



Mrs. Houston's Monday Memo

Friends Lift Eachother Up

“Don’t make friends who are comfortable to be with. Make friends who will force you to lever yourself up.” – **Thomas J. Watson**



by [Amber Houston](#) on October 21, 2019

So I overheard a group of boys in the Main Office the other day asking to hold a skateboard because they didn't have a lock for it. Right as I was about to interject about responsibility and bringing your lock...blah blah blah....they told me the rest of the story. A group of friends pulled all their money together to buy a kid a skateboard because he didn't have one. I stopped in my track, dabbed a small tear in the corner of my eye, and the conversation went a completely different direction. All of a sudden my Wednesday went from a mid week slump, to an inspiring, hopeful and amazing day. I was so happy and proud of these boys. Instead we got their names and I commended them on being so kind, generous and selfless. I want to highlight them here: Mark Lozano, Ward Al Keelany, ilia Mirelmi, Antony Carniglia, Matthew choi, Cash Ramos, Gabriel Thomason, Brandon Paine, and Eleazor Garcia. You may think your actions were nothing, but I think they are monumental. Although I waited all day to see you give the board to this other kid, you ended up doing it at the park and here is a cool picture that memorialized the moment. #bekind21 #bekindallthetime



PLEASE READ INFORMATION
BELOW-YOUR LIFE JUST MIGHT
DEPEND ON IT.



ADDITIONAL RESOURCES

[Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents](#)
Source: Office of the U.S. Surgeon General and the U.S. Centers for Disease Control and Prevention, Office on Smoking and Health.

[What You Need to Know And How to Talk With Your Kids About Vaping](#)
Source: Partnership for Drug-Free Kids

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POISON LOOKS LIKE THIS

A visual guide for some modern vaping devices.

A visual guide for some modern vaping devices. The devices are arranged in a row and labeled below: JUUL (a silver, pen-like device), JUUL PODS (a stack of colorful pods), SUORIN DROP (a blue, teardrop-shaped device), BO ONE (a black, pen-like device), PHIX (a purple, pen-like device), and KANDYPEN (a red, pen-like device).

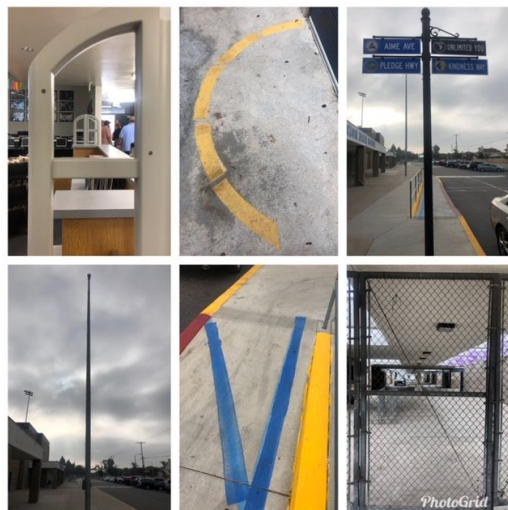
JUUL **JUUL PODS** **SUORIN DROP** **BO ONE** **PHIX** **KANDYPEN**

805 deaths related to vaping.

<https://people.com/health/vaping-related-death-nebraska-national-total-15/>

Upcoming Student Activities & Reminders

- Velocity Show Choir meets Mondays and Fridays after school.
- Advanced Choir was selected to go to Knott's Berry Farm on November 20th!
- 10/30: The "Thriller" tradition will continue with a quad performance at lunch featuring Advanced Choir singing and a Flash Mob of dancers!
- 10/21: Parent Academy 6-8pm.
- 10/22: DELAC at District Office.
- 10/25: Halloween Dance and Maze 2:30-4:00pm.
- 10/26: Saturday Academy 8-12noon. Kindness Acts!
- 10/28: Red Ribbon Week. Lion Paw Awards: Invite only.
- 11/1: Dia de los Muertos MPR.
- 11/4: Parent Academy 6-8pm.
- 11/5: Coffee with the Principal.
- 11/6: Band Spectacular @ Glover Stadium.
- 11/11: Veteran's Day-No School.
- 11/16: Saturday Academy 8-12noon.
- 11/18: Lion Paw Awards: Invite Only.
- 11/20: Choir at Knott's Berry Farm.
- 11/21: Band Concert.
- 11/25-11/19: Thanksgiving Break: No School.
- Parents-the website email links are NOT working. Please manually type in emails if need be. I will notify you when they have been fixed. Apologies!

