Fresno Unified Boosts Safety and Security Measures

A variety of safety and security measures have been implemented throughout the Fresno Unified School District this school year and more are on the way.

The Board of Education approved its first interim financial report on Dec. 9, which included matching funds to recruit, hire, and place 15 student neighborhood resource officers at schools and surrounding neighborhoods as part of a grant partnership with the Fresno Police Department.

The extra officers will be in addition to the 11 student resource officers who work at the district’s high schools and are assigned to two middle schools. In addition, Fresno Unified is also pursuing expansion of the Fresno Police chaplaincy program to all Fresno Unified Boosts Safety and Security Measures

February is Career Technical Education Month

Jacqueline Manriquez, a student at Hoover High School, will pursue a career as a paramedic. She is excited about learning emergency medical skills and the opportunity to work directly with people.

Although she is only a sophomore, she has a clear vision of her future because of the Public Service pathway at Hoover, where students learn about careers as fire fighters, emergency medical technicians, police officers and other government agency employees.

Hoover’s Public Service pathway is part of Fresno Unified’s broad array of career technical education (CTE) offerings. CTE classes prepare students for careers of the 21st century through relevant, rigorous, and engaging curriculum that integrates academic and occupational instruction.

Through CTE courses, students learn work ethic, critical thinking, basic education skills and teamwork and collaboration, creating a sound foundation to succeed in the real world of work. The district is highlighting its CTE programs in February as part of CTE Month.

“The Public Service pathway gives me

See CTE
Continued on page 4
Student-Athletes Commit to College, Athletes Excel Across District

During the fall signing period, three student athletes committed to universities. They are: Edison High School’s Rodjanae Wade, University of Nevada at Las Vegas women’s basketball; Fresno High School’s Katir Prieto, California State University, Northridge for baseball; and Roosevelt High School’s Bryson Williams, Fresno State for men’s basketball.

Other athletic highlights from the first half of the school year include:

**ELEMENTARY SCHOOL**
- Football Tournament Champions – Bethune Elementary School
- Volleyball Tournament Champions – Manchester GATE Elementary School

**MIDDLE SCHOOL**
- Cross Country City Champions – Computech Middle School
- Football American Division Champion – Scandinavian Middle School
- Football National Division Champion – Terronez Middle School
- Golf City Champions – Baird Middle School
- Girls Volleyball American Division – Sequoia Middle School

**HIGH SCHOOL**
- **Cross Country**
  - Fresno High School: Boys and girls teams second in the North Yosemite League (NYL); boys and girls teams participated in the Valley Championships
  - Sunnyside High School: Girls runner Carissa Hernandez is girls NYL champion; boys runner Jose Perez sets school record 3000 m (9:53)
- **Football**
  - Bullard High School: No. 3 seed in Division 1. Lost in semi-finals to Liberty High School -- Bakersfield
  - Edison High School: No. 8 seed in D1. Lost in semi-finals to Clovis High School

**Tennis - Girls**
- Bullard: CMAC champions. Chelsey Ruiz is CMAC individual champion and Kate Swertfager/Zoe Vargas are doubles champions
- Roosevelt - NYL co-league champions
- Sunnyside - NYL co-league champions

**Volleyball – Girls**
- Hoover: NYL champions five years in a row, made playoffs in Division 2; All NYL First Team -- Nani Pena,
SUPERINTENDENT’S Message

Career Technical Education Paves Way for College and Career Success

Early learning, English redesignation, Kids Invent!, middle school electives, high school Linked Learning pathways, Goal 2 focused on athletics, activities and arts . . . what do they all have in common? They are at the core of our mission to prepare college and career ready graduates.

Thanks to our Board of Education and its investment in these areas we continue to focus on keeping students in school and on target to graduate. We must provide them every tool to succeed, and that includes combining career-based learning, real-world experiences and rigorous academics. Fresno Unified adopted the Linked Learning pathway model in 2013, creating greater opportunities to introduce students to careers in education, engineering, health care, performing arts and business as they near high school graduation.

While our own experiences in high school once defined career technical education (CTE) as shop or wood working classes, the opportunities in technical education have expanded tremendously to match the scope and needs of employers and the job market.

With the help of College and Career Centers at each of our 11 high schools, staff supports an integrated environment with CTE and academic counseling, linking our local business community, higher education, high school counsel and the district’s College and Career Readiness Department to offer a wide array of services and learning opportunities to all students.

While our four-year cohort graduation rate has improved to the highest in decades, we realize not all students will pursue a traditional four-year post graduation plan. Whether they continue in an academic setting, or look to begin a career right out of high school, it is extremely important that they have the skillset to reach their goals and be contributing community members. With the support of business partners and higher education professionals alike, we agree that beyond a strong academic foundation and completing required courses, students need to acquire workplace skills and competencies now while still in school.

For Fresno Unified students, that learning occurs both in and outside the classroom. The goal is to develop responsible and ethical decision-makers who are self-determined and motivated. We want them to be skilled communicators, able to collaborate with others as they problem-solve and adapt to changing surroundings, and understand how to develop and strengthen their digital literacy footprint.

See SUPT. MESSAGE

SPANISH AND HMONG

Continued on page 15
CTE
Continued from page 1

Linked Learning pathways integrate technical curriculum with rigorous academics.

Using the 2009 report from the Superintendent’s Commission on Workforce Readiness and Career Technical Education as a launching point, the Board of Education has taken a number of actions to expand and deepen CTE courses and activities for not only high school students, but beginning with the elementary grades. For example, all fifth and sixth grade students take part in Kids Invent! weekly lessons using materials provided by the Lyles Center for Innovation and Entrepreneurship at Fresno State. Kids Invent! encourages creativity and critical thinking skills with a focus on science, engineering and entrepreneurship.

