Online Tutorials Boost SAT Scores

Large numbers of Fresno Unified high school students are taking advantage of new resources to help boost their SAT scores and expand their college options.

The effort is paying off with some impressive SAT score increases for students like David Arshakayan at Sunnyside High School, who increased his SAT score by 330 points over his PSAT score.

For many students, the improved test scores are a result of taking advantage of online tutorials available through Khan Academy.

David Arshakayan, a Sunnyside High School junior, improved his SAT score by 330 points, using Khan Academy as one of his study tools. Fresno Unified students have access to free tutorials from Khan Academy.

See PSAT Continued on page 5

Nearly 12 Years on the Job
Hanson's Impact is Academic, Engagement, Facilities, Equity and Access, Financial Success

After nearly 12 years as superintendent in Fresno Unified, Michael Hanson announced in December that his future plans with the district were to honor the terms of his contract until August.

Hanson said his greatest accomplishments during his time with Fresno Unified have been his focus on:
- The board-adopted four overarching district-wide goals
- Maintaining a balanced, sound budget
- Ensuring equity and access for all students
- Major facilities enhancements and new school construction projects
- Developing vital partnerships and collaborations

In a video sent to all district employees Hanson said: “As I look back on our years of service together I am

For video, go to vimeo.com/fresnounified/suphanson

See Hanson Continued on page 12
Health Centers Planned for Additional Schools in High-Need Areas

The district is moving forward on adding as many as seven school-based health centers in regions of the city where residents have the least access to health care.

The public clinics will be modeled after Gaston Middle School’s Health and Wellness Center in southwest Fresno, which opened with the school in 2014.

The clinic is open 40 hours a week, Monday through Friday and is operated by the non-profit Clinica Sierra Vista. The center is also staffed with a registered nurse and licensed vocational nurse provided by the district.

Based on the success of the Gaston center, the Fresno Unified Board of Education has identified several high-needs areas for similar clinics and is making plans for as many as seven new health centers in the coming months.

Clinica Sierra Vista and Valley Health Team have been selected by the board as potential community partners to operate the health centers.

The Gaston health center not only serves Gaston students but the surrounding community. The center has become a significant asset to southwest Fresno, with the number of patients rising from 3,373 in 2014-15 to 4,235 in 2015-16 and 2,166 through November of this year.

The center provides primary care and treatment, physicals, case management, immunizations, vision care, mental/behavioral care, lab services, referrals for dental care, drug and alcohol counseling, health education, and transportation to the main clinic.

“Expanding the number of school-based health clinics is a tremendous step forward. When our students are healthy, that means they can be in school learning and participating in all that their schools have to offer,” said Superintendent Michael Hanson. “These clinics are also a huge asset for the communities around our schools.”

Studies have shown that school-based health centers improve school attendance rates and student test scores.

Clinica Sierra Vista medical assistant Delfina Minjarez works with a family at the Health and Wellness Center adjacent to Gaston Middle School. The district is adding community health centers at additional campuses.

Potential Schools for Health Centers

Clinica Sierra Vista

Gaston Health and Wellness Center

United’s Health and Wellness Center

school-based health centers in California and 2,000 across the nation.

Centros de Salud Programados Para Seis Escuelas Adicionales

El distrito avanza sobre la adición de siete centros basados en la salud escolar en las regiones de la ciudad, donde los residentes tienen menos acceso a cuidado de salud.

Las clínicas públicas serán el modelo después del Centro de Salud y Bienestar de la Secundaria Gaston en el sudoeste de Fresno, la cual se inauguró en el 2014. El centro está abierto 40 horas a la semana, de lunes a viernes y opera a través de la Clinica Sierra Vista sin fines de lucro. El centro también cuenta con una enfermera registrada y enfermera con licencia profesional proveida por el distrito.

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SUPERINTENDENT’S Message

District in a Better Place

A few months back, longtime valley educator Marc Johnson reminded a full board room of a Yogi Berra quote, “If you don’t know where you’re going, you might end up somewhere else.” This adage continues to resonate as I reflect on where our district is today, and where we came from 12 years ago. When I accepted the appointment as superintendent, the students who are now the class of 2017 were first graders. Having watched students from the vantage point of a parent and superintendent, I can confidently say that Fresno Unified is a better place for our youth today than it was nearly 12 years ago.

Fresno Unified’s graduation rate has reached an all-time record of 83.8% — a 14% increase since 2009. Despite being one of the poorest districts in the nation, Fresno Unified’s graduation rates exceed the state and national average. The district has also seen growth in state test scores. In 2016, for the first time in 15 years, scores increased across ALL grade levels, in ALL subject areas tested, for ALL significant student groups. Attendance rates are up, and behaviors leading to suspensions and expulsions are down.

Opportunities to enrich the lives of our students have increased, and our district is collaborating as never before with a variety of partners -- City Hall, the Housing Authority, departments at the county of Fresno, healthcare partners, pastors, nonprofits, youth-led organizations, sister school districts, and our higher education institutions, to name a few.

The reasons for this progress stem from the focused and unified commitment of trustees and leaders, teachers, staff, parents, and the entire Fresno community.

Our focus sharpened in April 2007 when a team of trustees and district leaders developed and approved a set of core beliefs and commitments as well as the district goals. The district emerged from the brink of bankruptcy -- when the state was considering a takeover -- to one of the most financially healthy districts in California, with strong reserves that allowed the district to prioritize students and offer some of the most competitive salaries and benefits in the region.

Through taxpayer-supported bond Measures K and Q, we have built seven new schools and upgraded and modernized hundreds of existing classrooms over the past decade. Just take a drive around Fresno, and you will find ample evidence of these investments. Today you can see the last of the Measure Q investments, building new state-of-the-art career technical education classrooms at Duncan Polytechnic High School, a school with a 98% graduation rate. In November, the community demonstrated that quality educational facilities are a priority, renewing its confidence in Fresno Unified as a responsible steward of public resources and passing Measure X with 67% voter support. Thank you all.

Many of our students walk onto our campuses from challenging circumstances, and not all students respond to standard educational approaches. While teachers deliver quality instruction and hold students to high expectations, meaningful adult relationships do make a difference. As my long-time friend and colleague from the Fresno Housing Authority Tracewell Hanrahan has said, “So very many more people in this community, beyond the great teachers and great staff of Fresno Unified, are humbled and proud to wake up every day and ask themselves, ‘What am I going to do today for 74,000 kids?’” The work is about adult valuing situations.
Community Mentors Provide Care and Encouragement for Students

Sixteen-year-old Dianna lights up when describing the weekly routine with her mentor, Kelly Vang.

