



HART of the Matter

WSHUHSD Induction Program

Volume 9, Issue 1

Bullying

There are many warning signs that could indicate that someone is involved in bullying, either by bullying others or by being bullied. However, these warning signs may indicate other issues or problems, as well. These tips come from www.Stopbullying.gov an excellent resource.

Being Bullied

- Comes home with damaged or missing clothing or other belongings
- Reports losing items such as books, electronics, clothing, or jewelry
- Has unexplained injuries
- Complains frequently of headaches, stomachaches, or feeling sick
- Has trouble sleeping or has frequent bad dreams

Cyberbullying

Cyberbullying, instead of happening face-to-face, happens through the use of technology such as computers, cell phones and other electronic devices. Cyberbullying peaks around the end of middle school and the beginning of high school.

Examples of cyberbullying include:

- Sending hurtful, rude, or mean text messages to others
- Spreading rumors or lies about others by e-mail or on social networks
- Creating websites, videos or social media profiles that embarrass, humiliate, or make fun of others

Bullying online is very different from face-to-face bullying because messages and images can be:

- Sent 24 hours a day, 7 days a week, 365 days a year
- Shared be shared to a very wide audience
- Sent anonymously

Effects of Cyberbullying

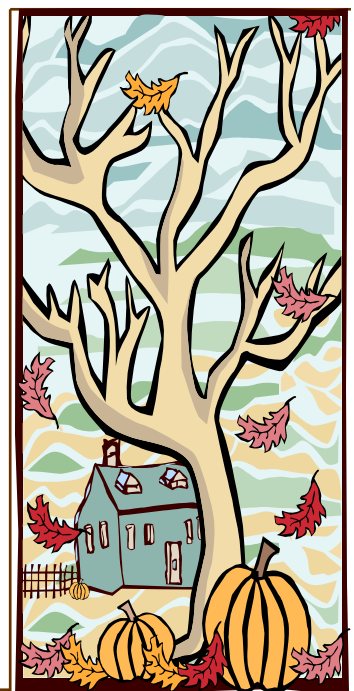
Research on cyberbullying has found that students involved are more likely to:

- Be unwilling to attend school
- Receive poor grades
- Have lower self-esteem
- Have more health problems

Cyberbullying can have particular effects on those who are targeted. Research has found that young people who have been cyberbullied are significantly more likely to use alcohol and drugs, skip school, or experience in-person bullying or victimization.

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Meet David Drabinski

David Drabinski says the most inspiring teacher he's ever known is Nicole Terranova of Sierra Vista Junior High. The evidence backs him up.

For openers, she inspired him to move to California from his native Buffalo, N.Y. David and Nicole actually attended the same high school there but never met until about six years ago when she returned to town for the summer from her new home in California. Introduced by mutual friends, they began dating, romance bloomed and a year later he was headed west. They were married about a year and a half ago.

Then there's the matter of career. David had been working at an industrial gas company, but as he grew to love Nicole, he also grew to love what she did for a living.

"I just saw how much the kids admired her and how good she was with them, and it made me want to be a teacher," he explains.

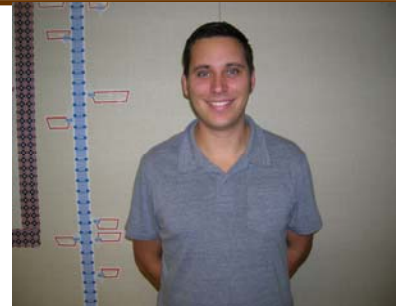
Already having earned a history degree at the University of Buffalo, David got his credential from Cal State Bakersfield. After three years of subbing in the Hart District, he is now teaching U.S. History at Sierra Vista – the same campus where Nicole teaches science.

"It's great because we get to eat lunch together all the time and if I ever need an answer to a question, she is only a phone call away," he says. "Plus I get all her old students since she teaches 7th grade and I teach 8th grade."

Moving to California has not cured David of some of his native loyalties. He remains a major fan of the Buffalo Bills and the Buffalo Sabres. He also enjoys Pearl Jam, Tom Hanks and In-N-Out Burger, and lists "Angels and Demons" and "Dumb and Dumber" among his favorite movies.

His enthusiasm extends to the PAR program too. "It's really great to know that I have all the support in the world behind me," he says.

David and Nicole are expecting their first child at the end of October.



Meet Brian Leff

There's nothing complicated about Brian Leff's career choice. "My passion is music," he says, "and I love sharing that passion with students."

He's doing that in a variety of ways in his first year at West Ranch High School. Brian teaches music appreciation and AP music theory and leads the Studio A Jazz Band, the West Ranch Lab Band and the Wildcat Marching Band.

His teaching philosophy: "Expose students to as much music as possible."

Brian discovered his passion early on. He took up the trumpet at the age of 10 and has been blowing ever since, including a professional gig. After earning Bachelor of Music Education and Master of Music Education degrees at University of the Pacific in Stockton, Brian played trumpet in a cruise ship band, sailing the waters both of Alaska and the Caribbean.

