



Heritage Oak  
Private School

IN THE CARDEN TRADITION  
SINCE 1966  
PRESCHOOL THROUGH  
EIGHTH GRADE

# HERITAGE OAK Times



Don't Miss Heritage Oak's  
Production of  
"Peter Pan"

on stage at Servite High School  
November 16, 17 and 19

## Action Kids Fitness Brings Personal Fitness to Kindergarten to Third



Action Kids Fitness Center is a child-focused gym dedicated to promoting exercise and nutrition as a way of life. They believe in making exercise fun and in building life-long healthy habits.

Now, every other Friday, students in Kindergarten through third grade will enjoy "working out" with members of the Action Kids Fitness staff. They will focus on proper warm-ups and stretches, on developing gross motor skills, endurance and coordination, and have fun participating in games with parachutes, obstacle courses, circuit fitness and exciting relays.

Action Kids Fitness will offer our school a 20% rebate on program costs for anyone who enrolls their child in the Action Kids Fitness Center. Just tell them that you are from Heritage Oak to ensure that the school receives the 20% donation. All donations will be used to purchase sports and PE equipment.

This is similar to the program we have arranged for Middle School students who are working with fitness trainers from Tagges Personal Training.

See related article on page 4.

*"I teach children to be decent citizens and live nicely. You can't survive in the world if you aren't polite. I want children to learn, and to enjoy leaning. Life is a joy, so should be learning."*

- Mae Carden



## Who Was Mae Carden?

Just think... at the age of eight years old, a student realizes that the other students in the class are not learning because the teacher is leaving out steps in the teaching sequence. The student decides to secretly invite classmates over to her home and to teach them, with only one catch: they must promise not to tell where they are learning. These students, in a very short time, begin to amaze the teacher with their progress. Did this really happen? It certainly did, in the early 1900's. The student prodigy's name? Mae Carden.

Mae Carden dedicated her life to children, striving to ensure that every child had the best opportunity to reach his or her full potential. To achieve this, she contested many of the educational methods that had gone unchallenged for years. Thus she began her one-woman crusade to teach children to read in a bold revolt against progressive education. Her techniques spread throughout the parent, teacher, and administrative groups who began to realize superior performance by the pupils by this new method of learning. Miss Carden stressed the importance of applying the Carden method early in the educational process. That way, the phonetic method becomes automatic, free, and easy. "The alphabet," Miss Carden used to tell her teachers, "is one of learning's great labor-

saving devices. It takes the forbidden mystery out of reading."

Miss Carden believed that comprehension provides the intellectual character of learning. Comprehension is facilitated by exercising mental imagery. She refused to permit inclusion of pictures in her textbooks, in order to avoid distracting children. "Pictures," she said, "deprive children of the joy of imagery". This exercising of the imagination allows children to look behind words and achieve greater levels of comprehension. Miss Carden finished by remarking, "The child learns to look and see and observe and conclude and analyze".

No article on Miss Carden would be complete without sharing some of her words of wisdom. In speaking about marks and different students, she remarked, "I have a great respect for the C pupil. The A pupil memorizes. The C pupil has to think things through. He'll make the money." Regarding politeness, Miss Carden stated that adults should never be rude to children; children should never be rude to adults. "I teach children to be decent citizens and live nicely. You can't survive in the world if you aren't polite. I want children to learn, and to enjoy learning. Life is a joy, so should be learning," stated Miss Carden.

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Volleyball, football and 57 young cheerleaders kick off the fall season, culminating with our annual Home Coming games.

And much, much more...

# Red Ribbon Week Reminds Us Each Year To Be Drug, Tobacco and Alcohol Free



Each October our students renew their pledge to be drug, tobacco and alcohol free. Each grade level discusses drug awareness appropriate to their age levels.

This year, the week of October 24th to 28th was dedicated as **Red Ribbon Week**; a time when all pre-school through eighth grade students participate in various activities that range from designing classroom posters to participating in classroom discussions. The week is highlighted by our traditional Red Ribbon rally.

Throughout Red Ribbon Week students are reminded to focus on character, making good choices, and on leadership. We reinforce these traits daily at school, and we encourage all parents to also have regular discussions about these traits and about drug, tobacco and alcohol addiction throughout the year. <http://www.redribboncoalition.com/resources.htm> is one of many web sites that offer resources to those who are interested.



## Halloween Fun For All

Each year Heritage Oak students and fathers enjoy a bit of "quality time" carving scary, wild, or just plain cute pumpkins during this annual night-time event. This year's Pumpkin Carving event was catered by El Pollo Loco, and "room mothers" provided seasonal desserts. The children seemed to have an especially spooky time creating their ideal Halloween pumpkin.