“Kelly and I meet once a week at noon,” Dianna said. “It’s not super strict, but it’s not playful either. It’s in between, which helps me be more mature.”

For video, go to vimeo.com/fresnounified/mentoringmatters

Aidan, a fifth-grader, describes his mentoring group this way: “We start by saying hello to Mr. Moore, shaking his hand, then sitting down as a group. We have to dress nice and wear a shirt and tie. He wants us to act like gentlemen. Gentlemen don’t start fights, they stop fights.”

Dianna and Aidan are Fresno Unified students receiving the personal time and attention that can make an important difference for a student -- a relationship with a caring and encouraging mentor.

Fresno Unified’s mentoring program began in 2008 and has grown to 739 mentors at 35 school sites. Fresno Unified serves 74,000 students at more than 100 school sites -- meaning there are many more students waiting for a mentor to make the difference for them.

For those interested in mentoring, the district offers a variety of ways to get involved based on schedules and preferences. Options include individual or group mentoring, and mentors can request grade levels and school site locations. The application packet is available on the Fresno Unified website at www.fresnounified.org under Community/Volunteers and fingerprinting services are free. Hundreds of students are waiting to be matched with a mentor right now.

As part of its efforts to recruit new mentors, Fresno Unified held the inaugural Mentoring Matters event on Dec. 10 with the goal of attracting 100 African-American male mentors. NBA champion and Edison High School alumna Bruce Bowen spoke to potential mentors about providing guidance and being accountable to the students, speaking from years of experience as a mentor.

“The job is upon you all, and it's not for the weak,” Bowen said.

Aidan and other boys at Kratt Elementary School meet weekly with their mentor, Nathan Moore. The story of Aidan and his mentoring group was shared on Facebook, where Aidan’s mother, Kelly, commented, “My heart is so full. Nate Moore, you are an amazing man. Keep doing what you do.”

To join the amazing adults making a difference in the lives of young people, complete an online mentor application at www.fresnounified.org, search: mentor.

Mentoring Programs

- **E-Mentoring** -- Weekly email correspondence with a selected student; a great option for volunteers with limited time and transportation.

- **One-on-One Mentoring** -- Mentors meet weekly on the school site with their mentee. Schedules can be arranged to coordinate with both the mentor and student before school, during lunch, or after school.

- **Group Mentoring** -- This is mentoring with provided curriculum. Mentors lead weekly meetings at the school site, coordinate off-campus trips, and invite guest speakers as part of the experience.

- **Community-Based Mentoring** -- Introduces students to new surroundings, such as job shadowing, academic enrichment, field trips, athletic events, presentations, and/or special community events.

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**HEALTH CENTERS**

Continued from page 2

muaj neeg nyob kom muaj kev nkag tau rau chaw kho mob.

Chaw kho mob pcek xeem yuav raug muaj ua qay nyob rau tonq gab Gaston Middle School’s Health thib Wellness Center nyob rau sab hmb pob gab teb Fresno, uas tau qab thoob txhj rij nrog lub tsaw kwam ntawv thuam xyoo 2014. Lub qab 40 xuaa moos tajb lb lim lim, Monday toxq Friday thib hijaw dej nua los ntawv khoom bhum “non-profit Clinica Sierra Vista”.

Lub chaw knu muaj neeg hijaw dej nua nrog lub nag saaq mb moj muaj ntawv (registered nurse) xib lais xeem ua dej nua saaq mb los ntawv hauv pauv tsev kwam ntawv.

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Raws li kev ua tau zoo ntawm Gaston center, Fresno Hauv Paws Pawg Neeg Thawj Coj Saib Kev Kwan Thuuj Ci tau txheel pom ntau thaj chaw muaj kev tia tsam tshaj rau tej chaw kho mob zoo sib xws thib tab tonq rau ntau lub xws li xya lub chaw kho mob tshiaw nyob rau lub hivs yuav los tom njej no.

Clinica Sierra Vista thib Valley Health Pawg Neeg tau raun saavtau los ntawm pawg neeg thawj coj xam li cov neeg xej zog koom tes los khawv dej nua tej chaw kho mob.

Gaston lub chaw kho mob mb chaw kho mob haub tsev kwam ntawv yow yb kauv nua loj kwaw nkauv rau tonq njej. Thamh peb tej lub kwam ntawv muaj kev noj qab nyob hiv, cee laww muaj psee xwm mus koom kev kwam tau thib kwam tau thib muaj kev koom tes tau hauv tag mhro tej tas laww tej tsaw kwam ntawv tau muaj rau laww.

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**www.FresnoUnified.org**

Page 4
Baird, Bullard Open New Buildings as part of District Upgrades

Baird Middle School students returned from the winter break to a brand new academic building, featuring three standard classrooms, two science rooms, an ag science room and a fully equipped functional skills classroom for students with special needs.

Later in February, Bullard High School's Northwest Academic Building will open its doors for the first time to students and staff. It features 15 classrooms.

The two new buildings are part of the district's robust campaign to ensure quality facilities in support of quality instruction.

With the district completing the Baird and Bullard buildings and developing other final projects under Measure Q, plans are already underway to build on the work of Measure Q with Measure X. Voters approved Measure X on Nov. 8.

The Fresno Unified Board of Education will continue to use the 2009 Facilities Master Plan to provide a vision for improving district facilities while anticipating future needs. In addition, on Sept. 28, the board updated high school master plans to reflect improvements completed, projects underway, and additional input from the community and the board.

“Our Facilities Master Plan called for $1 billion in facilities needs for our district, and we have made significant headway on behalf of our students and staff thanks to the community's support for the students of Fresno Unified and their faith in the work of the district,” said Superintendent Michael Hanson.

Through Measure K (2001) and Measure Q (2010), taxpayers supported the building of seven new schools and upgraded and modernized scores of existing classrooms over the past decade.

The newest bond measure, Measure X, will provide for $225 million in projects. The Fresno Unified Board of Education approved a list of Measure X projects at its Oct. 12 meeting.

Projects include:

- High School Master Plan Projects: Bullard --- Renovated or rebuilt south gym.
- Duncan --- New and renovated career technical education classrooms, expanded ROTC facility, renovated library.
- Edison --- New theater, new second gym, renovated/expanded existing gym.
- Fresno --- Renovated academic and IB/CTE buildings, new second gym, renovated cafeteria.
- Hoover --- New theater, renovated library, renovated/expanded administrative offices.
- McLane --- New theater and second gym.
- Roosevelt --- Renovated cafeteria, renovated library, new second gym.
- Sunnyside --- Renovated theater/music complex, renovated CTE labs, security upgrades.