CTE classes continue to benefit students who want to be ready for the workforce immediately after graduating from high school, but are also attractive to students pursuing career and college readiness. The district has expanded the number of CTE offerings that meet A-G course requirements for California State University and University of California campuses from 4% in 2009 to nearly 60% currently.

For example, Jaqueline plans to attend college, and although she is learning paramedic career skills, she will also graduate from Hoover with the necessary classes to attend a CSU or UC campus.

The district has three primary avenues for offering CTE courses:

- Linked Learning pathways integrating technical curriculum with rigorous academics expose students to college and career opportunities while addressing employer needs.
  - Bullard High School: Business, Entrepreneurship and Technology, Biomedicine, Law & Social Justice
  - Duncan Polytechnical High School: Medical Academy of Science and Health (MASH), Innovative Design and Applied Technology Academy (IDATA)
  - Edison High School: Biomedical Science and Technology, Engineering Design and Development

- Fresno High School: Innovative Design and Engineering Academy (IDEA), Marketing Academy
- Hoover High School: Public Service, Eco-Technology, Media Design and Production
- McLane High School: Educational Careers Academy, Academy of Finance and Entrepreneurship, Medical Education and Research Academy
- Pátiño School of Entrepreneurship: Business, Entrepreneurship and Technology
- Roosevelt High School: Careers in Education, Health Academy
- Sunnyside High School: Agriscience and Technology, Human Services and Health, Multimedia and Marketing

California Partnership Academies offer academic and CTE courses in a career-themed academy supported by business partnerships:

- Edison: Green Energy and Technology Academy
- Fresno: Marketing Academy
- McLane: ArtVenture Academy, Medical Education and Research Academy, Business and Finance
- Roosevelt: IRS/Business Academy, Health Academy
- Sunnyside: Video Production Academy

Regional Occupation Programs (ROP) provide opportunities for 11th- and 12th-grade students to explore careers and develop career skills while reinforcing academics. Two-period ROP classes offer college credit for qualifying courses, industry certification and internships when appropriate. ROP classes are offered at Bullard, Cambridge High School, DeWolf High School, Duncan, Edison, Fresno, Hoover, McLane, Roosevelt and Sunnyside.
Students Failing Exit Exam Now Eligible for High School Diploma

Fresno Unified high schools as far back as 2006, addresses may be outdated so the district has established a website for more information.

**Cambios en los Requisitos de Graduación de California Impacta a los Estudiantes del Distrito Escolar Unificado de Fresno del 2006 al 2015**

Los recientes cambios en los requisitos de graduación en California significan que más estudiantes del Distrito Escolar Unificado de Fresno recibirán su diploma de preparatoria.

El Gobernador Brown recientemente suspendió el requisito de que los estudiantes deben pasar el Examen de Egreso de Escuela Preparatoria (CAHSEE) para graduar, impactando a los estudiantes que terminaron la preparatoria del 2006 al 2015. Con estas noticias, los estudiantes que completaron todos los requisitos del curso y crédito para la graduación, pero no pasaron el CAHSEE ahora pueden recibir su diploma oficial de preparatoria. Además, va a cambiar su estatus de estudiante de “certificado de terminado” a “graduado de la escuela preparatoria.”

El Distrito Escolar Unificado de Fresno envió cartas en enero a todos los estudiantes que sabe que están bajo los nuevos requisitos, ahora califican para el diploma de preparatoria. Con los cambios que impactan a los estudiantes que terminaron en las escuelas de preparatoria del Distrito Escolar Unificado de Fresno desde el 2006, las direcciones pudieran no estar actualizadas por lo tanto el distrito ha establecido una página de internet (website) para más información.

Los estudiantes del Distrito Escolar Unificado de Fresno que recibieron un certificado de completo y ahora califican para recibir su diploma de la preparatoria pueden visitar la página de internet en: https://rea.fresnounified.org/CAHSEE/NachweilerRequest.cfm o la oficina de registros estudiantiles del Distrito Escolar Unificado de Fresno (localizado en el primer piso en: 2309 Tulare St.), donde ellos pueden completar un formulario corto. Una vez que el formulario sea completado y calificación confirmada, se les enviarán los diplomas dentro de cuatro a seis semanas.

**Kev hloov rau hauv California Tej Yam Tseev Kom Muaj Rau Kev Kawm Tiav Tau Cuan Tshuam Fresno Unified Cov Tub Kawm Ntwv 2006-2015**

Tej kev hloov nyuam quhav muaj rau hauv California tej yam tseev kom muaj rau kev kawm tiav txhais tau tias Fresno Unified cov tub kawm ntwv coob dua qub yuav tau txais lawv daim ntawv kawm tiav tsev kawm ntwv them siab (high school diploma).


Nrog rau quhov xov xwm no, cov tub kawm ntwv uas tau kawm tiav tag nhro lawv tej zaj kev kawm thiab tej qhob nia tseev kom muaj rau kev kawm tiav, tab sis xeeem tsis dhau lawv qhov CAHSEE, tam sim no yuav tau txais lawv daim ntawv kawm tiav tsev kawm ntwv them siab raws kev raws cai. Txuais ntxiv ntwv, raws lub meej mom tub kawm ntwv yuav hloov ntwv “ntawv pov thawj kawm tiav” rau “ntawv kawm tiav tsev kawm ntwv them siab.”


Fresno Unified cov tub kawm ntwv uas tau txais ib daim ntawv pov thawj kawm tiav thib tam sim no muaj feem tau txais lawv daim ntawv kawm tiav tsev kawm ntwv them siab muaj peev xwm mus saib tau cheeb tsam chaw kawm ntwv lub chaw nruab ntug ntawv https://rea.fresnounified.org/CAHSEE/DiplomaRequest.cfm los yog Fresno Unified tej ntaub ntwv teev lus qhia txog tub kawm ntwv (nyob rau hauv tshooh tsev ib ntawm 2309 Tulare St.), uas lawv muaj peev xwm teu tau ib daim ntwv luv luv. Thaum daim ntwv raug ua txaw thiab kev muaj feem raug paub meej lawv, cov ntwv kawm tiav (diplomas) yuav raug xa thaj tsam hauv 4 rau 6 lom tiam.