The other major event of the Heritage Oak Halloween celebration was the annual Eighth Grade "Haunted House."

Designed, built and operated by the goblins and ghouls of our eighth grade class (along with the help of some willing fathers), this year's Haunted House featured a record five fearsome rooms, each populated by a plethora of the creepiest creeps known (eighth graders!).

Fun was had by all, and our current seventh grade students can't wait until next year, when it will be their turn to "haunt" the campus.

## The "Halls" Are Alive with the Sound of Music!

Under the direction of choral music instructor Miss Stuck, students are currently reviewing the many technical points of singing including posture, blend, and diction. Students have also begun a listening unit in which they learn to identify and describe different types of music. Thus far they have learned about "Hoedown" by Aaron Copland, "Dido's Lament" by Henry Purcell, and "Adagio for Strings" by Samuel Barber.

Older students have been expanding their song repertory with traditional American folk songs, while younger students have been focusing on individual pitch capability.



## Middle School Visits "King Tut"



Heritage Oak's sixth, seventh and eighth grade students recently visited the Los Angeles County Museum of Art to see Tutankhamun and the Golden Age of the Pharaohs. The exhibition includes more than 130 treasures from the tomb of Tutankhamun, other Valley of the Kings tombs and additional ancient sites.

Students saw fifty major objects excavated from Tutankhamun's tomb, including his royal diadem - the gold crown discovered encircling the head of the king's mummified body that he likely wore while living - and one of the gold and precious stone inlaid canopic coffinettes that contained his mummified internal organs.

Anticipating the trip, science teacher Donna Wirfs had seventh grade Life Science students mummifying chicken "kings." This project was in line with what students had already learned about ancient Egyptian mummifying techniques,

and, specifically, what conditions are necessary for decomposition and how to prevent it.

### The Mummification Process

Students began the mummification process by weighing chickens. They then made incisions to remove the internal organs which were salted (to dehydrate) and placed in canopic jars. The chickens were drained and rinsed clean to be salted to begin the mummification process. The chickens were again opened, drained and re-salted once or twice a week. About halfway through the process, after a good deal of dehydration has occurred, the chicken mummies were rubbed with an assortment of oils and spices, wrapped in gauze, and decorated with "jewels".

Meanwhile, sixth grade students had been learning about the earth's natural resources, specifically rocks and soils, and how they have been used throughout time. To support the mummification activity, they focused on the use of clay soil for brick-making. These will be used for the pyramid tombs that will house the mummified remains of the seventh grade chicken "kings".

Finally, art teacher Meghan Kennedy has been working with the students to create a sarcophagus for each chicken mummy. The children can not wait until their chicken mummies are reviewed by children over 2000 years from now!

### New Instrumental Program for Sixth Grade

Recognizing the value of music at all grade levels, Heritage Oak is very pleased to now offer an instrumental program for members of our sixth grade class.

Under the direction of visiting artist Richard Geere, students are studying one of the oldest of all musical instruments: the recorder. Starting with a small ensemble of 8 students, it is our hope that the program will expand. We envision our Recorder Ensemble entertaining at this year's annual Variety Show, and possibly visiting elementary classrooms for brief presentations of their musical abilities.



# Director's Page

## Executive Director Phyllis M. Cygan



While reviewing our 2005-2006 faculty and staff roster, I am reminded of the quality of each and every one of our employees.

I also feel the need to make sure that we point out something very special about

Heritage Oak: our many specialty teachers. For example:

Mrs. Kennedy is truly a wonder to watch. Thanks to her, our school is filled with incredible artwork, all done by your children.

Our two French teachers, Mr. Pham and Mrs. Mankarious, never fail to excite the students about French, and, as a result, they are learning more and more every day.

Our new Resource Room is really beginning to blossom thanks to the hard work and dedication of resource specialist Mrs. Sherman.

Our athletic director, Mr. Gorman, regularly receives rave reviews for his work with our PE and sports programs.

Miss Stuck works miracles with our elementary students, causing each and every one to appreciate and have fun with music.

In his role as technology coordinator, Mr. Sherer ensures that more than 175 computers, 3 servers, our campus network, and over 200 email addresses stay up and running.

Miss Bradshaw annually prepares elementary students for middle school's technology demands, and provides valuable depth and enrichment in elementary grade science.

Activities director Miss Stroud makes sure that all campus events are fun and eventful, and that field trips are safe and educational.

Theatre Arts Director Mr. Lewis organizes our summer and Christmas shows and most assemblies, and is working on creating new elective classes for middle school students, and performing art opportunities for all.

Our staff of full-time substitutes can, on a moments notice, take over a class with knowledge of our procedures, curriculum and high expectations.

Finally, we cannot forget our administrative support that ensures that we can and do provide our families, students and staff with the very best support.