Project recommendations may change in the future based on availability and state funds, site conditions, enrollment, program needs, building system assessments, and other district priorities. For more potential Measure X projects, go to www.fresnounified.org.

Students at Baird Middle School returned from the winter break to a new academic building that houses regular classrooms, science rooms, an ag science room and a functional skills classroom.

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**PSAT Continued from page 1**

of online tutorials from the Khan Academy to practice for the SAT college entrance exam. This school year, the district launched a partnership with the College Board (which administers the SAT) to offer Khan Academy tutorials for free to students taking the PSAT -- the practice test for the SAT.

When students link their PSAT scores to Kahn Academy, it provides personalized tutorials, focusing on where students are weak. The tutorials also help students do better on material in their classes.

Over the first half of the school year, the number of Fresno Unified students linking their PSAT results to Khan Academy jumped from 11% to 94%.

Although it’s too early to have definitive statistics on the connection between students using Khan Academy tutorials and test scores, counselors say students are making huge leaps between their PSAT and SAT scores.

One example is David, a junior at Sunnyside High. David went from 730 on his PSAT to 1060 on the SAT. A native of Armenia, David had previously been designated as an English learner. He is now enrolled in three Advanced Placement courses and a member of the California Scholarship Federation. He plans to attend Fresno State next year and major in nursing. His ultimate goal is to get into medical school and become a cardiologist.

In preparing for the SAT in April, David used Khan Academy twice a week. He said the tutorials in Algebra I, geometry, and Algebra II were especially helpful because it had been a couple years since he had studied those subjects.

“The help in English was also good because the website was designed to help you if you didn’t understand a question very well.” David said.
Excellence in Education Finalists

ADMINISTRATORS

Rebecca Aleman
Prevention & Intervention

Veronica Galaviz Cruz
Olmos Elementary School

Teresa Morales-Young
Teacher Development

Edith Navarro
Kings Canyon Middle School

Richard Perez
Sequoia Middle School

Darrin Person
Prevention & Intervention

Vince Salazar
Bullard High School

Bonifacio Sanchez
Greenberg Elementary School

Matt Ward
Sequoia Middle School

District Honors Exemplary Employees

The district will honor 49 employees, nominated by their peers, during the annual Excellence in Education dinner Feb. 7.

From among the finalists, top employees will be announced in five categories: classified; elementary certificated (teachers, nurses, speech language pathologists and library media teachers); middle school certificated; high school certificated; and administrators.

One teacher and the classified and administrator winners will move on to Fresno County’s Educator of the Year awards.

CERTIFICATED EMPLOYEES ELEMENTARY SCHOOL

Julie Wheelock
Special Education

Kathryn Adams
Ewing Elementary School

Carinna Chavez-Brooke
Olmos Elementary School

Estela Coronado
Webster Elementary School

Jose Gonzalez
Lincoln Elementary School

Jeannette Kaloki
Viking Elementary School

Sherie Roberts
Wilson Elementary School

CERTIFICATED EMPLOYEES MIDDLE SCHOOL

Linda Samaniego
Powers-Gimberg Elementary School

Judith Sanchez
Ayresworth Elementary School

Amy Sousa
Balman Elementary School

Michael West
Powers-Gimberg Elementary School

Renica Banuelos
Kings Canyon Middle School

Donna Cardona
Scandinavian Middle School

Christopher Clark
Wawona Middle School
Excellence in Education Finalists

CERTIFICATED EMPLOYEES HIGH SCHOOL

Debbie Downs
Yosemite Middle School

Pedro Enríquez
Kings Canyon Middle School

Scott Fleming
Sequoia Middle School

Jonathan Graney
Tioga Middle School

Michelle Orelup
Kings Canyon Middle School

Stephen Ruiz
Ahwahnee Middle School

Connie Vassiliades
Fort Millar Middle School

Erin Andrade
CART

Esther Koers
Hoover High School

Taylor Ledak
Roosevelt High School

Fabiola Perez
Edison High School

William Podsakoff
Ballard High School

Mike Spencer
Roosevelt High School

Wayne Taylor
Duncan Polytechnical High School

CLASSIFIED EMPLOYEES

Joe Trevino
JE Young Academic Center

Eric Wheeler
Sunrisde High School

Rachel Andrade
Health Services

Tianna Gonzales
Turner Elementary School

Myric Mcguene
Wawona Middle School

Eric Orville
Ballard High School

Margaret Perry
Scandinavian Middle School

Marcos Rodriguez
Fort Millar Middle School

Mariana Rodriguez
Wawona Middle School

Eufemia Sanchez
Adelioa Elementary School

Kea Xiong
Sequoia Middle School

Ramona Zavala
Greenberg Elementary School

Last year's Excellence in Education winners celebrate with district leaders on Feb. 18, 2016.
GOAL 2: ARTS, ACTIVITIES & ATHLETICS

Fresno Unified Athletics Elementary/Middle School Semester 1 Highlights

Elementary School

Girls Volleyball
District Tournament
- 1st King
- 2nd Manchester
- 3rd Lawless
- 4th Webster
- 5th Leavensworth
- 6th Thomas
- 7th Ayer
- 8th Calwa

Soccer District Tournament
- 1st Bethune
- 2nd Addams
- 3rd Mayfair
- 4th Barney
- 5th Jefferson
- 6th Washon
- 7th Kirk
- 8th Ayersworth

Middle School

Girls Volleyball
Division 1 League Champions - St. Anthony’s
Division 2 League Champions - Baird

Division 1 League Champions - Gaston
Division 2 League Champions - Scandinavian

Division 1 League Champions - Tenaya
Division 2 League Champions - Alwahna

Basketball - Boys
Division 1 League Champions - Wawona
Division 2 League Champions - Sequoia

Soccer - Girls
Division 1 League Champions - Tenaya
Division 2 League Champions - Alwahna

Golf
Division 1 League Champions - Baird
Division 2 League Champions - Yosemite

Tournament Individual Medalists
Division 1:
- 1st Lisa Kelly - Baird
- 2nd Travis Preston - Baird
- 3rd Aaron Fanning - Baird
- 4th Alea Rathoosenbath - Comptech
- 5th David Mendoza - Gaston
- 6th Austin Dylan - Comptech

Division 2:
- 1st Uriel Placencia - Yosemite
- 2nd Marcus Miller - Hamilton
- 3rd Juan Garcia - Tehipse
- 4th Gabriel Vasquez - Yosemite
- 5th Miguel Gomez - Hamilton
- 6th Lazaro Rivera - Sequoia

Cross Country
District Championships
Third Grade Girls Division
- 1st Manchester
- 2nd Rosedale
- 3rd Yosemti