"I still play as much as I can," he says. "I demonstrate a lot in my classes, and am currently looking for places to play outside of school."

A native of Foster City, Calif., Brian cites his college band director, Dr. Eric Hammer, as his most inspiring teacher: "I am where I am today because of what I have learned from him."

He's also benefiting from the PAR/BTSA program. "PAR/BTSA is great for a new teacher with all of the support it gives," he says. "Having class observations is a good way to develop further as an educator."

Outside of school, Brian's interests include sports (baseball in particular) and photography. But ask him for a favorite quote and his real passion quickly surfaces.

"Without music," Friedrich Nietzsche said, "life would be a mistake."



Arroyo Seco Junior High School

Arroyo Seco is one of the oldest junior high schools in the Hart district, having opened in 1967. But you'd never realize it by visiting the campus.

Thanks to a four-year modernization project, Arroyo Seco has a new gym, new science labs, new cafeteria, renovated classrooms, additional parking and an upgraded student quad area.

"Our campus looks beautiful and modern," boasts Principal Rhondi Durand.

What it doesn't look like is other junior high schools in the district, because it predates the district blueprint that is used now.

"Our campus consists of many acres spread out over several levels," Durand explains. "Now that we are completely ADA compliant, we have lots of ramps, stairs and a huge amphitheater where all of our students can be seated for assemblies and special events. Our band and other groups perform in our outdoor quad area under the palm trees."

If the look is different, the remains fully in place. Arroyo Seco distinguished School award in 2007.

"Arroyo Seco was the first 'team' approach and our students in this model," Durand says. "The enced incredible growth over the 'family feel,' with many of our students having been Seco students."

Durand is in her ninth year vising 1,259 students and 48 faculty an assistant principal at La Mesa

before that spent 10 years in the Los Angeles Unified School District as a teacher, coordinator and dean. She and her husband have two grown children, both products of the Hart district. One of them, Carrie Mitchell, has followed in her mother's footsteps and is teaching Physical Education at Rio Norte Junior High.

Like any good leader, Durand isn't content with the status quo. "Although we have completed modernization, I'd like to see advancements in our quality and level of technology," she says. "I'd like to see state-of-the-art equipment in all classrooms and all of our staff and students proficient in information literacy."

What advice does she offer new teachers in the district?

"My advice to new teachers is to keep your passion for teaching and learning as your daily mantra," Durand says. "We have the incredible opportunity every day to shape the future through the lives of these young people. It's human nature to get overwhelmed with the frustrations of the job and fail to focus on the exciting, life-changing work we're involved in. Take time to appreciate the daily 'little miracles.'"



commitment to quality education received its second California Dis-

school to develop the Junior High continue to succeed and thrive with Arroyo Seco community has exper- years but continues to maintain a dents' parents and even grandpar-

at the helm at Arroyo Seco, super- members. She previously served as Junior High for eight years and be-

Snowball Fight

Each student takes out a piece of blank paper and writes down a math problem. Students do not write their names on the paper. Some teachers offer a variety of problems by writing the months of the year divided into quarters with a problem written next to each quarter. Then the teacher asks students to write the problem that is next to the month they were born. The students crumple up the paper and throw the snowball at another student when the teacher directs them to. It is important to inform students of your expectations for behavior, such as staying in their seats and only throwing the snowball once, before they throw the snowballs. The student who gets the paper solves the first step of the problem. The teacher calls for another round of snowball fighting and students throw the paper to another student. The second student solves the next step of the problem. Students throw the papers again when the teacher directs them to. The third student writes his/her name on the paper and finishes the problem. The last student has to check the previous students' work since they are earning the grade for that problem. As you can tell, this works for multi-step problems. Tracey Ake at Ranch Pico assigns specific tasks for each round of snowball fighting. On one occasion, Tracey asked the first student to distribute the problem, the second student to combine like terms, and the last student to solve for the variable. This strategy could also be used in other subjects. Students could practice vocabulary words by writing a definition, a sentence and a picture in history, write sentences for a short paragraph in English, or write the steps of a formula in science. We are sure that you can think of numerous creative ways to utilize this strategy in your classroom.



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<http://btsa.hartdistrict.org>

Letter from Linda

I'm hoping that your school year is starting to become comfortable to you. That your routines and procedures in class are becoming automatic, and that you've found a way to enjoy yourself in the process. We're here for you at PAR Center. We have a great library, access to online courses, a super duper laminator and brightly colored paper for your games and projects, and a menu of professional development through the PAR office and Electronic Registration Online (ERO). Please don't hesitate to give us a call with any questions.

Upcoming Workshops

Are You Game?	Tue 10/18/11
Lesson Planning Tricks 'n' Treats	Thu 10/27/11
It Isn't Just for English Anymore	Tue 11/08/11
Ain't Grammer Grand	Thu 11/17/11
Virtual Essays (A Guide to Cyberwriting)	Thu 12/01/11