**How to Get Diploma**

Students who received a certificate of completion and now qualify for a high school diploma can visit the district website at https://rea.fresnounified.org/CAHSEE/DiplomaRequest.cfm or Fresno Unified student records (located on the first floor at 2309 Tulare St.) to complete a short form. Once qualification is confirmed, diplomas will be sent within four to six weeks.

**District Part of New Accountability System, Results Coming Soon**

Fresno Unified is part of a new educational accountability system -- the School Quality Improvement Index (SQII).

Results from the new index will be shared later this month, providing a baseline of information about both academics and newly designed measurements of social and emotional learning. The California Office to Reform Education (CORE) announced the new resource late last year. CORE is a partnership of Fresno, Los Angeles, Long Beach, San Francisco, Oakland and Santa Ana school districts that was granted a waiver from mandates of the No Child Left Behind, with latitude to create its own accountability system.

SQII is a data-driven index using multiple measures and includes the nation’s first use of social and emotional learning indicators from its participating districts. Fresno Unified has been using a similar tool to identify opportunities in real time to support student learning. Additionally, the SQII makes more students visible by including results for any sub-group where 20 or more students attend.

See CORE REPORT CARD
Continued on page 13
EMPLOYEE SPOTLIGHT

February Dinner will Honor Excellence in Education Finalists

- Forty-nine of District's Most Exemplary Employees will be Honored at Feb. 18 Dinner
Fresno Unified schools shared these photos of students participating in career technical education (CTE) via Fresno Unified’s social media by using the hashtag #FresnoCTE. For the next edition of Building Futures (March 2016), share photos of your favorite employees by using the hashtag #FresnoEmployees.

**Bullard High** @BHSpathways · Dec 9
Video Production students touring Sony Picture Studios #fresnocte pic.twitter.com/LiZoqjWa5D
via twitter

**McLane LL Pathways** @mclane_pathways · Nov 4
Wishon’s 1-4 graders got their 1st experience with @mclanehigh’s Cross-Age PE students. Another great day! @axhowel pic.twitter.com/dcyA66Nzzi
via twitter

**duncanhosa**
Sophomore MASH students @Duncanpoly visited the Bodies Exhibit in LA. CTE made the trip possible. Thank you #FresnoCTE
via instagram
Fresno Unified will Host African American Student Conference

Fresno Unified will for the first time host the annual African American Student Leadership & Cultural Conference, welcoming more than 1,000 students from throughout Fresno County. The event, #ChangingTheNarrative, will be held on Feb. 9 at the Fresno Convention Center’s New Exhibit Hall. The keynote speaker is Brigadier General Terry Williams of the U.S. Marine Corps., who will challenge students to change the narrative in their lives to achieve both academic and social emotional success. The conference will also honor the legacy of Cedric Hardamon, who passed away Oct. 17.

The conference will include various workshops, a college and career fair, and awards for seniors.

Grades and Attendance Updates Available

Getting updates on your student’s grades or attendance is just a phone text away through the district’s EduText technology tool.

Register via cell phone using your EduText parent personal identification number (PIN), which can be found on your student’s class schedule, the ATLAS parent portal or through the school office. Text the parent PIN to 28527 (ATLAS).

Details: www.fresnounified.org under Parents tab.

SAFETY MEASURES
Continued from page 1

elementary schools in the district.

“The Board of Education has made it clear that the safety and security of our district’s students and staff is a top priority,” said Luis Chavez, president of the Fresno Unified Board of Education. “We look forward to continually increasing safety and security districtwide and working with community partners to implement additional measures.”

Earlier this school year, the Board of Education increased its investment in safety, allocating $3.5 million in general fund revenue to add additional security measures, with an emphasis on maintaining the safety of students and staff and reducing vandalism and theft.

Security and safety improvements include:

• High definition (HD) security cameras at middle and high schools
• New brighter LED exterior lighting at the district’s high schools and middle schools

“The investments in modern equipment and additional police officers will go a long way in ensuring the safety of students, staff and communities,” said Superintendent Michael Hanson. “However, one of the most valuable security measures we can take is for all of us to be vigilant and report any suspicious activity. I ask our community to help us keep our kids safe by doing just that.”

Medidas de Seguridad y Protección del Distrito Escolar Unificado de Fresno

Se han implementado una variedad de medidas de seguridad y protección en todo el Distrito Escolar Unificado de Fresno este año escolar y hay más en camino.

La Mesa de Educación aprobó su primer reporte financiero interino el 9 de diciembre, el cual incluye igualar los fondos para reclutar, contratar y colocar a 15 oficiales de recurso del vecindario estudiantil en las escuelas y vecindarios alrededor como parte de una beca de asociación con el Departamento de Policía de Fresno.

Los oficiales extra serán en adición de los 11 oficiales de recurso escolar que trabajan en las escuelas preparatorias del distrito y son asignados a dos escuelas secundarias. Además, el Distrito Escolar Unificado de Fresno también estará ampliando el programa chaplaincy en todas las escuelas primarias del distrito.

“La Mesa de Educación ha aclarado que la seguridad y protección de nuestros estudiantes y el personal del distrito es la principal prioridad,” dijo Luis Chavez, presidente de la Mesa de Educación del Distrito Escolar Unificado de Fresno. “Esperamos continuamente aumentar la seguridad y protección a nivel distrito y trabajar con socios comunitarios para implementar medidas adicionales.”

A principios de este año escolar, la Mesa de Educación aumentó sus inversiones en seguridad, distribuyendo $3.5 millones en fondos generales para agregar medidas de seguridad adicionales, con énfasis de mantener la seguridad de los estudiantes y el personal reduciendo el vandalismo y robo.