Fourth Grade Girls Division
- 1st Manchester
- 2nd Easthye
- 3rd Lawless

Fourth Grade Boys Division
- 1st Manchester
- 2nd Hueno
- 3rd Rosedale
- 4th Yosemti

Sixth Grade Girls Division
- 1st St. Anthony’s
- 2nd Del Mar
- 3rd Manchester

Sixth Grade Boys Division
- 1st Manchester
- 2nd Kerst
- 3rd Gibson

Cross Country District Championships
Overall Sweepstake Champion - Baird

Girls Divisions
- 1st Rebecca Romanou - Comptech
- 2nd Amber Ramirez - Comptech
- 3rd Gaby Chavez - Comptech
- 4th Sariyah Copeland - Baird
- 5th Alexia Lopez - Tenaya
- 6th Sarah Reardon - Baird
- 7th Idella Madrigal - Comptech
- 8th Madison Linner - Tenaya
- 9th Araya Vargas - Baird
- 10th Timmy Thomas - Hamilton

Boys Divisions
- 1st Bryce Weinman - Baird
- 2nd Eric Ramona - Alwahna
- 3rd Caden Cross - Baird
- 4th Ben Borcher - Comptech
- 5th Arturo Avis - Tehipse
- 6th Jesus H - Sequoia
- 7th Phillip Lopez - Scandinavian
- 8th Chase Nunnel - Baird

Wrestling
Division 1 League Champions - Baird
Division 2 League Champions - Gaston

District Tournament
- 1st King
- 2nd Kings Canyon
- 3rd Tioga
- 4th Gaston
- 5th Comptech
- 6th Yosemite
- 7th Tenaya
- 8th Cooper

Wrestling Tournament
Individual Results
- 71 lbs: 1st Jace Aldrich - King
- 2nd Brayden Basha - King
- 3rd Ethan Vue - Kings Canyon
- 4th Benjamin Hernandez - Tenaya
- 5th Eli Herron - Alwahna
- 6th Mark Hernandez - Tioga
- 78 lbs: 1st Anjali Harris - Tioga
- 2nd Orlando Lopez - Baird
- 3rd Kenneth Magana - Alwahna
- 4th Eric Sanchez - Wawona
- 5th Alex Moore - Tioga
- 6th Victor Solis - Yosemite

153 lbs: 1st Xavier Santella - Gaston
- 2nd Kong Yang - Tioga
- 3rd Jared Neumann - Tenaya
- 4th Isaiah Mata - Tioga
- 5th Alex Torres - Alwahna
- 6th Tyler Speed - Baird
- 7th Lennon Starks - Yosemite

185 lbs: 1st Xavier Santella - Gaston
- 2nd Kong Yang - Tioga
- 3rd Jared Neumann - Tenaya
- 4th Isaiah Mata - Tioga
- 5th Alex Torres - Alwahna
- 6th Tyler Speed - Baird
- 7th Lennon Starks - Yosemite

220 lbs: 1st Xavier Santella - Gaston
- 2nd Kong Yang - Tioga
- 3rd Jared Neumann - Tenaya
- 4th Isaiah Mata - Tioga
- 5th Alex Torres - Alwahna
- 6th Tyler Speed - Baird
- 7th Lennon Starks - Yosemite

285 lbs: 1st Xavier Santella - Gaston
- 2nd Kong Yang - Tioga
- 3rd Jared Neumann - Tenaya
- 4th Isaiah Mata - Tioga
- 5th Alex Torres - Alwahna
- 6th Tyler Speed - Baird
- 7th Lennon Starks - Yosemite
GOAL 2: ARTS, ACTIVITIES & ATHLETICS

High School Semester 1
Athletic Highlights

Boys Cross Country
- Bullard: Three CMAC medalists; eight scholar-athletes
- Edison: Four scholar-athletes
- Fresno: Ever Silva NYL champion, Division II section champion
- McLane: Seven scholar-athletes; Academic Team Champion (3.5 GPA)
- Sunnydale: Nine scholar-athletes

Girls Cross Country
- Bullard: Eight scholar-athletes
- Edison: Six scholar-athletes
- Fresno: Seven scholar-athletes
- McLane: Four scholar-athletes
- Sunnydale: Nine scholar-athletes

Girls Water Polo
- Bullard: CMAC runner-up, six scholar-athletes; Academic Team Champion (3.48 GPA)
- Edison: Division II section semifinalist; four scholar-athletes
- Fresno: Four scholar-athletes
- Hoover: One NYL all-league (three second team), six scholar-athletes
- McLane: Eight scholar-athletes
- Sunnydale: Candy Bigalke NYL Coach of the Year, Perris NYL Champion, eight scholar-athletes

Girls Volleyball
- Bullard: Two CMAC all-league, CMAC runner-up; six scholar-athletes
- Edison: One CMAC all-league; three scholar-athletes
- Fresno: Three scholar-athletes
- Hoover: Miriam Quinones NYL Coach of the Year, NYL MVP; NYL all-league (one second team)
- McLane: Seven scholar-athletes; Academic Team Champion (3.45 GPA)
- Roosevelt: NYL all-league (two second team), four scholar-athletes
- Sunnydale: Two CMAC second team; six scholar-athletes

Boys Water Polo
- Bullard: Two CMAC all-league, CMAC runner-up; Division I section semifinalist, seven scholar-athletes
- Edison: Academic Team Champions (3.36 GPA); undefeated CMAC champions
- Fresno: NYL all-league, nine scholar-athletes
- Hoover: NYL all-league, nine scholar-athletes
- McLane: Division IV section semifinalist, seven scholar-athletes
- Roosevelt: NYL all-league, nine scholar-athletes
- Sunnydale: NYL champion, best finish in school history; Wendy Hambleton NYL doubles, three scholar-athletes

Girls Tennis
- Academic Team Champions (3.66 GPA); NYL singles champion, eight scholar-athletes
- Fresno: NYL all-league, nine scholar-athletes
- Hoover: Four scholar-athletes
- McLane: Division IV section semifinalist, seven scholar-athletes
- Roosevelt: NYL singles, two scholar-athletes
- Sunnydale: NYL doubles, two NYL doubles, one scholar-athlete

Girls Golf
- Bullard: Academic Team Champions (3.33 GPA), CMAC champion, North California champion
- Edison: Five scholar-athletes
- Fresno: Largest team in school history; five scholar-athletes
- Hoover: One scholar-athlete
- McLane: First time to compete in NYL sectionals; two NYL qualifiers; NYL runner-up, six scholar-athletes

Girls Win Two Wrestling Titles

Fresno Unified girls won individual titles in two weight classes at the district’s championship wrestling tournament this past season, a sign of their increasing participation and skill in the traditionally male-dominated sport.