And a huge thank you to all the parents who regularly contribute their valuable time throughout the year.

## Pre- to Second Director Debbie Felix



The saying, "It takes a village to raise a child," is most evident at Heritage Oak, as the teamwork between home and school is strong. We all work together for the development of the whole child.

As we venture deeper into the school year, children start to find the academics and expectations a bit more challenging. Every child will be successful when home and school provide consistent messages, and that is possible with regular and effective communication. It is vital that parents and teachers keep the lines of communication open.

Please know that we will do everything possible to make you a part of your child's education. In return we ask that you keep us informed of any changes at home. If there is something happening in your child's life that you think might have an impact at school, and we find it usually does, please let us know right away. When a teacher is aware of changes she will find it easier to understand the child.

Please make it a part of your daily routine to read all emails from school. If you feel you may not be receiving emails from the classroom teacher and or general emails from school, please notify the school office right away.

Teachers will send weekly emails to let you know what is happening. As we get closer to the holidays, you will find there are more school activities taking place. We never want you to feel lost or overwhelmed, especially if you are new to our school.

We are very excited to host the "Preschool through Kindergarten Holiday Show" in our own gymnasium this year. You will receive more details very soon. If your child is a first through eighth grader they will be performing as a class in the Peter Pan Production. You will receive information as to the date, time and what type of costume your child will need to wear.

We are very grateful for your partnership as we work together to educate your child.

## Middle School Director Tom Healey



As we continue to become more and more comfortable with our new physical surroundings, we also are becoming more and more comfortable in our understanding of your children's personalities, habits, and

needs. Equally, they become more and more familiar with us; our expectations, our instructional styles, our assignments and our grading policies.

The end of the first quarter marks a turning point in Middle School; a settling in to a routine that provides security for the adolescent sole. As hard as they try to push us adults away, the more assured they are that we will be there to support and encourage them. It is in the second quarter that we really begin to communicate effectively.

### About Communication

If you have children in preschool to second grade, you have already read Mrs. Felix's article that appears just to the left of mine. If so, you recognize how very important communication can be in the school environment. I never cease to be surprised when students learn that we—teachers and parents—actually talk to each other.

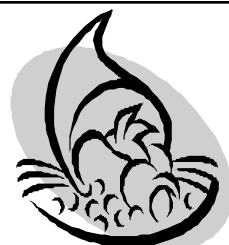
"Really? You did? You just talked to my dad? What did he say?"

Although they'd never admit it, they like to know that the adults have a plan for them, one that can help take the fear out of the randomness of their lives.

To this end, PLEASE read and respond to your school emails daily. Stop to say hello when you're on campus. If it's important, make sure you make an appointment to speak with us.

I want you to know how much your support is needed and appreciated at school. This includes help with "issues" that may arise, as well as your support of our many programs and trips, some of which are a bit pricey. We plan for such events only after carefully evaluating the value and relevancy they provide to your child's education.

Thank you for all you do.



## Thanksgiving Feast

Our annual Thanksgiving Feast will be held on Wednesday, November 23rd. Each class will hold its own "feast" to celebrate the upcoming holiday and to spend time together enjoying a special meal.

Teachers and room parents will assign items for each child to contribute to their classroom feast. Watch your child's highlights for more information about the festivities.

## Holiday Cookies

We will continue our tradition of allowing children to bring holiday cookies to share with the class. Many children look forward to sharing in the making and decorating of holiday cookies which they can then bring to class to help celebrate the joy of the season. Please check with your child's teacher to determine an appropriate time to bring goodies to class.



## Upcoming School Holidays

School will be closed on Friday, November 11 to observe Veteran's Day.

School will be closed on Thursday and Friday, November 24th and 25th for Thanksgiving.

School will be closed from December 19th to January 2nd.

Day care will be available on December 19th, 20th, 21st, 22nd, 27th, 28th, 29th.



# Students Reach Out to Troops

The eighth grade students of Heritage Oak, in collaboration with Boy Scout Troup #202, sent five boxes of school supplies for the Iraqi children, and care packages and letters for the soldiers of the 424th Transportation Company of Galax, Virginia. Heritage Oak graduate, Sgt. Sean Purciel, is serving with this reserve unit in Iraq.

Students donated school supplies and care package items, and wrote letters of appreciation to the soldiers. The Zimmerman family was instrumental in preparing and delivering care packages from the Boy Scouts and contributing to postage costs of the project.