Mejoras de seguridad y protección incluyen:

• Cámaras de seguridad de alta definición (HD) en las escuelas secundarias y preparatorias
• Nuevas luces LED más brillantes en el exterior en las escuelas secundarias y preparatorias del distrito

“Las inversiones en equipo moderno y oficiales de la policía adicionales recorrerán un largo camino asegurando la seguridad de los estudiantes, personal y comunidades,” dijo el Superintendente Michael Hanson. “Sin embargo, una de las más valiosas medidas de seguridad que podemos tomar es que todos estemos vigilantes y reportemos cualquier actividad sospechosa. Le pido a nuestra comunidad que nos ayude a mantener a los niños seguros haciendo eso.”

Fresno Hauv Paus Tsev Kawm Ntawv Txhim Kho Kev Nyob Nyab Xeeb thiab Kev Ruaj Ntseeg

Ntawv yam ntawm kev nyob nyab xeeb thiab kev ruaj ntseg tau raug siv thoob plaws Fresno Hauv Paus Tsev Kawm

See SAFETY MEASURES
Continued on page 10
Measure Q Project Means Bullard Students are on the Move

Bullard High School’s new two-story academic building was ready for students when they returned to classes after the winter break in January, featuring 24 classrooms and a conference room on each floor for teachers to use for collaborative and independent work.

The opening of the south classroom building, adjacent to Barstow Avenue, kicked off a multi-phased building project that will mean dramatic changes to the look of the campus.

The Bullard High project is part of $180 million in Measure Q projects completed or underway throughout the district following the community’s overwhelming support for the bond measure in November 2010. Measure Q projects are providing better teaching and learning environments, a boost to the local economy, and reinvestment in Fresno neighborhoods.

The Southwest Academic Building features approximately 38,000 square feet and includes two classrooms for students with special needs and an elevator. Safety and security features include high-definition security cameras that cover both the interior areas of the building as well as large areas of the adjacent site.

All lighting is LED, including dimmable controls in the classrooms. LED lighting uses significantly less energy than fluorescent and lasts much longer, which saves on utility and maintenance costs.

Architectural features include polished concrete classroom floors, patterned and polished concrete floors in the main corridors and carpet walk-on/off areas at the entrances to the building. The infrastructure includes conduit and additional structural roof support for the future installation of solar panels and equipment.

With Phase 1 complete, the district has removed four portable classrooms and a portion of the former auto shop area and launched construction of the north academic building as part of Phase 2. The north building will feature 15 classrooms, including three career technology education classrooms.

Demolition of the octagon-shaped Walker Building off Palm Avenue is scheduled for early February, which will make way for a new administration building and library expansion. The new administration and library expansion, with a raised relief mascot sculpture and signage, will create a clean, contemporary entrance directly at the front of the school on Palm Avenue.

During Phase 3, all portable classrooms off Barstow will be removed and a new parking lot and plant operations/maintenance building constructed. All phases are expected to be done by the spring/summer of 2017.

The project will also include construction of a new quad area and visitor parking lot off of Palm at the front of the school, and upgrades to existing and installing of new security systems and devices to enhance site security.

All classroom buildings will be solar ready and are designed to utilize as much natural light as possible. The project also incorporates and consolidates the site’s low voltage systems to simplify future upgrades in technology.

Other Measure Q projects around the district recently completed, under construction, or soon to begin construction include:

• Heating/air conditioning system upgrades underway at several schools.
• Modernization at Addicott Elementary School.
• New classrooms to replace portable classrooms at Baird Middle School.
• New classrooms to replace portable classrooms at Figarden Elementary School.
• New kindergarten/preschool building to replace portable classrooms at Robinson Elementary School.
• A new administration building and new classrooms to replace portable classrooms at Turner Elementary School.

The project is open to students following the winter break. The building is a Measure Q project.
African-American Student Club Promotes Academic and Social Skills

Ahwahnee Middle School’s African American Conference Club continues to grow during its second year, helping students strengthen both their academic and social skills while learning about African-American heritage and culture.

Ahwahnee P.E. teacher Esther Potter launched the club after a group of Ahwahnee students attended the annual African American Educational & Academic Success Conference at Fresno State in November 2014. She wanted to reinforce what the students had learned at the conference.

The club led a presentation Jan. 15 at Ahwahnee honoring Martin Luther King, Jr.’s birthday that included a reading of Dr. King’s “I Have a Dream” speech and singing some of the black national anthem, “Lift Every Voice and Sing.” The club is also in the midst of a Black History Month fundraising campaign, with half of the proceeds going to the Poverello House.

Along with its focus on African-American culture and learning from African-American trail blazers, students pursue academic excellence while helping peers who are struggling with school work, and work on self-esteem, self-expression and social skills. The students also promote the spirit of giving at their school and in the community.

“Our immediate goal is to do our part to change the lives of others in a positive way,” Potter said.

Club members walked in Fresno’s annual Christmas Parade, carrying the Ahwahnee Middle School banner and connecting with the community, and have several activities planned for the coming months.

The Ahwahnee African American Conference Club gets ready to march in the Christmas Parade in downtown Fresno. The club includes students from a variety of ethnicities and cultures.
Nine-year-old Danay Ferguson -- who has already donated an estimated 30,000 books to children through her Reading Heart charity -- will seek to break the Guinness Book of World Records next month for most books collected in a 24-hour period.

This reading dynamo, a fourth-grader at a Fresno Unified elementary school, has a simple desire: Get books to kids who don’t have them.

Along the way, she has become the youngest person in Fresno County to file a business name, met the sheriff, police chief and fire chief, and now launched a quest for a Guinness World Record. Danay will seek to smash the record of 274,000 books collected in 24 hours by collecting 500,000 on March 19-20.