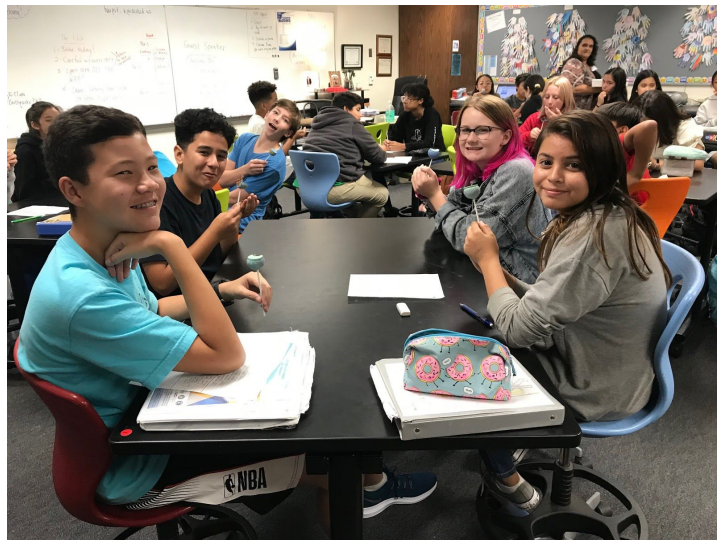


The Physical Education Department chose ACTIVE as their focus word of the year!

THIS WEEK'S TOP STORIES

Home Ec Gets Sweet

Mrs. Kala Gonzales (mother of Tally Gonzales) was a guest speaker this last week in Advanced Home Ec and she was fantastic! She is a professional baker / decorator and runs her own business called Kala's Confections. She is always generous with her time (Book Fair, Dances, etc) and this was only one of many times she's supported Lexington and our programs. This was a great guest speaker to kick off our "Baking Unit" in home Ec---a real professional sharing her experience with our students! Relevancy in its best!



Young Living Gets Cooking!

Breakfast Unit: impt of breakfast and healthy bfast options

-Food lab: Berry Blue Pancakes

The Science of Baking: studied how science and baking go hand in hand, the impact of certain ingredients in a recipe

-Food Lab: made from scratch chocolate chip cookies

-Follow up: comparison chart between butter and margarine and health benefits and risks of both



2nd Quarter Sports and PE

Our 2nd Quarter sports are in effect! We have Girls Soccer, Boys Basketball and Boys Tennis. As you can see we have a ton of girls coming out to run those fields for soccer! Daily practice 2:30-4:00pm.



A large, detailed white lion statue is the central focus of the background in this graphic design. The lion is facing forward with a serious expression.

FIT

TIP

FRIDAY

STUDENT

A young woman with long dark hair, wearing glasses and a red and blue plaid shirt, is smiling in the foreground. She is positioned in front of the lion statue.

PTSA Awards

Our amazing PTSA just concluded our annual Reflections Contest. I am proud to share some pictures of the awards night. Also a huge thank you to Mrs. Oge Ebe our chairwoman who did a wonderful job from start to finish-it took many hours of preparation, publicity, and planning! Congratulations to our winners in the following categories: Photo, Literature and Visual Arts.





Remembering a Legend

I will let the picture and the inscription on the plaque say it all. Tom Miner: The Man, The Myth, The Legend. We are eternally grateful for his dedication to our Lexington students.



Announcements and Information for School and District

DÍA DE LOS MUERTOS PARENT LEARNING WALK



**NOVEMBER 1, 2019
LEXINGTON JR. HIGH SCHOOL**

Join us for a special Día de los Muertos Parent Learning Walk!

Día de los Muertos (Day of the Dead) is a Mexican holiday celebrated throughout Mexico and by people of Mexican heritage. The multi-day holiday involves family and friends gathering to pray for and remember friends and family members who have died, and helping support their spiritual journey.

Lexington students in various classes are collaborating to create their own Día de los Muertos event in the MPR. Join us for this special Parent Learning Walk and see how different departments incorporate lesson plans around this cultural holiday.