Below is a sample of what was written to the soldiers:

*Dear Soldiers of the 424th Transportation Company:*

*Please accept these care packages for your troops. This was a combined effort of Boy Scout Troop 202 from Chino United Methodist Church, and the eighth grade classes of Heritage Oak Private School in Yorba Linda.*

*We truly appreciate all you are doing, and all*

*the sacrifices you are making. We are praying for a successful completion to your mission and a safe return home. We know that your tour is almost over, but please let us know if there is anything we can do to support you.*

*Kind Regards,  
Lara Governale, Heritage Oak Private School  
Mark and Laurie Zimmerman, Troop #202*



## Action Kids Fitness Center

### Health & Nutrition Corner "Healthy Lunch Box Ideas for Children"

By Sharon Moore, MS  
Registered Dietician with Action Kids Fitness Center

Parents are always looking for ways to get their child to eat better. Of course it can be challenging to make sure your child eats a healthy lunch. If you decide to pack your child's lunch at home, the following tips can help you make sure fruits and vegetables are included:

- Stuff sandwiches full of veggies - double up on lettuce, tomato and cucumber slices for extra crunch and flavor. Try mixed greens or fresh spinach instead of iceberg lettuce.

- Try a veggie-loaded wrap or stuffed pita as a main dish alternative. Place your child's favorite veggies, such as shredded carrots and lettuce, along with lean meats and cheeses, on a tortilla or inside a pita for an easy-to-make sandwich alternative.

- Add fruit to a peanut butter sandwich. Kids, and some adults, love raisins, sliced bananas, or thin sliced apples in place of jelly or jam.

- Add chopped fruits and vegetables to tuna or chicken salad. Some favorites: apples, celery, and green onions.

- Put some pizzazz in pasta salad - add your kid's favorite veggies to pasta and low fat Italian salad dressing. Some to try: celery, shredded carrot, green or red pepper, raw broccoli, red onion, green peas and corn.

- Combine chopped apricots, dates, prunes, raisins, or other dried fruit with almond slices and low fat granola cereal as a healthy side dish.

- Fill a plastic bag with raw veggies such as sliced celery, radishes, cucumbers, carrots and bite-sized cherry tomatoes. You may want to include a tasty dip such as salsa, low fat dressing, or humus.

- Don't forget to include seasonal fruits like plums, peaches, apples, and grapes. These add sweetness to the lunch.

- Make a rainbow fruit salad. Let your kids help select the fruit from each color group when you're shopping.

- Try single-serve applesauce with no added sugar or a fruit cup packed in 100 percent juice for a convenient lunchtime snack.

All Action Kids Fitness Centers members have the opportunity to attend monthly nutrition classes.

Sharon's next nutrition class will be 'Find out why breakfast is the most important meal of the day.' Children will learn how it can "wake up the brain" and help them to think & learn better at school. They will also make a quick breakfast treat to energize them for the day!

# "Do The Right Thing" Award

Whenever a child stands up for what is right, helps another person, does something positive on his or her own initiative, or displays a cooperative spirit, he or she may be nominated for the Heritage Oak "Do The Right Thing" award. We encourage parents and teachers to nominate a student any number of times by filling out a simple form and turning it in to the office. The student will receive a certificate for the good deed. This award helps reward and motivate children toward becoming outstanding citizens; now and in the future.

Here are a few of the September winners caught *doing the right thing*:



Fifth grade student Celine Honig is to be commended for her honesty. On September 21, 2005, she found \$9.00 in the planter on Yard II. She attempted to find the owner, but was unsuccessful so she turned the money into the school office. It turned out that the money belonged to fellow student Nicholas Mares. He had put the money down after snack and forgot to pick it up and put it in his pocket. Thank you, Celine, for being so wonderful!!



During Extended Day one of the children had an accident. There was only one teacher in the room at the time. Kindergartener Brennan Mabry noticed that someone had an accident, and, without hesitation, he stopped what he was doing and ran to the restroom to get Miss Luerson some paper towels. Thank you, Brennan. Good Job!!



This summer Lauren Crady, 8th grade, and her mother had a wonderful opportunity to serve on a mission trip in England. They were part of a group that was responsible for caring for children from various parts of the world. They spent a week caring for children ranging from 1-2 years old. She worked incredibly hard and often on little sleep but did not complain. She showed a tremendous level of maturity as she worked with the children and dealt with different circumstances associated with the trip. It was such a blessing to see her working unselfishly to care for others. Her parents are so very proud of her!

# 6th Grade Prepares for Annual Trip to AstroCamp

Sixth grade student Dana Salene (photo at right) makes her way up the Heritage Oak climbing wall in preparation for her and her classmate's three-day, two-night trip to AstroCamp; an annual event for all Heritage Oak sixth grade students.

While visiting AstroCamp, located just outside of Idyllwyld, California, the students will climb a similar wall representing Valle Marineris, the longest canyon in the solar system. They will also check out the night sky using the many telescopes available at the camp, and experience "weightlessness" in the AstroCamp pool as they attempt to wordlessly communicate with team members to

assemble a "communications module."