“Danay is relentless in following her passion to provide books for other children,” said Brian Beck, a district assistant superintendent who worked with Danay during the last school year on a book drive.

“She is a role model for others and exemplifies a care for our community well beyond her years. We are witnessing a young leader who has engaged an entire community, and I think this is the beginning of many great contributions Danay will lead in future years.”

With the help of her father, computer programmer Dwayne Ferguson, she will use social media and a partnership with Scholastic Books to sell the books, have them delivered to kids who don’t have books. Word spread that she was collecting books to give away, and book donations poured in.

Her home in northwest Fresno is filled with 10,000 books and she now has a 6,000 square foot warehouse for her book distribution center.

Danay has made presentations at 137 schools, sometimes partnering with other organizations promoting reading. With each visit, she donates books. Anyone who wants a book can also come to the warehouse and her father uses a van to transport Danay and her books to various locations where she can give books away because many of the young people who need books don’t have transportation.

Danay comes from a family of avid readers and a home filled with books, Ferguson said, but his daughter is now keenly aware that many kids do not own even a single book. Ferguson said maybe his daughter’s efforts can help improve the literacy rate in the Fresno area.

He and his wife, Vanessa Ferguson, are extremely proud of Danay.

“I have always encouraged all of our kids to be independent, do your own thing,” Dwayne Ferguson said.

They also have daughters who are 20, 6 and 3. Danay already has plans to pass her charity on to Danyell, 6, when she goes away to college.

What are her other goals? Meet President Obama, fly in an airplane, and be on the “Ellen” show.

Danay Ferguson, the founder of the Reading Heart book charity, is surrounded by classmates who also love to read. Danay will seek to break the Guinness Book of World Records for the most books collected in a 24-hour period.

To be part of Danay’s effort to break the Guinness record, visit ReadingHeart.org or call (415) 881-7323.
Pediatrician: Children Need 10-12 Hours of Sleep Every Night

How much sleep does my child need each night?

It’s a question commonly asked by parents concerned their child is not getting enough rest. And research tells us that most children and teens aren’t getting the recommended amount.

A National Sleep Foundation poll found that the average American adolescent is “chronically sleep-deprived and pathologically sleepy.” According to the poll, 59% of sixth through eighth graders and 87% of high schoolers were getting less than the recommended 8.5 to 9.5 hours of sleep on school nights.

Those are not good statistics for improving the overall health and well-being of our children and teenagers. As a pediatrician, I strongly recommend parents ensure their children and teens are getting the recommended amount of sleep to avoid the physical, mental, social and academic problems associated with sleep-deprivation.

Chronic lack of sleep can put children and teens at higher risk for obesity, diabetes and high cholesterol. Sleep deprivation makes it difficult to exercise, and prompts children to choose foods that are high in calories and will give them a boost of energy such as junk food, candy and sugary soft drinks. Signs of sleep deprivation can include moodiness, irritability, difficulty concentrating and aggression.

And lack of sleep is directly correlated to their academic success.

On average, children 5-12 years old need about 10 to 11 hours of sleep per night. Teens need a minimum of eight hours a night. Of course, this is just a recommended amount of sleep. Each child is different and has different sleep needs. But it’s important to make sure that children are getting enough sleep to make sure they can function throughout the day.

So what can you do to make sure your child or teen is getting enough ZZZZZzs? Here are some suggestions:

- Make bedtime the same time every night. Be firm on this, especially with teenagers. Set a nightly curfew for when lights must be out.
- Establish a conducive sleeping environment -- low lights, quiet and make sure children are getting enough sleep needs. But it’s important to make sure that children are getting enough sleep to make sure they can function throughout the day.
- Do not allow them to have caffeine or energy drinks the second half of the day. Even better: Discourage consumption of these altogether.
- Ensure they get at least 30-60 minutes of exercise each day. Reduce their sugary food intake, especially in the evening hours.
- Be aware of your child’s stress and emotional state. If they appear worried or anxious, chances are they won’t sleep well. Discuss potential issues and figure out some solutions before bedtime.
- Suggest they read a book rather than watch television or use electronics before bed.
- It’s also important for parents to model good behavior. Make sure you are getting a good night’s rest as well -- for your health and your child’s. For more tips and information on sleep issues visit www.kp.org.

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**Community Invited to Answer LCAP Survey Questions**

Families and the community are invited to take a few minutes to answer survey questions about the Local Control Accountability Plan (LCAP). Based on input from prior surveys, the district has made changes to the plan and is aligned with a state-approved template. The board adopts the plan every three years but it is updated annually. The LCAP describes how the district intends to meet annual goals for all pupils, with specific activities to address state and local priorities. The district also gathered input from a series of nine workshops on the LCAP.

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**Roasted Cauliflower with Balsamic Vinegar and Parmesan**

Makes 4 servings

- One head cauliflower, cored and cut into slices about 1 inch thick
- 2 tablespoons extra virgin olive oil (EVOO)
- 1 teaspoon dried marjoram
- 2 tablespoons balsamic vinegar
- 1/2 cup grated Parmesan cheese
- Salt and freshly ground pepper to taste

Preheat oven to 450 degrees. Toss the florets with the EVOO and marjoram. Season with salt and pepper. Roast on a rimmed baking sheet for 15 - 20 minutes until the cauliflower begins to soften. Sprinkle with balsamic vinegar and Parmesan. Roast another 10 minutes or so until it begins to brown. Serve hot.

Visit our Fresno Medical Center Farmers Market
7300 N. Fresno St., Wednesdays, 8 a.m.-1:30 p.m.

kp.org/fresno
Travis Morris: From Custodian to Special Education Teacher

Travis Morris joyfully describes the moment he accepted a full-time teaching position in special education at Starr Elementary School, and no wonder. After years as a custodian at Starr, he had achieved his dream of teaching at a school he loves.