**RSVP REQUIRED AND SPACE IS LIMITED
SIGN UP AT THE LINK BELOW
<https://tinyurl.com/lexPLW2019>**

SAVE THE DATE

NOVEMBER 13-14, 2019

Great Wolf Lodge
12681 Harbor Blvd,
Garden Grove, CA 92840
Parking: \$5.00 per car, per day

7:30 AM - 3:30 PM
Breakfast and Lunch Provided

For more information, please contact
the Special Projects Manager:

NOC Renee Day
RC 714.568.7907
rday@noce.edu

Building Trauma Informed Communities

2019 Conference • No Charge to the Public

Topics will include:

- Impact of trauma on brain development
- Skills for challenging trauma-related behaviors
- Building relationships founded in trust & healthy boundaries
- ACEs (Adverse Childhood Experience)
- Microaggressions & Microaffirmations
- Teens & trauma
- Skills for early childhood interventions
- Skills for classroom management
- Current trauma research

Speakers include **Jedd Hafer, Justin Campbell,**
Wendy Mielke, and Dawn Ledesma!

Limited rooms available: \$120/night
Deadline to book rooms: October 13, 2019
Room Code: NOCRC

*All rooms come with 4 waterpark passes!
<https://www.greatwolf.com/southern-california>

Register now:
[http://noce.edu/
traumainformedlearning/register](http://noce.edu/traumainformedlearning/register)

MORE INFORMATION TO COME



FBLA

Future Business Leaders of America

First Meeting this Thursday
(10/10) in Room 409 *Team!!*
At 2:30

FBLA is for both 7th and 8th graders and our club teaches students about things like running their own companies, getting involved with technology, learning how to raise money, and a variety of other business skills.

LEXINGTON HOMEWORK CLUB



Need help with homework, we are here for you!
Monday-Thursday
2:30 PM - 3:30 PM
Lexington Library

Monday- Ms. Salazar
Tuesday- Ms. Mai
Wednesday- Mr. McIver
Thursday- Ms. Estanislao

New teachers every quarter.
Location subject to change, teachers may use their classroom.

NEW LEXINGTON DANCE CREW



MFR 2:30-3:30

OPEN TO ALL Lexington Students

THIS TUESDAY: Discussion of
PERFORMANCES & TSHIRT



**\$10
per
member**



It's not too late to join PTSA!

Your tax-deductible PTSA membership directly supports our students and school programs such as Fit-A-Thon, Student Dances, Disaster Preparedness, Student Welfare, Student Honor Roll, Family Events, Reflections Art Program, Book Fair, Teacher Appreciation and so much more!

- PTSA is open to EVERYONE - parents, teachers, students, family and community members
- Supporting PTSA **does not** commit you to volunteering
- Membership perks include exclusive discounts and savings at area merchants

3 Simple Ways to Become a Member:

Scan the QR Code:



On-line: <https://jointotem.com/ca/cypress/lexington-jr-high-ptsa>

***An additional processing fee applies for on-line memberships*

Fill Out & Return this Form to the Office:

PLEASE **PRINT** ALL INFORMATION:

1st Member: _____

You are a (circle one): Parent Student Family/Relative Staff Member Community Member

Student Name: _____ Student Grade: _____

E-mail: _____ Phone #: _____

2nd Member: _____

You are a (circle one): Parent Student Family/Relative Staff Member Community Member

Student Name: _____ Student Grade: _____

E-mail: _____ Phone #: _____

Please show your support of PTSA by signing up in one of these 3 ways!
Dues are **only \$10.00 per person** (cash or checks payable to **Lexington PTSA**)

Questions? Please contact:

Olivia Oshiro - 1st VP Membership - olivia.lexingtonlions@gmail.com - 213.247.1806

BOOK DRIVE

October 7 – 25

Help PTSA



by donating a new or used Children's Picture book(s) in the bins located outside the front office.

All books collected will be distributed to Centralia Elementary School District Kindergarten Students.





COFFEE WITH THE PRINCIPAL

9:00 AM - 10:00 AM
Library

- *August 13th - Welcome to Lexington
- September 3rd- Aeries 101
- October 1st- Being Successful in Jr. High
- November 5th- Mental Health
- February 4th- AUHSD Educational Pledge
- April 7th- State Testing
- May 5th- Cypress HS Admin Visit



* Meeting will be in MPR



LEXINGTON JR. HIGH SCHOOL 2019-2020 FAMILY ENGAGEMENT OPPORTUNITIES

BACK TO SCHOOL NIGHT

August 21

COFFEE WITH THE PRINCIPAL

An opportunity to meet with the principal and learn about several topics related to your student.