An annual highlight of the trip includes a ride on the "Sky Coaster"; a trust activity in which the child drops from a height of up to 60-feet and arcs in a free-fall at speed of up to 60 miles an hour. Students also enjoy the "Catwalk" — a "casual" stroll (on belay, of course!) across a 30-foot beam mounted 30 feet in the air.

Students will also study the planets of our solar system, build and launch rockets, and study lights and lasers.



## The Heritage Oak Art Curriculum or How Mrs. Kennedy Creates Young Artists



Parents,  
You will soon be able to view student artwork collected over the past two years. These masterpieces will be hung in the new Building III, along the second floor hallway. Please take time to walk past the "gallery" and enjoy!

Artwork this year:

**Kindergarten:** The students will begin to learn painting and drawing techniques with tempura paint, watercolor, and crayons. We will highlight texture and printmaking this year. The students will be working on fine motor skills as they tear, glue, sew, and paste various art projects.

**Grade 1:** The students will focus on painting and drawing techniques with tempera paint, watercolor, and crayons. They will learn about the primary and secondary colors of the color wheel. We will focus on shape and lines as we learn about Homer, Mondrian, Cezanne, Picasso, and Van Gough.

**Grade 2:** At this level, the students will be learning about values in color. They will also have a detailed study in watercolor technique and usage. The second grade students will learn about master artists such as Piet Mondrian and Winslow Homer.

**Grade 3:** The students will study the lives and works of artists such as Vincent Van Gogh, Winslow Homer, Paul Cezanne and Michelangelo. They will be studying the color wheel, creating a seascape, experimenting with scratch art and learning to draw people.

**Grade 4:** The students will study the lives and works of artists such as Georgia O'Keeffe, Vincent Van Gogh, Winslow Homer, Paul Cezanne, They will be studying the color wheel, values, printmaking, architecture, drawing from a grid and learning to sketch animals.

**Grade 5:** At this level, the students will be learning about the Impressionist movement. We will also learn how to shade with charcoal, sketch outdoor objects, and do perspective drawings.

**Middle School:** The students will be enhancing the art skills they have learned throughout their years at Heritage Oak. Projects will cover elements of art and principles of design, taught in the earlier grades. The students will also complete a research paper on an artist of choice. The eighth grade students will participate in "Careers in Art", a program scheduled to take place toward the end of second semester.



# New Resource Room

When you visit the new Resource Room/Library this fall, you will notice the new, yet familiar face of Mrs. Melanie Sherman, a Heritage Oak library volunteer for many years who is very familiar with its day-to-day operations.

Mrs. Sherman is very enthusiastic about reading to your children and teaching them library skills. Most classes from preschool through fifth grade will visit the library each week to hear stories and/or to check out books.

For our many tech-savvy students we are pleased to announce that we have ordered two new computers for the Resource Room that will enable students to securely access information from the Internet.

The library's collection of books has grown since it closed for renovaton, but we still have plenty of room for new titles. As you may know, the Scholastic Book Fair program and our Used Book Sale provide the funds for library supplies and new books. Our first book fair this school year will be from December 12 to 15, and we hope to have a used book sale after the first of the new year.

During the Scholastic Fair, students and parents will have the opportunity to purchase books for themselves and for their child's classroom teachers. The Book Fair is a great opportunity to also look at your holiday gift list. Your purchases will benefit the children in your life and everyone at our school. Parents interested in volunteering their time to help at the Book Fair should contact Mrs. Sherman or the anyone in the school office.



## Bits and Pieces...

### PS-K Holiday Show



December 8, 2005, on our new stage, starting at 6:00 p.m. the preschool and Kindergarten students will put on their annual holiday show. Don't miss this special evening!!

### HOPE Helps Those In Need

We have two wonderful opportunities for HOPE students and families to give to those less fortunate this holiday season. From Monday, November 28th through Wednesday, November 30th, we will have our **annual food drive**. Please refer to the emailed list for items to donate. All items will be given to the Orange County Food Bank.



### Operation Santa Claus

Our other important event is Operation Santa Claus. Look for the tree in the school lobby beginning December 5th. Remove a tag from the tree and return the new, unwrapped gift by Wednesday, December 16th.



### ASB/Leadership Aluminum Can Drive

Bring your empty aluminum cans to school in secure trash bags on Wednesday, November 30th through Friday, December 2nd.

Label the bags with your child's name and class.

The class that brings the most cans (by weight) will earn a fun surprise! Bags can be dropped off during morning traffic.