Morris is one of several new teachers who accepted jobs at a Dec. 15 selection fair for candidates who have completed one of Fresno Unified’s teacher pipeline programs. The pipeline programs are designed to encourage those who already work at the district, or in another profession, to pursue teaching.

The selection fair was held in Ahwahnee Middle School’s multi-purpose room, where principals held interviews and well-dressed candidates nervously mingled, clutching folders full of documents that hold the promise of a future in education.

When Starr Principal Charlie Reynolds offered Morris a teaching job at the selection fair, Morris couldn’t help but reflect on the journey that brought him to this moment. Morris had worked for the district for many years as a custodian when he returned to school and completed his bachelor’s degree. With the encouragement of family and colleagues, Morris applied to Fresno Unified’s Transition2Teaching (T2T), a teacher pipeline program. T2T allowed Morris to work in a special education classroom at Slater Elementary School on an alternative certification credential. During this time, he took credential exams. He had a setback when he failed one of the exams and had to return to his custodial position, but Morris’ wife, Dorthina Morris, encouraged him to keep at it. Travis describes the setback as a blessing.

“When teaching was taken away from me and I had to move back to custodian, I reflected on the success I had with students and it became clear to me that I was meant to be a special education teacher,” Morris said. “I don’t let students feel sorry for themselves, but instead, help them work hard and accomplish everything they set their minds to.”

Reynolds said his school is fortunate to have Morris. “He has a passion for making a difference in his students’ lives, which is why I did not hesitate to interview and hire him,” Reynolds said. “Our students will benefit from his desire to be the best teacher he can be.”

Health Officer Offers Tips for a Healthier Life

The greatest threat to the health of your family today comes in the form of chronic diseases such as obesity, diabetes, high blood pressure, cardiovascular disease, and cancer. Alone, or in combination, these diseases can dramatically reduce both the quality and length of your life and the lives of those you love.

By Dr. Ken Bird
Fresno County Health Officer

They can, however, be prevented, or their adverse effects greatly reduced, by implementing five basic lifestyle changes. The earlier they are consistently implemented, the sooner the benefits are realized. I urge you to implement all of these healthful measures for the sake of the health of your family:

• Avoid tobacco products as well as electronic cigarettes. If you smoke, make every effort to stop. Help can be found at http://www.nobutts.org. Children learn best by example and it is never too early to start talking to them about the dangers of these products.

• Eat healthy. Information on how to successfully achieve or improve upon this can be found at http://www.choosemyplate.gov. The fundamentals include appropriately restricting calories, sugar, and salt; eating a variety of foods; and making fruits and vegetables half of what your family eats.

• Be physically active. Excellent guidance is found at http://1.usa.gov/1LRJWXI. Even small changes such as taking the stairs, parking further from your destination, and walking to school add up.

• Limit or avoid alcohol consumption. Any consumption beyond moderation puts you at considerable risk. Again, your children learn best by example, and it is never too soon to discuss this with them. More information can be found at http://1.usa.gov/1K5ML4O.

• Visit your medical provider regularly for preventive screenings and interventions. Establish a relationship with your provider and make appointments for these screenings as recommended. The Affordable Care Act mandates that these services be covered by your health insurance plan. You don’t have to be sick to visit your medical care provider.

Please join me on Facebook at www.facebook.com/DrKenBirdHealthOfficer and read my series of To Your Health letters at www.FCDPH.org where I strive to keep the community informed on public health issues and share ways to improve personal, family, neighborhood and community health.

With the additional SQII view from participating CORE districts, Fresno Unified can identify areas for improvement and partner with similar schools to share strategies. Superintendent Michael Hanson said SQII offers schools a flash-light, not a hammer.

“The school districts participating in the development and use of the index have chosen to shine a brighter, wider light on the needs of all students, creating a better, more comprehensive system to inform your family today comes in the form of chronic diseases such as obesity, diabetes, high blood pressure, cardiovascular disease, and cancer. Alone, or in combination, these diseases can dramatically reduce both the quality and length of your life and the lives of those you love.

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Bullard Students Tackle Kindness Campaign, Break Down Walls

Fresno Unified’s Student Advisory Board (SAB) has been collaborating during the past few months to further the growth and expansion of the Human Element kindness campaign.

Through various brainstorming sessions, the board has come up with ideas for our upcoming Great American NO BULL video. We have separated ourselves into groups for each topic of the video: sportsmanship, media, bullying, etc. Within these groups, students have created not only ideas to incorporate into the video, but also ideas for each school to incorporate into their student bodies. Once each team has collected their ideas and thoughts on the matter, the board will come together to share what each team has come up with and begin the process of creating the video.

Recently, Bullard High School held a Breaking Down the Walls session, with more than 500 students participating over three days. The goal of this program is to develop and further an understanding of what it means to be human and to have kindness towards others. The students participated in whole group activities, small group activities, and individual activities. After spending almost seven hours in the gym each day, the students came out of the experience touched and inspired to spread what they learned with others. Since having the program, it can be said that the feeling within the student body has shifted toward a more positive outlook at Bullard High School.

Upcoming events at Bullard will focus on giving back to the community. The senior class will be hosting our annual blood drive, and the Pay it Forward club will host its annual benefit concert. In December, the freshmen class completed a successful toy drive to give back to Valley Children’s Hospital. These events, as well as numerous others, would not have been possible without the hard work and dedication of our campus culture director, Miss Laurie Momjian.