Aaliyah Harris, an eighth-grader at Tioga Middle School and two-time city champ, won the 77-pound middle school title at the Fresno Unified District Wrestling Tournament in December. Karina Yang, a seventh-grader at Tioga and also a two-time city champ, won the 92-pound middle school title.

“We have had girls win their weight class before, but it is very uncommon,” said Brett Mar, co-coaches manager for Fresno Unified. “Girls wrestling will continue to grow in popularity in our area and in our district.”

Once in high school, girls continue to wrestle on the boys team. But at the end of the season, the girls now have a separate post season California Interscholastic Federation (CIF) state tournament.

Mar also noted that more colleges have women’s teams, creating more opportunities for girls to attain college scholarships for wrestling. Rosanna Aguilar, an alumnus of Edison High School, is now wrestling with the Fresno State Wrestling Club and another Edison graduate, Beatriz Martinez, recently graduated from Oklahoma City University where she was an All-American wrestler for the women’s team. Amber King, a 2016 Roosevelt High School graduate and former California state girls wrestling champion, is a freshman wrestler at Bacone College in Muskogee, OK.

Aaliyah Harris, an eighth-grader at Tioga Middle School, won the 77-pound division at the district middle school wrestling championship tournament. She was one of two female weight division winners at the tournament in December.
County Health Tips: ‘Stomach Flu’ More Common in Cold Months

A recent outbreak of illness causing fever, nausea, vomiting, and diarrhea in literally hundreds of students and staff at a local elementary school prompted me to discuss with you the public health aspects of gastroenteritis.

Commonly referred to as “stomach flu” or “food poisoning,” gastroenteritis is unrelated to influenza (flu) or to any kind of poison.

Like influenza, gastroenteritis is caused by a variety of viruses and occurs more frequently during the colder months. However, these viruses cause illness by attacking our intestines rather than our respiratory tract, as is the case with influenza.

The most common gastroenteritis virus is Norovirus (with 19 to 21 million cases annually in the U.S.). Norovirus is the leading cause of illness and outbreaks from contaminated food in the United States and is extremely contagious, spreading rapidly by 1) eating or drinking contaminated foods or liquids; 2) touching surfaces or objects contaminated with the virus then touching your mouth; and 3) having close contact with someone who is infected, especially in close and closed-in spaces like daycare centers and schools.

Norovirus can persist on surfaces for days or weeks and survive some disinfectants. Critical in limiting the spread of the virus is:

- Careful cleaning of exposed surfaces with bleach solution
- Careful and frequent washing of hands with soap and water (hand sanitizers may not be effective)
- Careful washing of fruits and vegetables and thorough cooking of seafood
- Not preparing food for others for at least two to three days after any symptoms have cleared

There is no vaccine or cure for Norovirus, but most infected individuals recover completely after a few days. However, you must avoid dehydration, and you can aid recovery by:

- Drinking clear liquids (even if you must do so in small frequent sips)
- Resting
- Taking acetaminophen for any fever
- Returning to solid foods carefully (the BRAT diet) http://bit.ly/2ihXMyY

You should consult your healthcare provider for:

- Inability to keep liquids down for 24 hours
- Vomiting blood
- Bloody diarrhea
- Fever over 102 F
- Vomiting more than two days
- Signs of dehydration http://bit.ly/2iDQzZ

Janet Ryan Signs off as District Trustee

Janet Ryan takes a peek at the signage for an academic building at Hoover High School named in her honor on Dec. 12. Ryan retired in December from the Fresno Unified Board of Education after serving for 12 years. During that time, she played a critical role in moving the district forward on a number of fronts, including increasing graduation rates to a record high and significant investments in school facilities, such as the new academic building opened at Hoover in 2013. Ryan also served the larger Fresno community for a number of years through a variety of boards and organizations.

For video, go to vimeo.com/ FresnoUnified/janetryanbuilding

Fresno Unified School District

The Fresno Unified Board of Education recently approved the following board policies and bylaws:

- BP 1312.3 Uniform Complaint Procedures
- BP 3100 Budget
- BP 3453.3 Nondiscrimination/Harassment
- BP 3457 Sexual Harassment
- BB 9140 Board Representatives

These updated policies/bylaws can be found online at: https://www.fresno.k12.ca.us/sites/board/policies. For additional information: (559) 457-3736.
Discussions Underway to Move Design Science to City College

Discussions between the district and leaders at the college and State Center Community College District include developing a permanent home for Design Science Early College High School on the Fresno City College campus. The school is currently housed in portable buildings east of the college across Blackstone Avenue on Cambridge Avenue.

“Design Science has done a tremendous job encouraging students to tackle college-level work and graduate highly prepared for college and career. Expanding our partnership with Fresno City College and State Center Community College District will provide even better opportunities for our students,” said Superintendent Michael Hanson.

Fresno Unified, college and State Center officials are working on a memorandum of understanding with details about location and funding.

Design Science, which opened its doors in 2005, is no longer the district’s best kept secret, with a waiting list already for the 2017-18 school year.

Students are introduced to courses at Fresno City College beginning in the ninth grade. Tenth grade students take approximately 10 units of college coursework. By the time students are in 11th and 12th grade, they are taking 11 units of college coursework at Fresno City College and have the option of earning associate of arts degree by the time they graduate from high school.

Students enroll in courses listed on the Fresno City College UC Doorways list, considered honors courses for Design Science students.

The school, with an enrollment of 237, has a 100% graduation rate, with 94% of graduating seniors offered admission to a four-year university last school year. Eighty-six percent of students last year were first-generation college students.

Of the current graduating class, at least half have already received admission offers to a four-year university. The class of 2017 includes two National Hispanic Scholars, with one admitted to Princeton on a full-ride scholarship; a semi-finalist National Merit Scholar; the school’s first international admissions offer, to University of Glasgow; and five are on track to receive their associate of arts degree by the time they graduate from high school.

Design Science Early College High School students gather at Fresno City College, where they also take classes. Back row, left to right: Gloria Martinez-Guzman, Jackson Whittle, Melissa Munoz, Destany Leon, Chao Vue, Alina Xiong and Cynthia Flores. Front row, left to right: Tayah Kirschenmann, Jenny Manalvong, Micael Campos, David Lopez, Vanessa Magana, Cindy Hor, Madelyn San and Logan Chase.

Plans are in the works for an even stronger partnership between Fresno Unified’s Design Science Early College High School and Fresno City College. Design Science is one of the district’s specialty high schools, providing students an opportunity to concurrently enroll in Fresno City College and graduate from high school as college sophomores.

Learn about the impacts of STOREFRONT ADVERTISING on our children...

