



Linda Wagner, Ed.D.  
Superintendent

## VISION

TOGETHER WE  
CREATE A  
SERVICE-ORIENTED  
CULTURE OF  
EXCELLENCE  
WHERE SUCCESS  
FOR EACH STUDENT  
AND ALL  
RELATIONSHIPS  
REFLECT OUR CORE  
VALUES.



*The Superintendent's  
Update is a newsletter  
to the staff of the  
Anaheim City  
School District*

# Superintendent's Update



MAY 23, 2014

## Lockdown

Please take a moment to review lockdown procedures for ACSD:

### Level 1: "ALERT"

- Do not ring Bell
- Alert status= police activity in area—watch campus perimeter
- Recess allowed with heightened awareness of supervisors and administrators
- Dismissal as usual

### Level 2: "CAUTION"

- Police activity close enough to campus to warrant lockdown as a safety measure.
- **Announcement over PA system:** "This is a Level 2 lockdown. After accounting for students and adults on the ACSD Staff Portal, continue with instruction. Call the office if any student movement about the campus is necessary. You will be notified when we are all clear."
- All known persons shall immediately proceed to their classroom/office.
- Lock all perimeter gates and doors. Administration will use their judgment and consult with APD regarding parent access to office.
- Students stay in classrooms, instruction continues
- Account for students and adults on portal—**Lockdown tab**
- Movement on campus only with adult supervision.
- Staff conduct thorough site patrols to ensure all students are in classrooms
- Officer deployed directly to the school for communication, command and control purposes.
- Dismissal determined by officer on site.

### Level 3: "EMERGENCY"

- Ring Lockdown Bell.
- **Announcement over PA system:** "This is a Level 3 lockdown. Lock doors, draw blinds and take positions of safety. Account for students and adults on ACSD Staff Portal. Wait for the all clear."
- All known persons shall immediately be brought into nearest classroom
- Students & adults take positions of safety. Silence is extremely important.
- Lock / secure doors and remain inside. Post green or red paper in window, if possible.
- **Green**=all is well.
- **Red**=major injury or perpetrator in room.
- Turn off lights. Close any shades, blinds or cover windows if possible
- Account for students and staff on portal—**Lockdown tab**
- Wait for further instructions
- Officer deployed directly to the school for communication, command and control purposes.

# The Resilient Mindful Learner

## A Pilot Project

by Leslie Young

What do Elmo, a balloon and a chakra chime have in common? They are all tools to integrate stress management and mindful attention strategies within the classroom day to support students' well-being, academic performance and social-emotional growth.

Students at James Madison and Palm Lane Elementary Schools are learning deep breathing, progressive muscle relaxation and imagery strategies as part of a twelve-month project developed by Dr. Lucy Vezzuto at the Orange County Department of Education funded by the California Mental Health Services Authority (CalMHSA). Anaheim City School District teachers Leslie Young (5/6 GATE), Tanya Aro (4 GATE), Johanna Puccio (K-6 RSP), and Donna Garcia (5 GATE) have been part of the first cohort of class-

room and demonstration teachers to gain knowledge about stress, how it undermines student learning, and ways to promote resilience.

"Look! Elmo's doing belly breathing!" a second grader exclaims during Ms. Young's demonstration lesson in a colleague's classroom which includes a YouTube excerpt of the famous Muppet. The students and their teacher eagerly sit with their hands on their knees, backs straight and eyes closed as they slowly breathe in and out, imagining each of their stomachs as a balloon.

"Raise your hand when you no longer hear the chime," Mrs. Aro reminds her students. She taps the chime with a small

mallet and when its sound slowly dissipates, students' hands silently go up one by one. This practice helps students to focus and be present.

Mrs. Garcia relates the time when her students were writing their speeches for the district speech contest. The topic was "What is a healthy lifestyle?" She was impressed by the number of students who included the stress-reduction strategies they had been practicing together in class in their essays.

For Mrs. Puccio's class, deep breathing is as common as writing one's name on a paper. When it was first introduced to the students, they weren't sure how to react. Now, they always request to do it before a test to

help them concentrate.

*(Continued on Page 3)*



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Why focus on self-management, stress and attention? Ongoing stress affects learning because it impacts memory, attention and behavior. Oftentimes student misbehaviors are mistaken as an intentional act, rather than as a normal reaction to stress. Since learning is an emotional experience, the ability to accurately perceive and manage one's emotions is critical for student success in school and in life. Resilient, mindful learners can manage their emotions, control their impulses, pay attention, and self-calm. These skills provide the foundation for academic, social and emotional growth.

Breathing, relaxation and imagery have all become part of the daily routine in these teachers' classes.