It has been a very busy and productive year at Bullard High School so far. With the construction on campus, the appearance of Bullard is ever changing. However, with the completion of our new building rapidly approaching, the students and staff are excited to see what the new appearance of Bullard will be. Mr. Carlos Castillo is also a new face to Bullard, joining our staff as principal for the 2015-16 school year. With his prior experience from Wawona Middle School, Mr. Castillo has worked his way into Bullard High School to help further its development and growth, bringing with the introduction of our new Knight Code: Respect, Responsibility, Integrity, and Excellence. Bullard High School’s change, both externally and internally, is paving the way for success and achievement for both students and staff now and for the years to come. Go Knights!
Beginning in ninth grade, students have the option of choosing between two Linked Learning pathways specifically selected for their school site. Over the next four years, their cohort will take scheduled academic and technical courses supporting their industry learning and academic standards. In the classroom, teachers reinforce both areas instead of teaching only to the CTE course work, ultimately connecting the dots for students as to why they need to learn math, science or be proficient in English.

As superintendent, preparing college and career ready graduates drives my daily work and “I am Ready” to continue that work and “I am Ready” to develop a career ready graduate.

Michael Hanson  Fresno Unified Superintendent

Mensaje del SUPERINTENDENTE

Aprendizaje Temprano, re designación de inglés, ¡Invento de Niños!, escuela secundaria electivas, caminos Conectados al Aprendizaje de preparatoria escolar, Meta 2 sobre atletismo, actividades y arte . . . ¿qué tienen todos en común? Ellos están en el centro de nuestra misión para preparar a los estudiantes graduados listos para el colegio y una profesión.

Gracias a nuestra junta de Educación y sus inversiones en estas áreas continúan enfocándose en mantener a los estudiantes en la escuela y con el objetivo de graduarse. Debemos proveerles todas las herramientas para el éxito y eso incluye combinar aprendizaje basado en una carrera, experiencias del mundo real y académicas rigurosas. El Distrito Escolar Unificado de Fresno adoptó el modelo de Camino Conectado al Aprendizaje en el 2013, creando grandes oportunidades para presentar a los estudiantes a carreras en educación, ingeniería, cuidado de salud, artes de actuación y negocio para presentar a los estudiantes a carreras, experiencias del mundo real un promedio de 73,000 estudiantes—un día de poder fortalecer nuestra fuerza laboral.

Thawj Coj Tsev Kawm Ntaww Cov Lus Tshaj Tawm

Kev ntxov kawm, kev hloov kev puab As Kiv, Me Nyuam Yaus Kev Tsim Tawmnn!, tsev kawm ntwaw theem siab tej Kev Kawm Sib Tshauam, Hom Phiaj 2 k ev saib ntxov rau tej kev ua ki la, tej kev ua lom zem, thibat tej kev ua zoo saib . . . lawv tag nhro puas muaj kev sib thoog li cas? Lawv yog qhov tseem ceeb dua ntawm peb tes dej num txib tseg los us koog coov neeg kawm tiav npaj tshaj kawm college thibat ua dej num.

Ua taug rau peb Pawg Nm Tswj Kev Kawm thibat nsw qhov kev nqis peev rau hauv tej seem chaw peb tig saib ntxov mus ntxiv rau kev ceey tub kawm ntwaw tseg hauv tsev kawm ntwaw thibat nhro nphiv kawm tiav no. Peb yuav tsun muaj txhua hom twj siv lawr lawv los kawm tau zoo, thibat qhov ntxov yog xam nrog rau kev txhauv kawm raws tej de num, kev pom dua puab dua raws gqhov tseeb tiag, thibat kev kawm tiav ci haum haum. Fresno Cheeb Tسام Chaw Kawm Ntaww cov tau txais yuav tus qauv Kev Kawm Sib Thauam tham 2013, ua rau muaj tej hauv kev qhiv ntxiv los ntuau hquia tub kawm ntwaw txog tej de num ua hauv kev kawm txuj, kev tsm twj, kev kho mob, kev ua yeeb yam, thibat kev ua lag luam thauam lawv ms ze kev kawm tiav tsev kawm ntwaw theem siab.

Txaawm peb tus kheej tej kev pom dua puab dua dua lau hauv siv tsev kawm ntwaw theem siab cia li txhais kev kawm txuj teuj de num (CTE) tam li cov chaw kawm kwo twj los yog txua ntte, tej kev hauv qhiv kev kawm txuj txuaj de num tau ntuau dav heev los us kom haum raws tus ciam thibat tej kev xav tau ntwaw cov chaw ntwaw neeg deu de num thibat ho dej num muaj.

Kev muaj kev puab los ntawm cov Chaw Pab Pav Kawm College thibat Kev Ua Dej Num huav tej lwb lub ntawm peb 11 lub tsev kawm ntwaw theem siab, neeg khiaj dey num tau txhawb nqa ub lub chaw si xbua ntuau nroog CTE thibat kev pb tswv yim kawm txuj, ishau kev peb tsoom tub lag luam hauv ub kev txheeb tsa bxua xeeg kev, kev kawm txuj qib siab, kev peb tswv yim kawm tsev ntwaw theem siab, thibat kev tsam chaw kawm ntwaw lub Chaw Khiaj Dej Num Saib Kev Npaj Tshaj Kawaam College thibat Ua Dej Num los muab ntuau yam ntwaw tej kev puab thiaw tej hauv qhiv kev hauv rau tag nhro cov tub kawm ntwaw.

Txaawm peb qhov feem pua kawm tiaw plaub xyooz ub phaum neeg tau nce siab tshaj plawz hauv tej teu ncu sjah kawm xyooz, peb xam pom tias tsis yag tag nhro cov tub kawm ntwaw yuav tauq ub qho kev npaj kawm plaub xyooz li niaj txis tom qab kawm tiaw. Txaawm yog lawv tawq mus ntxiv hauv ub lub chaw kawm txuj, los yog npaj siab los pib ub ib txoij dey num twg kiaq thauam tawm tsev kawm ntwaw theem siab, nws tseem ceeb kawg nkaua kom lawv muaj ib koq txawj los caum cuag lawv cov hom phiaj thibat ua tau cov neeg xeeg zog mug txaij ntim.