August 13

September 3

October 1

November 5

February 4

April 7

May 5

All meetings in Library at 8:00 AM

ENGLISH LEARNER ADVISORY COMMITTEE

Parents of English Learners are encouraged to attend these joint meetings with Cypress High School and Lexington Jr. High to better understand and support the need of their students.

TBD

SCHOOL SITE COUNCIL

Provide your input to a group of nominated teachers, parents, classified employees, and students that work with the principal to develop, review and evaluate school improvement programs and school budgets.

September 24

November 12

March 17

All meetings in Library at 3:00 PM

OPEN HOUSE

April 1

PARENT LEARNING WALK

Learn how you can help your student at home by visiting 5-8 classrooms to better understand the skills, tasks, and expectations students must meet and demonstrate. Space is limited and only parents who register are able to participate.

TBD

LUNCH WITH A LION

Bring your student lunch and enjoy a great meal with them on the athletic field. Our ASD will be playing music, selling snacks and hosting fun games for you to join!

September 10

January 16

May 14

PARENT LEADERSHIP ACADEMY

Help your student prepare for academic success by learning more about the importance of family engagement, high school graduation requirements, financial aid and much more!

TBD

Dates and times of events are subject to change. For the most updated information, refer to the school website or the Monday Memo.

LEXINGTON JR. HIGH SCHOOL
4351 Orange Ave., Cypress, CA 90630
714-220-4201

The Power of Family Engagement

What is Family Engagement?

When families take an active interest in their child's learning, students display a more positive attitude toward school. Children learn best when their parents play a variety of roles in their learning.

- Helping at home
- Volunteering at school
- Planning their child's future
- Participating in key decision making

Middle and high school students whose families remain involved make a better transition and are more successful.



Many educational studies show that when parents & families are involved, students tend to:

- Achieve more regardless of ethnic and/or racial background, socioeconomic status, or parent education level.
- Achieve better grades, test scores, and attendance
- Consistently complete homework
- Have better self-esteem, are more self-disciplined, and show higher aspirations and motivation towards school
- More likely to graduate and go onto higher education

How Can YOU Become Involved?

1. Provide Support and leadership through active engagement in your child's education.
2. Work collaboratively with your school's administration, teachers and your Family & Community Engagement Specialist to learn about all aspects of the school's structure and share this information with other parents.
3. Remember that together everyone achieves more. Continue to support your child's learning at home by working with their teacher's to help them develop good homework and study habits.
4. Talk with your child's teachers and school principal to learn about opportunities to get involved in your school's advisory councils as a method to make your talents, skills, and availability to assist known.



Family & Community Engagement Specialist (FaCES)

In an effort to make sure that we engage all of our student's families and increase their success on their campus, our Family & Community Engagement Specialist (FaCES) is here to help!

Your FaCES at Cypress High School can assist you with:

- Referral to Community Resources
- Various Parent Trainings
- English/Spanish Interpretation Assistance
- Online Aeries Support
- Information and Engagement Opportunities within existing advisory committees like:
 - Local Control & Accountability Plan (LCAP)
 - English Language Advisory Committee (ELAC)
 - District English Language Advisory Committee (DELAC)
- Registration Assistance



Jonathan Barba
Family & Community Engagement Specialist (FaCES)

Lexington Jr. High School
4351 Orange Ave., Cypress, CA 90630
Phone: 714-220-4201 ext. 44952
Email: Barba_J@auhdsd.us

References:

1. <https://www.ptotoday.com/pto-today-articles/article/399-involvement-matters-what-to-tell-parents>
2. <http://www.auhdsd.org/district/index.php/parents/parent-involvement/parent-involvement-overview>



Announcements and Information for Community and City

THE ORANGE COUNTY HERITAGE COUNCIL'S 8TH ANNUAL
SEP 16 2019
ASSESSMENT & EVALUATION

YOUTH ART CONTEST 2020

SUBMITTAL DEADLINE: JAN 26, 2020

THEME: THE BLACK LEGACY CULTIVATED BY EXCELLENCE IN SPORTS, ATHLETICS, ECONOMICS, EDUCATION, SERVICE, HEALTH & COMMUNITY.