# Heritage Oak Sports

### Middle School Football

The 2005 football team is off and running, trying to make it into the playoffs. This is our most experienced team with eight eighth grade boys including James Williamson, Ibrihim Pecker, Georgio Fasoulis, Edward Becker, Kyle Houtzer, Fedirico Cabo and Wesley Adams. We also have good young cast including two seventh graders, Sean Morgan Jones and Mitchell Dickerson. The sixth graders include Justin Felix, Chadd Dunn, Adam Fitch, Nico Mendoza, Yousuf Salama, and Jake Martinez.

So far this year we are 2-5, but their remaining games come against three teams with a combined record of 6 wins and 15 losses. We had convincing victories over Fairmont and Mission Viejo, and some heartbreak losses against Carden Hall 12-6 in double overtime and against Mission Hills 26-20.

Coach Jimmy Gorman said, "We expect to make the playoffs and make some heads turn in the Try-Way League. My goal every year is to improve from the last and we have done that, making the playoffs the past two years. I expect the same this year with three games remaining."

Edward Becker leads the team with eight touchdowns, James Williamson leads the team with three rushing touchdowns, and Wesley Adams leads the team with eight passing touchdowns.

### DSL Football

DSL stands for Developmental Sports League. This program offers younger students (4th, 5th and



6th) a chance to develop skills in sports that are played at the Middle School level. These sports for the fall include Football and Volleyball.

This year's DSL football team has a record of 1-1. Their first victory was a 30-0 shutout against McDowell. This victory included an air show from Matthew Cevallos at quarterback hooking up with Nathan Elfring for three touchdowns. The defense held McDowell's offense to a dounut on the scoreboard with team tackling and batted balls in the secondary.

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# Students ‘Excel’ at Excel

Middle School students who have chosen "Organize Your Life" as their first semester elective are learning at an "Excel-erated" rate. The students have been introduced to Microsoft Excel over the past several weeks and have learned quite a bit about spreadsheets. During the last class students were asked to list all the things they have learned about using Excel. Below are a few of the highlights they listed. They can now use Excel to:

- Count data
- Average data
- Sum data
- Add, subtract, multiply and divide data
- Format individual cells by:
  - Aligning, Centering, and Wrapping text
  - Bolding
  - Font changing
  - Color changing
- Merge Cells
- Create Title Blocks
- Place boxes (of all formats) around cells
- Create graphs and charts
- Sort Data - biggest to smallest, smallest to biggest, alphabetically
- Insert rows and columns
- Format column and row heights and widths



These Middle School students are rapidly becoming MS Excel experts. They started by learning step-by-step how to enter basic data into spreadsheets. They have advanced to being able to create their own spreadsheets based on what they or their teacher specifies.

They have taken fun experiments and translated the data into meaningful analysis. In one class survey, students were given one of five bags of candy to count. Each student created a spreadsheet to track the class totals of data for the five different types of candy. In the end students used the data tables created to determine which candy averaged the most pieces and which was the most popular in the class.

In another class experiment, students were timed on how long they could hold their breath. Each of three tries was tracked as data in a spreadsheet. At the completion of the spreadsheet, students knew the average breath holding capability of each student, knew which student held their breath the longest, and which group of children—boys or girls—averaged longer times. Students then took this same data and converted it into chart form. They manipulated the charts to represent the boys' data (by name), girls' data (by name), and average data. Finally, they formatted and printed the data to fit on one page in a professional presentable format.

Coming up next for these same students will be importing and exporting data, sorting and filtering data, pivoting data, learning math functions, and timing multiple spreadsheets together. Are they up for the challenge? "Absolutely!" says their teacher, Mrs. Marianne Martinez.

## Heritage Oak Sports

Continued from page 5

Their loss came against a strong team in Mission Viejo. Their upcoming games include Mission Hills, Fairmont, Anaheim Hills and Oakridge.

The boys put in a lot of time to develop their skills practicing four days a week. They have improved tremendously from the first day of practice up until now. Someday these will be the faces of our Middle School Football team.

This year's team includes Justin Whittaker, Sajan Takhar, Shayan Artuz, Jonathan Shenk, Billy Fasoulis, Matthew Cevallos, Keenan Dickerson, Ben Fitch, Aiden Garland, Waleed Omar, Nathan Elfring, and Mitchell Grushen.

### Middle School Volleyball

Our girls' volleyball team spent their early practice sessions with skill building. Coach Brown is excited about the improvement the girls have made in both serving and hitting. We've suffered a few injuries, but luckily nothing serious. By the end of the season Coach Brown expects everyone to play injury-free.

Our overall record is 3-5, with 3 games left in the season. We are looking to keep our current winning streak alive to get a good seed in the play-offs. Our chances for winning our remaining games are good. We are very excited to start our matches again, as we have had the last 2 weeks off.