Did you know?
• Covering store windows with signs creates an unsafe environment for law enforcement, firefighters, customers and clerks during emergency situations.
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• The City of Fresno and other cities in Fresno County have adopted policies that limit storefront signs.

Find out more about these policies and how you can be involved. Visit: www.fcdph.org/storefront

Healthy Places | Healthy Communities Campaign

www.FresnoUnified.org | PREPARING CAREER READY GRADUATES |
overwhelmed at what can be accomplished when people come together behind a common goal. And we have accomplished much. This lasting work has in fact changed the culture and trajectory of the city of Fresno.”

Because of the work of Hanson and the district over the past decade, Fresno Unified has emerged as an education leader in a number of areas and has attracted national attention.

“Michael Hanson’s legacy in Fresno is extensive, substantial, and long lasting,” said Michael Casserly, executive director of the Council of the Great City Schools.

Hanson was named superintendent of the then academically and financially struggling Fresno Unified School District in July of 2005. Hanson said that through the “hard work and grace” of supportive employees, parents and community members, the district has overcome numerous challenges and made significant strides and academic gains.

Accomplishments include the graduation rate rising from 69.2% to 83.8% and the development of a sound financial structure that has led to 12 consecutive balanced budgets.

Hanson said he is also proud of the district’s work ensuring equity and access for all students through the use of real-time data tracking. The district has also made great strides in building new schools and enhancing existing facilities – ensuring safe, clean, modern environments for students and staff. The district has built seven new schools using Measure K (passed by voters in 2001) and Measure Q (passed by voters in 2010).

Much of this work has not only impacted students and staff, but the surrounding communities as well. One of the greatest examples is the Gaston Middle School campus, which opened in the fall of 2014 and now includes a highly utilized community health center.

The passage of the $225 million dollar Measure X bond in November with 67% of the vote ensures that Fresno Unified is well-positioned to carry out further enhancements to its facilities for years to come.

Hanson said he is also immensely proud that Fresno Unified is at the center of collaboration of all kinds that benefits youth, including partnerships with healthcare providers, Fresno Housing Authority, Cradle2Career, Economic Opportunities Commission, and departments at the county of Fresno.

The district has developed strong partnerships with higher education including State Center Community College District (specifically Fresno City College), Fresno State University, Fresno Pacific University, and UC Merced -- all focused on getting more students ready for college-level work without remediation.

The district’s partnership with the city of Fresno is adding green spaces and renewing the vitality in 15 distinct neighborhoods through Restore Fresno. The district has also collaborated with the California Office for Reformed Education (CORE) partner districts.

Hanson said he will continue to work in education in some capacity, and supporting students in urban settings will continue to be his lifelong passion.

“As I reflect on close to 12 years of rewarding yet soul-wrenching work, I feel an enormous sense of satisfaction,” Hanson said. “I’m thankful I will be leaving this district significantly better than I found it...for thousands of students in our Valley.”

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Mark W. Stagis, D.D.S.
Nathan E. Vick, D.D.S.
Christopher R. Gates, D.M.D

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EMPLOYEE SPOTLIGHT

Office Manager is Welcoming First Contact at Kirk Elementary

Deborah Coronado is the much loved office manager at Kirk Elementary School and a finalist for an Excellence in Education award a year ago. She has worked for the district for 17 years and been office manager at Kirk since 2004.

What is the best part about your job?

The best part of my job is the students. I enjoy first thing in the morning the students who come into the office just to say good morning Mrs. Deborah or when it’s Administrative Secretaries Day and the students come into the office as a whole classroom to sing to me and treat me with cards and gifts.

What is the most difficult part?

The most difficult part of my job is when families are going through hardship and need some kind of help, whether it’s with groceries, clothing, shoes, etc. It breaks my heart to see families with these kind of struggles.

As the first contact for people calling or coming to Kirk, what do you do to accomplish?

I always make sure my parents are greeted with a smile, good morning, etc... and that their questions are always answered before they leave the office.

What is the strangest question you have ever been asked as an office manager?

I have been asked, Mrs. Deborah, do you ever go home? Or, Mrs. Deborah, do you live here? I just laugh and say see those carts in the nurse’s office? That’s where I sleep at night. The students think that is so hilarious. They usually respond with Mrs. Deborah, for real?

How do you develop relationships with the students?

I always try to make sure when a new student enrolls at our school, I greet them and let them know who I am and sometimes I introduce them to students to show them around so they won’t be so nervous on their first day here. It builds a bond with students and they learn if they need anything they can always come to me for help or questions.

What is one thing most people do not know about you?

The one thing people do not know about me is that growing up I also was a Sunset Tiger student. So when I do mention I went to Sunset the next question is then why are you not fluent in Spanish? I always answer back with because it was not a charter school back then and the program was not dual immersion.

If you could choose any profession, what would you choose?

I always wanted to work in the pediatric field growing up. I always wanted to work with kids and babies but I guess being an office manager is almost the same thing. I work with students and even when they’re sick I am in the nurse’s office.

What’s your dream vacation?

My dream vacation has always been to go to Italy. One day I will.

I understand your family and your church sometimes get involved with supporting Kirk? Tell me about that.

My family has been so involved with Kirk since my kids were little, including volunteering for the school carnival, helping me with packets for the first day of school, etc. Church has helped with donations in time of need and my daughter is also a paraprofessional assistant/coach and tutor at my school.

Roosevelt Business Teacher is Right on the Money with Students

Roosevelt High School business teacher Linda Jean Voth was named Network for Teaching Entrepreneurship Global Teacher of the Year in November. In October she was honored with the Toastmasters International District 33 Communication and Leadership Award and in September the Marjaree Mason Center recognized her with a Top Ten Women and Leading Business Award.

Francine Farber, an education advocate with special ties to the Roosevelt region, had high praise for Voth, including for her work with the IRS Academy. Students volunteer for six hours on Saturdays in November through January to learn how to complete income tax forms. In February they offer their free services to low-income residents every Saturday.

“Every year the IRS agents are blown away by her wonderful students, themselves low income,” Farber said.

We caught up with Voth to learn more about what makes her tick.

You took a winding road to teaching. What made you decide to pursue teaching?

After starting at Planned Parenthood of Central California as an administrative assistant, I continued to go to school and eventually became an educator for Planned Parenthood. That is when I discovered I loved to teach. The grant for that job ran out. I finished my degree and saw an ad in the Fresno Bee...
STUDENT SPOTLIGHT

Patiño School of Entrepreneurship Students Excel at Competition

Three teams from the Patiño School of Entrepreneurship were the only non-college students to make it to the finals of the Silicon Valley Innovation Challenge late last year. Students are, from left, Derek Brown, Mark Porras, Yvette Robles, Owen Levin, Kevin Quezadas, Taylor Lawson, Ashley Ruiz, Maquela Halloway and Danhya Jimenez.