Artwork will be on display at the
Orange County Black History Parade & Cultural Faire
And prizes awarded on stage
Saturday, February 01, 2020
Anaheim, California

- Open to all youth grades K-12
- Artwork must not exceed 36" x 36"
- (2d artwork only)
- Artwork must be ready to hang with name and grade level
- Artwork must be accompanied by a short written message

ARTWORK WILL BE JUDGED BY:
GRADE LEVEL
THEME REPRESENTATION
QUALITY OF WORK

\$\$\$ Prizes Will Be Awarded

For further information please contact:
Wanda Reynolds 714-310-1053 or wanda.reynolds@gmail.com
Applications are also available online at oc-hc.org

Note: All submissions shall be treated as being free of restrictions and limitations on their use, reproduction, and publication.

RECEIVED
SEP 16 2019
ASSESSMENT & EVALUATION

APPROVED

BLACK HISTORY

THE ANNUAL ORANGE COUNTY
BLACK HISTORY PARADE & CULTURAL FAIRE
205 W Center Street Promenade Anaheim, CA 92805

www.ocblackhistoryparade.org
@ocblackhistoryparade

Orange County Blackhistoryparade

SATURDAY
FEBRUARY 1st, 2020
PARADE: 9AM-12PM
Cultural Faire: 12pm - 4pm
VENDOR BOOTHS, FOOD BOOTHS
PRODUCT BOOTHS, YOUTH VILLAGE
HEALTH VILLAGE, COLLEGE FAIR
YOUTH ART DISPLAY

ORANGE COUNTY HERITAGE COUNCIL
www.oc-hc.org
AN OPPORTUNITY TO DONATE
Orange County Heritage Council
P.O BOX 29037 SANTA ANA, CA 92799

JOIN OUR 2019-2020 TEEN PROGRAM

the CLUB BANDAI TEEN CENTER

\$50/month program fee
\$50 registration fee

Transportation available from multiple
Jr. High and High Schools for \$170/month
(Monthly program fee is waived if taking Club transportation)

- Career Development
- Leadership Opportunities
- Art & Dance Classes
- Homework Help
- Community Service
- College Exploration
- STAM Clubs & Classes
- Fun After-Hours Events
- Field Trips

LOCATED AT
10161 MOODY STREET
CYPRESS, CA 90630

HOURS: 2:00 - 6:30 pm
For More Information
CALL: 714-527-2697
WEB: www.bgccypress.org

DAILY SCHEDULE

BOYS & GIRLS CLUBS OF AMERICA
ANAHAIM-CYPRESS

2:45 - 3:30	Check-in / Free and Paid Snack, Games Room Open
3:30 - 3:40	Announcements
3:40 - 4:25	Power Hour Homework Help / Enrichment Activity
4:25 - 5:10	Group Activities & Clubs - Art, Sports, Dance Leadership/Keystone Club, etc.
5:00 - 5:30	Social Hour - Video Games, Arts and Crafts, Board Games, Karaoke, etc.
5:45 - 6:30	Movie

Additional rates apply for
holidays and school closure dates
(Spring Break, Winter Break, etc.)

OPEN 7:00 AM - 6:30 PM

SCHOOL YEAR DATES
AUGUST 8, 2019 - MAY 22, 2020

CLOSURE DATES
9/2, 11/23, 11/29
12/24, 12/25, 12/31, 1/1/20
5/25 - 5/29/20

www.bgccypress.org



OUR SCHOOL VISION

At Lexington Junior High School, we believe that to be successful educators we must create a high interest level in learning and maintain cross-curricular collaboration with enthusiasm for our subject areas. We are dedicated to maintaining high expectations for ourselves and for our students and to utilizing a variety of instructional strategies so all students are actively engaged in relevant learning and are successful in our classes. We set professional goals annually and frequently re-examine our effectiveness through peer collaboration and the sharing of best practices. Our collaborative and enthusiastic spirit maintains our focus on continuous improvement with the intent to help all students achieve academically and socially at Lexington.

Lexington Junior High School

4351 Orange Avenue
Cypress, CA 90630

Phone: 714-220-4201
Fax: 714-761-4989

Check us out

houston_a@auhsd.us
Like us on Facebook
Follow us on Instagram

Lexingtonjhs.org