### DSL Volleyball

The volleyball team has improved tremendously from last year with a 2-3 record. They had wins against McDowell and Morasha, and losses from Carden Heights, Mission Viejo, and Edgewood.

The team this year is lead by four sixth grader students: Kimiko Brady, Rebecca Sheldon, Sarah Murray and Alexis Lackerman. The fifth graders are Lauren Byrne, Kayla Vizcarra, Sabah Baloch and Kaitlin Taibl, and fourth graders are Thea Chryssogelos, Samara Poche, Christine Budds and Kelsey Lepler.

According to Coach Sarah, the girls have improved with better passing and better serves. Every game has been played with great effort with all girls fighting to the end.

## Tagges' Program Focuses on Personal Fitness



Thanks to the personal trainers from Tagges Fitness Center, Middle School students are gaining an appreciation for personal fitness.

On a rotating basis, the Tagge's trainers work with either boys or girls, putting them through a rigorous 35 minute routine, one or two days a week. The program is designed to improve core body strength and general stamina. Students admit that it's fun, while



at the same time difficult. They know they've had a workout at the the end of each class.

## HOPE's Cheer Spirit Soars

The cheerleading program is stronger than ever with fifty seven girls, all of whom are such spirited young ladies.

The cheerleaders recently appeared in the Yorba Linda Fiesta Days Parade and at the annual Home Coming game in Orange.

The girls love your support. They are currently practicing twice a week so that they can perfect their cheers and dance routine.

In January the girls will break into two squads. There will be a kindergarten squad and a first through fourth grade squad. The girls are hoping to perform at a few of our basketball home games in the gymnasium. The girls will also perform at some school assemblies as well as the annual talent show.

Go Huskies!



## 2006 Innisbrook Fundraiser Results

Thank you everyone who participated in the 2005 Innisbrook fundraiser. You sold \$36,368.50 in Innisbrook products *plus* an additional \$5,329.20 in Internet orders. You also sold \$13,717.00 in Cheesecake and Cookie Dough orders. This comes to a total of \$55,414.20 in total fundraiser sales. The school receives 50% of all sales which brings the school earnings to a total of \$27,707.35. Wow!

Top Selling Classes:

Mrs. Mullings, Mrs. Parrinello, Mrs. Paysen

**Top Individual Sellers (below):**

1st: Ashley Moser (\$1,672.00)

2nd: Lance Go (\$1,110.00)

3rd: Alexis Lackerman

4th: Greyson Stapp (\$930.50)



**Top Sellers for Cookie Dough and Cheesecake:**

1st: Peter Van Riper (\$392.00)

2nd: Thea Chryssogelos (\$323.00)

3rd: Brandon Yeh (\$312.00)

4th: Allyson Smith (\$268.00)

Prizes for these children have been sent home. Thank you so much for supporting this important fundraiser. We also send out a special Thank You to Lisa Brady for all of her help.



# Rain-Soaked HOPE Golf Tournament Brought Unexpected Fun



On October 17th, golf weather was taken to the extreme. As golfers do, they all came to Yorba Linda CC prepared for the rain. What they didn't expect was flash floods, lightening and hail.

At check-in golfers were greeted by intermittent showers. This they could deal with. After all, they are golfers. By the noon tee-off the rain was becoming steady, but still, good-natured, the golfers played on. The third hole it

seemed distant thunder was becoming a threat.

By hole number four the previously distant lightening was upon the golfers, and they ran for shelter--some under canopies, some inside of restrooms and some back inside the clubhouse.

Two unlucky foursomes took shelter inside of the restroom between holes three and four. After a half-hour their shelter began to flood. The foursomes quickly waded out, now in knee-deep water, and went to higher ground. Realizing their only way back was a tunnel, now flooded with three to four feet of water, they waited above the fourth green until the flood water slowed enough that they could get out.

With water still above the floor boards of the golf cart, the two foursomes went "white-water golf carting" through the tunnel and back to the dry shelter of the club house to share their hour-long adventure with the rest of the soaked golfers.

While other foursomes, still out in the rain and hail had snowball fights, most enjoyed the warmth of the YLCC clubhouse. It was a day most of them will not forget.

Though the banquet was cancelled, the raffle prizes were still awarded. Min Wang was the lucky winner of the Carnival Cruise. The winner of the putting contest, Eric Marrs, also received his prize.

The rest of the prizes will be awarded at **the rescheduled tournament which will be held on March 6th, 2006 at YLCC**. Registration has also been reopened. If there are any interested players who were not previously signed up, please pick up a form from the office, or contact Lynn Jacques at (714) 970-6486.