Kev muaj kev txhawb pab los ntawm cov neeg siab koom ua lag luam thauv cov tib txawb twg tub ntse tib si, peb pom zoo tias dhaaw ntawm ib qho chaw txhawb kev kawm txuj ruaj khov thibat kev kawm tiaw tej zaj kev kawm tsew kom muaj, tub kawm ntwaw yuav tsun kawm tau tej kev txawj thibat tej kev muaj cuab kev ua tau zoo hauv chau deu dej num tam no si thauam tseem nyob hauv tsev kawm ntwaw.

Rau Fresno Cheeb Tsam Chaw Kawm Ntaww cov tub kawm ntwaw, qho kev kawm tau ntwaw tshwn muaj saub hauv thibat saub nrauw thauv ntwaw chau kiab tib si. Lub hom phiaj yog los tsum muaj cov neeg muub kev txiv txam siab puab thibat ruaj kev txiv cuab uas yog toog yuav mub mej muaj siab kib siab ub ta. Peb xav kom lawv los ua tau coev txawj sib txuas tus, muaj peev xwm sib koom tes ua dej num nrog lwm lej lwm tus thauam lawv daws teeb meem thibat yuav tej taw gaug neig hloov hauv, thibat niqay siab qhov yuav tsum muaj thibat txhawb nqa lawv tus hmeecaw taw ntwaw ntwaw hauv av awv xob li cas.

Pib hauv gub 9, tub kawm muaj kev xaiw raws niyam ntawm ob txoj Kev Kawm Sib Thauam raug xaiw nteeg sees rau lawv lub siv tsev kawm ntwaw. Hauv plaub xyooz tom ntej, lawv phaum neeg yuav tau kawm teuj tej kav kev kawm txuj thibat tswv yim tau teem teeg txhawb pab lawv txuj kev kawm seem deu de num thibat lub kev sun tej ntuau kawm txuj.

Nyoob hauv chaw kawm, sb pob yuav txhawb nqa ob seem chaw tib si hloov ntwaw kev qhiv zaj kev kawm CTE nkaus xwb, kom thauam kawm muaj kev pib tsam tub rau kawm ntwaw saib vim li cas lawv ho yuav tsun kawm tau lej, kev tshawb fawb, los yog puab As Kiv txau.

Tam li Tuam Thawj Coj Kev Kawm, kev ua kom coev Neeg Kawm Tiaw Npaj Txhij Kawm College thibat Ua Dej Num tau cuab zog ua kuv tes hauj lwm txhua hnuub thibat Kuv Tau Npaj Txhij los taug qhov kev npaj siab ua ntwaw mus ntxiv rau txoj kev tej txaj ntim ntwaw 73,000 tug tub kawm ntwaw -- uas ub hnuub twg yuav ntau thawj rau peb tsoom neeg ua dej num.
Lower Your Risk For Heart Disease

Heart disease kills more than 700,000 Americans every year. But many of these deaths could be prevented if people took control of their risk factors for this disease. According to Robert Bonow, M.D., former president of the American Heart Association in Dallas, “some of the risk factors for heart disease can be treated or controlled and some can’t, which is why it’s important to know your risk factors and change your lifestyle to reduce them.”

Major Risk Factors That Can’t Be Changed

• Increasing age
• Being male: Men have a greater risk for heart attack than women, and they have attacks earlier in life.
• Heredity: Children of parents with heart disease and African Americans are more likely to develop heart disease.

Major Risk Factors That Can Be Changed

• Don’t smoke and reduce your exposure to secondhand smoke. People who smoke have 2-4 times the risk of developing coronary heart disease as nonsmokers. Exposure to secondhand smoke increases the risk even for nonsmokers.
• Control high cholesterol. As cholesterol rises, so does the risk for heart disease.
• Control high blood pressure. High blood pressure increases the heart’s workload, causing the heart muscle to increase in size. High blood pressure combined with obesity, smoking, high cholesterol, or diabetes increases heart attack risk.
• Get plenty of exercise. An inactive lifestyle is a risk factor for heart disease. But regular, moderate-to-vigorous physical activity helps prevent heart and blood vessel disease. The American Heart Association recommends a minimum of 30 minutes of physical activity on most days.
• Maintain a healthy weight. People who have excess body fat -- especially at the waist -- are more likely to develop heart disease even if they have no other risk factors.
• Control blood sugar. Diabetes significantly increases your risk for heart disease. Maintaining a normal blood sugar most of the time can help reduce that risk.
• Watch how much you drink. Drinking too much alcohol can raise blood pressure.

For more information, review the Health Spotlights available at www.JHMBHeathConnect.com/health-spotlights or visit the American Heart Association at www.heart.org.

Why the FAFSA?

The FAFSA is the application you will use to apply for the federal student aid programs offered by the U.S. Department of Education (ED). Completing and submitting the FAFSA is free and easier than ever, and it gives you access to the largest source of financial aid to help pay for college. Applying online is generally faster and easier.

APPLY

• Submit your FAFSA (Free Application for Federal Student Aid) between January 1–March 2, 2016
• Go to www.fafsa.ed.gov and click on “Start A New FAFSA”

FREE HELP

• Attend a free Cash for College workshop at FCC on Saturday, February 27, 2016 for help completing the FAFSA or CA Dream Act Application from 10:00 a.m.–1:00 p.m. in the Media Center (next to the Library). You will be eligible to win $1,000 scholarship. There will be 10 winners selected statewide.
• Fresno City College will also be conducting FAFSA workshops at all FUSD High Schools, check with your counselor for dates and times.
• Free financial aid is available: never pay for the FAFSA or to have it completed for you.

FOLLOW UP

• Keep all of your FAFSA documents together in a safe place
• Check with each college you’re considering about other financial aid deadlines
• Check your email on a regular basis for messages updates
• Read and respond to any correspondence from the colleges you listed on the FAFSA—yours may require additional documentation