Students from the district’s new entrepreneurship high school are already making their mark as innovators.

Three teams from the Phillip J. Patiño School of Entrepreneurship were the only non-college students to make it to the finals of the Silicon Valley Innovation Challenge at San Jose State University late last year.

And two of the teams won awards.

“I felt like we earned our way there and proved we could compete on the college level,” said junior Taylor Lawson. “Seeing other people’s excitement in our product makes me believe more in what we are creating.”

Taylor, Maquela Halloway, Danhya Jimenez, Ashley Ruiz, Toni Celaya and MatthewCommens created Alleviate, a self-help anti-bullying app. They won the Best Social Innovation Award.

Patiño’s Derek Brown won the People’s Choice Award for his Kool Breeze Solar Hat. Patiño’s other finalists were Lilian Simmons, Kevin Quezadas, Tayyon Williams, Mark Porras, Yvette Robles, and Owen Levin on the Suvia team, a moisture sensing sprinkler system.

Patiño opened its doors in August 2015 its first group of students, 120 sophomores. This year, the school has juniors and another group of sophomores. Students attend their regional high school for their freshman year.

Students are immersed in learning real-world business skills through the traditional course subjects of math, English, social studies, and science. At the same time, they are acquiring the academic, entrepreneurial and technological skills they will need for college and career.

The curriculum connects students to their passions and provides real-world applications for what they are studying. Students meet regularly with mentors from the business community and develop and test new ideas, ultimately opening and running their own businesses their senior year of school.

Students thought of the Alleviate app because many of them felt bullied growing up and wanted to create a resource that would help teenagers struggling through similar trials to connect to a community.

The app evolved to support teenagers dealing with stress, depression, anxiety, negative body image, and low self-esteem. Additionally, they are seeking to connect teenagers to community resources like counseling.

Many audience members and judges at the competition were inspired by team Alleviate and their app.

In January, the Fresno Chamber of Commerce named Danhya as its High School Entrepreneur of the Year for her work with Alleviate.

Derek Brown’s family founded and runs Kool Breeze Solar Hat. The straw hat has a solar panel on top that powers an internal fan that cools the head. Each member of the family contributes to the company in a different way.

Derek and his siblings are all part of the manufacturing team. Derek developed the Thurman hat design, one of three the company offers. The family was recently featured on CNBC’s “Make Me a Millionaire Inventor.”

When Derek represented the family business at San Jose State, it was his ability to pitch and demonstrate his product that impressed the public and lead to him capturing the People’s Choice Award.

Team Suvia wanted to create a way to combat the recent drought in California. They created a lawn sensor that controls the amount of water distributed by sprinkler systems. Creating a working prototype, the team competed in the water technology category.

People were impressed by the prototype Suvia created, and the team said they learned a lot about marketing and promoting their product through the competition.

From the Nov. 15 competition in San Jose, Alleviate split a $1,000 award while Kool Breeze took home $500.

LINDA JEAN VOTH
Continued from page 13

for a business teacher. I applied and was hired on an emergency credential.

What works best to motivate students?

I believe teaching is all about relationships. If students trust you and know that you care about them they will be motivated to do the best they can.

What do you enjoy the most about teaching at Roosevelt?

I learn from my students every day -- they are bright, intelligent, and know more about technology than I ever will -- and I teach technology. I am supported by colleagues who are as dedicated and motivated to help our students as I am. Two teachers have been my mentors and I could not have done this job without their help -- Jeff Hopkins and John Chang.

What is the most challenging part of your job?

There are never enough hours in the day.

What book are you recommending to others right now?

One of my latest favorites is “All the Light We Cannot See” by Anthony Doerr.

What’s your favorite book for high school students?

Have been recommending “Mindset” by Carol S. Dweck to my seniors. This is a book to help them learn how to fulfill their potential.

Name one thing most people do not know about you.

I go to the gym almost every morning before school and do about 3.7 miles on the treadmill to start my day. Some days I even get up to 4 miles.
DISTrito en Mejor Situación

Hace unos meses, Marc Johnson educador del valle por largo tiempo los recordó a todos en la sala de la mesa directiva lo que dijo entre comillas Yogi Berra “Si no sabes hacia donde te diriges, podrías terminar en otro lugar.” Este proverbio continua resonando mientras reflexiono sobre donde se encuentra nuestro distrito hoy día y de dónde venimos hace casi 12 años. Cuando acepté el nombramiento como superintendente, los administradores que ahora son de la clase del 2017 estaban en primer grado. Haber visto a los estudiantes desde el punto de vista, como padre y superintendente puedo decir hoy en día con toda confianza que el Distrito Escolar Unificado de Fresno es, el mejor lugar para nuestros jóvenes de lo que era hace casi 12 años.

El promedio de graduación del Distrito Escolar Unificado de Fresno ha alcanzado un récord de 83.8% — un aumento de 14% desde el 2009. A pesar de ser uno de los distritos más pobres en la nación, el promedio de graduación excede el nivel estatal y nacional. También, el distrito ha visto crecimiento en los resultados del examen estatal. En el 2016, por primera vez en 15 años, los resultados aumentaron en TODOS los grados, en TODAS las materias examinadas, de TODOS los grupos de estudiantes significativos. El promedio de asistencia aumento y disminuyó el comportamiento que conduce a suspensiones y expulsiones.

Las oportunidades para enriquecer las vidas de nuestros estudiantes han aumentado y nuestro distrito está colaborando como nunca antes con varias sociedades como el Pascoc Municipal (City Hall), Autoridad de Viviendas (Housing Authority), departamentos en el condado de Fresno, socios de cuidado de salud, pastores, organizaciones no lucrativas, organizaciones dirigidas a la juventud, distritos escolares hermanas y nuestras instituciones de educación superiores, por mencionar sólo algunos.

Los motivos de este progreso provienen de la unión de enfoque y compromiso de los administradores y líderes, maestros, personal, padres y de toda la comunidad de Fresno.

Nuestro enfoque mejoró en abril del 2007 cuando un equipo de administradores y líderes del distrito desarrollaron y aprobaron un conjunto de creencias fundamentales que ayudan a definir las metas del distrito. El distrito superó el borde de la bancarrotas — cuando el estado estaba considerando adquirirlo — a uno de los distritos financieramente más saludables en California, con fuertes reservas de las cuales permitieron que el distrito les diera prioridad a los estudiantes y ofrecer algunos de los salarios y beneficios más competitivos en la región.