## Thank You Last Year's Derby Sponsors and Here Comes "Jammin' In The Islands"

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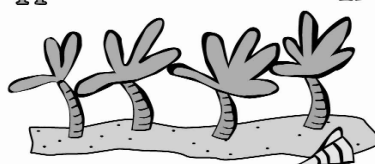
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## 2006 Benefit Dubbed "Jammin' In The Islands"

HERITAGE OAK



JAMMIN' IN  
THE ISLANDS

SPRING  
BENEFIT 2006

Last year's derby-themed fund raiser was such an enormous success, we're going to do it all over again! You heard it first here! **This year's event will be "Jammin' in the Islands" and the "bash" will be held at the Turnip Rose Co in Orange on Saturday March 4th, 2006.**

The \$40,000 raised at last year's event purchased library equipment and furniture as well as a curtain for the stage in our new theater/gymnasium. Bids on fabu-

lous auction items, generous underwriting from family and corporate sponsors and sales of admission and raffle tickets contributed to last year's success and will again be part of this year's event.

While raising money for HOPE is the driving force behind this event, having fun is what keeps us all coming - and volunteering! Great fun was had by all who attended last year's event and we expect, now that word has gotten out, attendance will be even greater this year.

Our kickoff will be at "Peter Pan", so watch for the crazy parents with their "island wear" at the play. You can volunteer to help on an event committee and you can reserve your tickets early to make sure you don't get left out this year.

Watch for more information in the coming months to learn how you can be "Jammin' in the Islands" with your HOPE friends!

# Heritage Oak Alumnus



## Jennifer Ward

I graduated from Heritage Oak three years ago. Currently, I am attending Troy High School and enrolled in the Pre-Internship Program. This program teaches us how to prepare for jobs and careers. We have to perform job shadows where you observe a possible career to see what it is like.

I have been considering teaching as a career choice for a while now, so when we were told to complete job shadows, Heritage Oak immediately popped into my head. I attended Heritage Oak for nine years and had some great experiences. One year I particularly remember was third grade with Mrs. Basich. It was so much fun. I remember the Marble Jar, the Star Chart, learning how to write cursive, etc. All these great memories are what drew me to do my job shadow with Mrs. Basich and her third grade class.

The experience was a memorable one. I enjoyed seeing how Mrs. Basich teaches her class and how well mannered Heritage Oak students are. I heard the familiar chime, "Very well, thank you. How are you today?"

It is so interesting how much Heritage Oak has changed over the years. Where we used to play on cement, there is now beautiful grass. I am so impressed with the huge new gym with classrooms on top.

I have seen and learned so much from my visit at Heritage Oak. I have more good memories that I know will be with me forever. I thank both Mrs. Basich and Mrs. Cygan for making this experience possible.

JENNIFER WARD  
Junior  
Troy High School

**Times**  
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# Upcoming Events

## November

- 1 - "Rites of Passage" 6:30-8:30
- 3 - Middle School to Riley's Farm
- 4 - Homecoming at 6:30 p.m.
- 8 - 5th grade to Richard Nixon Library
- 8 - "Rites of Passage" 6:30-8:30
- 9,10,11 - 6th grade AstroCamp
- 11 - No school
- 14 - No school for 6th grade
- 15 - "Rites of Passage" 6:30-8:30
- 16 - Peter Pan Production
- 17 - Peter Pan Production
- 18 - MS Casual Dress  
with consistent dress code compliance
- 18 - Report Cards go home
- 19 - Peter Pan Production - Two Shows
- 22 - "Rites of Passage" 6:30-8:30
- 23 - Class Feasts (Dress Uniforms Required)
- 24, 25 - School Closed - Thanksgiving Holiday
- 29 - "Rites of Passage" 6:30-8:30
- 30 - Aluminum Can Drive

## December

- 1 - Aluminum Can Drive
- 5-14 - Operation Santa Claus
- 6 - "Rites of Passage" 6:30-8:30
- 8 - PK-K Holiday Show 6pm
- 16 - Class Parties and Festive Dress PS - 5th
- 19-22 - Day Care available - school closed
- 23-26 - School closed - NO day care available
- 27-29 - Day care available - school closed
- 30-Jan. 2 - School closed - NO day care available.

## January

- 3 - Back to school
- 10 - "Rites of Passage II" 6:30-8:30
- 10 - 7th grade to Yorba Linda Library
- 11 - Middle School Culture and Character
- 12 - "Rites of Passage" 4-6pm
- 13 - Parents Night Out
- 16 - NO SCHOOL - Martin Luther King Day
- 19 - "Rites of Passage II" 4-6pm
- 20 - MS Casual Dress  
with consistent dress code compliance
- 24,25,26 - MS Midterms
- 24 - 4th grade to Heritage Hill
- 27 - 4th grade to Heritage Hill