And the students' verdict? "I do my deep breathing at night to fall asleep better," said Samantha Mora, a fifth-grader in Ms. Young's class. Her classmates at her table all nod in agreement.



## "Milers" at Gauer Run for Fun and Fitness



# Chris Lock Wins Art Award



Chris Lock, 6th grade teacher at Loara, was nominated for an Outstanding Art Educator award due to his outstanding work in bringing visual arts education to his students. Each school year, Chris provides his students with art lessons and helps students produce outstanding artwork. Of most significant note, however, is how he leads his students to bring digital photography into the classroom, both as a work of art and as a writing assignment. Chris is a professional photographer whose own pictures have adorned the hallways of our district offices. Chris brings his passion for photography to his students, telling them that pictures evoke certain emotions and feelings. Each year, he shares students' photos and their descriptions of the "scene" with staff at Loara. And, each year, we are all so impressed with his students' work.

## WAMI

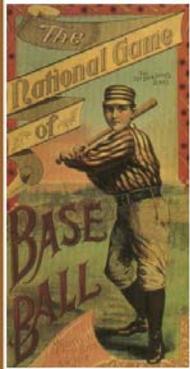
(We've Almost Made It)

**WAMI 2014:** The end-of-the-year District WAMI Retirement Recognition will be held on Thursday, May 29, at 5:45 p.m. in the Diamond Club at Angel Stadium, with an hors d'oeuvre reception from 4:30-5:30.

This annual event celebrates our fantastic retirees, and provides a relaxing and fun way to get together with friends from throughout the District.

Tickets are \$30 (parking included). A flyer and reservation form are available in Google Drive via the Staff Portal. **Reservation form and payment are due to Deena Blevins by Friday, May 23.**

**WAMI 2014**  
**HOMERUN RETIREMENT**  
**THURSDAY, MAY 29**



- Retirement recognition
- Hors d'oeuvre reception 4:30 p.m. to 5:30 p.m.
- Silent auction/gift basket raffles
- Retirees being honored are free\*
- \$30 per person\*/parking included
- **Pre-sale only.** No tickets will be sold at the door.
- Check payable to: Theresa Jacobsen-ACSIS Retirement Fund
- Purchase tickets from your site WAMI representative.
- Reservation forms due to Public Information **no later** than Friday, May 23.
- Casual attire/informal seating/indoor-outdoor venue

**DIAMOND CLUB**  
**ANGEL STADIUM**

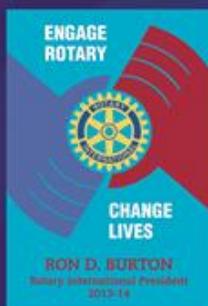
2000 E. Gene Autry Way, Anaheim, CA  
 Park and enter at **Main Gate Entrance (under the red baseball caps)**  
 4:00 p.m. No Host Bar      5:45 p.m. Program

\*Retirees being honored at this event are free and may invite one guest at a cost of \$20. All other guests and attendees are \$30 each.

Anaheim Rotary Presents  
The  
**OSO LAKE**  
**Fish Festival!**

**May 31, 2014**

We need volunteers to help take the 100 plus kids from the Boys and Girls Club, Cops 4 Kids, and the Orangewood Children's Home fishing. We will need help with food serving and crafts as well. So if you have it in your heart to be part of a real feel good project then the OSO Lake Fish Festival is just the project for you. The lake is located at the OSO Lake Scout Camp. 21131 Los Alisos Blvd, Rancho Santa Margarita, CA 92688 (714) 546-8558 For more information on this fun-filled event contact Lane Calvert at: (714) 546-4990 or Teddi Boston at: (714) 928-3522 Volunteers need to arrive at: 9:00 AM and we will serve lunch to the kids and volunteers at 11:00 AM.



### OSO Lake Facilities:

- 15 acres surrounded by O'Neill Regional Park
- 100 acre Lake
- Amphitheater
- Archery Range
- Barbecue
- BB Gun Range
- Campsites - for beginning campers
- Trading Post
- Fire Rings
- Large Camping Areas
- Multi-level Pavilion
- Pic-nic tables and benches
- Porta-Johns
- Fishing Tackle Rental
- Canoing
- Catch & Release Bass Fishing
- Hiking and Rowing

To register and get directions and a map to the event go to:

<http://ow.ly/wdM7G>



### ACSD Volunteers Needed!

Rotary Club of Anaheim is taking some of our neediest students to Oso Lake. They are seeking volunteers for this day at Oso Lake. If you or someone over 18 years of age is available to assist with this event, please contact the persons listed below.