A través del apoyo de los contribuyentes para la Medida K y Q, hemos construido siete escuelas nuevas y se actualizaron y modernizaron cientos de salones, clases de educación de carrera técnica estado-de-arte en la Preparatoria Duncan Polytechnic, una escuela con promedio de 98% de estudiantes graduados. En noviembre, la comunidad demostró que las instalaciones de calidad educativa son una prioridad, renovando su confianza en el Distrito Escolar Unificado de Fresno como administrador responsable de los recursos públicos, aprobar la Medida X con el 67% de apoyo de los votantes. Gracias a todos.

Muchos de nuestros estudiantes caminan en nuestras plantas de condiciones desafiantes y no todos los estudiantes responden al estándar de enfoques educativos. Mientras que los maestros proporcionan instrucción de calidad y mantienen a los estudiantes con altas expectativas, las relaciones de adultos significativas hacen la diferencia.

Como dijo mi amigo y colega Tracewell Hanrahan, de Autoridad de Viviendas en Fresno, “Muchas personas en esta comunidad, más allá de grandes maestros y el personal del Distrito Escolar Unificado de Fresno, son humildes y se enorgullecen de despertar cada día preguntándose ellos mismos, ¿Qué voy a hacer hoy por los 74,000 niños?”

El trabajo es acerca de adultos que valoran a los estudiantes y les muestran lo que la humanidad. Nuestros planteles escolares son lugares donde el distrito y la comunidad se reúnen para mejorar los resultados estudiantiles mientras se construyen jóvenes, familias y vecindarios más fuertes y saludables. Lo hemos estado haciendo juntos por casi 12 años y los progresos hechos han sido inmensos.

Para poder continuar este progreso continuará porque el Distrito Escolar Unificado de Fresno sabe exactamente adonde se dirige — hacia adelante.

Hauv Pais Teov Kawm Ntawg yib lub Zoo Chaw

Ob peb lub hlis dhan los, tus tub bxawg tus ntev ntev los Marc Johnson quyia rau rau chu thaww col yj pu nkus ntwam Yogi Berra tua haais. “Yog tias koj tus pabn tub ntev taoj yuav mns quyw twg, quyw mns taoj yuav thaww twg.” Quyj twg gb taoj yuav thaww col yj pab ntev tus lbxaw bua taoj tus yuav thaww twg. Quyj twg gb taoj yuav thaww col yj pab ntev tus lbxaw bua taoj tus yuav thaww twg.

Ntu yuav twg mb raab luaj nach ntev tus lbxaw bua taoj tus yuav thaww twg. Quyj twg gb taoj yuav thaww col yj pab ntev tus lbxaw bua taoj tus yuav thaww twg.

Fresno Unified tus naj npabw kawn tiau ni tuo nhaw sah lub si jawn twaw tsev ntev ntawm 83.8% — ib qho 14% nce tej tua haais 2009. Twawaw tuyog ib jawn twaw lub hauv panr teov kawn ntwaw sah mns ntxawx nhaw bua thaww, Fresno Unified tus naj npabw kawn tiau ni tuo nhaw sah lub si jawn twaw tsev ntev ntawm 98%. Thauw kawn lbw, quyj twg gb taoj yuav thaww col yj pab ntev tus lbxaw bua taoj tus yuav thaww twg. Quyj twg gb taoj yuav thaww col yj pab ntev tus lbxaw bua taoj tus yuav thaww twg.

Fresno Unified tus naj npabw kawn tiau ni tuo nhaw sah lub si jawn twaw tsev ntev ntawm 83.8% — ib qho 14% nce tej tua haais 2009. Twawaw tuyog ib jawn twaw lub hauv panr teov kawn ntwaw sah mns ntxawx nhaw bua thaww, Fresno Unified tus naj npabw kawn tiau ni tuo nhaw sah lub si jawn twaw tsev ntev ntawm 98%.
**Healthy Minute**

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**Simple Swaps for a Leaner Diet**

Simply substituting skim milk for cream in your coffee can save you 10,000 calories a year. So imagine what five or six small changes will do. Your diet can become much leaner through food swapping, and you won’t necessarily have to give up your favorite foods.

“Food swapping means substituting healthy choices for less healthy choices, but it doesn’t have to be a remarkable change,” explains Jo-Ann Heslin, M.A., R.D., co-author of The Fat Attack Plan. “People get nervous about making changes because they see themselves never eating another hot fudge sundae or going to a steakhouse again. That’s when they throw in the towel and give up. But food swapping means finding alternatives you can live with.” According to Heslin, when people feel they must give up the foods they like, the process of maintaining a leaner diet becomes a real struggle. But instead of making eating an all-or-nothing proposition, you can learn to enjoy foods high in sugar, fat and sodium less frequently and to eat them in smaller amounts. This is a reasonable system most people can accept.

**Benefits of Food Swapping**

Food swapping offers long- and short-range benefits. By improving your eating habits over the long-term, you may increase your life span and minimize your risk of chronic diseases. In the short-term, by eating a leaner diet you will have more energy because you will be consuming better foods with higher nutritional quality. Plus, you’ll lose some weight or maintain your current weight.

**Supermarket Skills**

Supermarket savvy is very important in food swapping because if you don’t bring home healthful foods, all your good intentions may not be enough to get the job done. Learn how to make healthful substitutions during your trips to the grocery store. Here are a few tips:

- Buy whole-grain bread, cereal and pasta rather than white or refined products.
- Buy canned fruit packed in light syrup or water, not heavy syrup.
- Choose low-salt canned/frozen vegetables without sauces.
- If you don’t like to skin chicken, buy it pre-skinned.
- Choose low-fat dairy products when available.

**General Swap Tips**

The key to successful food swapping is to start slowly. Make moderate changes in your diet at first. Don’t try to tackle all foods at one time. Here are some suggestions of ways you might start:

- Prepare your vegetables without sauces or butter. Top them with herbs instead.
- Reduce your meat portions. The recommended 3-oz. portion is about the size of the palm of your hand before it is cooked.
- Replace the excess protein you’ve eliminated from your diet with more vegetables and complex carbohydrates.
- Instead of frying foods, grill, broil, bake or poach them.
- Replace sauces, gravy or salad dressing poured on food with a small amount on the side. Dip your fork tip in the sauce before picking up food, and you’ll get the essence of the flavor.
- If you like to serve cake for dessert, substitute cupcakes for sheet cake. A cupcake is a defined portion that limits your intake more effectively than if you eat cake slices. Eat your cupcake with fruit slices or berries rather than frosted.
- Try serving raisin, pumpernickel or cinnamon breads as a dessert substitute.

- Article adapted from The StayWell Company, LLC 2016

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