

- Loss of electricity.
- Damage to water systems.
- Damage to transportation systems.
- Impact on fuel supply systems such as gas distribution lines, transmission lines and service connection lines.

Every family should plan on having enough supplies to get through the first 72 hours. This includes food, water, clothes, medical supplies and other necessary equipment for everyone in your family. Make sure everyone knows where to find these needed items. Also, know the policies of your child's school or day care center. Make plans to have someone pick them up if you are unable to get to them. You need to prepare your home and family.

Important Dates

APRENDA & Stanford 9 Testing

- Green (C) Track:** April 6 - 24, 1998
- Blue (A) Track:** May 4 - 15, 1998
- Red (B) Track:** April 27 - May 15, 1998

Open House

- Green (C) Track:** April 14, 1998
- Blue (A) and Red (B) Tracks:** May 19, 1998

Let's Be Healthy

Good health comes from good habits and wise choices. To enjoy good health now and in the future, youngsters must learn how to exercise, control stress, be clean and reduce the risk of disease. They must get into the habit of eating nutritious foods, having plenty of sleep and understanding how physical and emotional health are related. Children also need to know what to do in an emergency and when to say "no." When children are healthy, they will probably do well in school.

Following good health practices will help children be ready to learn:

- Pick nutritious foods and limit sugary snacks and fatty foods, particularly before meals. Set a good example by eating healthy foods, too.
- Have your child start the day by eating a healthy breakfast at home or at school.
- Check on the food programs at your school and ask for improvement if you think it is needed.
- Teach your child how to stop the spread of germs by keeping clean and washing hands before meals.
- Make sure your child is vaccinated against disease at the right age. Keep a chart of the shots your child has already had.
- Encourage your child to exercise: jogging, walking, jumping rope, bicycling, roller-skating, dancing and swimming.
- Teach your child how to handle stress through exercise, getting enough sleep, discussing problems and breaking jobs down into small parts.
- Teach your child how to protect him/herself by saying "no", walking away from fights, or talking about dangerous situations.

Let's Do History!

When your children ask, "Where was I born?" and "How old was I when I started walking?" they are asking questions about history. These two questions contain the two main meanings of "history": The story of people and events and the record of times past. History helps us understand the past and how we got here.

History Activities for Children and Adults:

- Share family history with your children. Share your memories. Help your relatives and friends share family stories, too. Encourage your children to tell their own stories.
- Read with your child about people and events that have made a difference in the world. Help your child pick others you both find interesting to learn more about.
- Watch television programs about topics related to the past with your children. Get library books on the same topics. Ask the librarian for help. Do the books and television programs agree?
- When you celebrate holidays such as the Fourth of July or Martin Luther King, Jr.'s Birthday, find out what is being celebrated and why. Help your child find stories or speeches about these holidays at the library or in a newspaper or magazine.
- Get to know the history of the city where you live. Your newspaper may list parades, museums, art exhibits, children's theater, music events, history talks and walks under "things to do." Choose some of these activities to do with your children.
- Children love to look at pictures. Choose a photo of a person in your family or someone else you admire or respect. Tell your child what the person did. With your child, search for photos from newspapers or magazines about other people you admire. Find a story about one or more of these people at the library. Ask the librarian to help you find what you need.
- When you are walking/driving in your city with your child, look at the buildings. Talk about ways old building differ from those built today and why.

Food and Drug Administration

On August 26, 1997, the Food and Drug Administration (FDA) announced measures to reduce the risk of illness from harmful bacteria that might be in fruit and vegetable juices. Some kinds of juice and cider have not been pasteurized and may contain harmful bacteria. Unpasteurized juice and cider may not be labeled with a statement saying they are unpasteurized and warning of the risk of unpasteurized juice.

Frozen concentrate, shelf-stable juice in hermetically sealed containers and canned juice are processed to eliminate harmful bacteria. Fresh unpasteurized juices normally are found in the groceries' refrigerated sections. Unpasteurized apple cider may also be found at cider mills and farm markets.

Parents of children in day-care centers and schools that serve cider and juice may want to ask if the products are pasteurized. Children on field trips to apple cider mills or farm markets should not drink unpasteurized cider.

People in the following high risk groups should drink only pasteurized cider and juice: Children, Older Adults and people with weakened immune systems, such as those with HIV, AIDS or cancer. If you or someone in your family is in one of the high risk groups and you cannot determine if a juice product has been processed to destroy harmful bacteria, either don't use the product or bring it to a boil to kill any possible harmful bacteria. For other food safety information, call FDA's Food Information Line: 1-800-FDA-4010.

