



Mrs. Houston's Monday Memo

Celebrate our Teachers

'A good teacher is like a candle – it consumes itself to light the way for others.'

–Mustafa Kemal Atatürk



.....

Lexington Families,

I want to thank everyone who sent me in your picture perfect teacher appreciation photos. Will you please help me in celebrating our amazing Lexington Teachers and Staff this Teacher Appreciation Week 2020! I think you will agree with me, especially after Covid-19 just how essential and valuable our teachers are to our children. You have probably seen the funny memes and posts recognizing what our teachers have been doing all these years now that parents are home trying to school their children:)

I want to personally recognize our lion teaching staff as one of the best I have ever worked alongside and I feel so lucky to be on this adventure with you! If you haven't done so already, thank a teacher---check in on a teacher---celebrate a teacher this week...and always!



Unlimited Possibilities at Lexington Junior High School



REMOTE LEARNING SCHEDULE

The remote learning schedule below allows students to participate in synchronous (real-time interaction) by logging onto Schoology and asynchronous (independent) learning. Students are expected to log on to Schoology to connect in real time with their class on Monday and Tuesdays per schedule below. Wednesday-Friday will allow for independent time for students to complete work.

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am -9am	Period 1				
Period 1	Class-log in				
9am-9:30am		Period 2			
Period 2		Class-log in			
9:30am-10am	Period 3				
Period 3	Class-log in				
10am-11am	Office Hours	Office Hours	Teacher PLC	Office Hours	Office Hours
11am-12pm	Lunch	Lunch	Lunch	Lunch	Lunch
12pm-1pm	Office Hours				
1pm-1:30pm		Period 4			
Period 4		Class-log in			
1:30pm-2pm	Period 5				
Period 5	Class-log in				
2:00pm-2:30pm	Period 7	Period 6			
Period 6/7	Class-log in	Class-log in			

Please refer to the teacher's schoology page for their specific office hour times. Teachers are not holding office hours at every time slot listed above. Office hours are NOT mandatory, but teachers will be available to answer questions and help if needed.





Also, 8th grade students and parents----please share with us your favorite snapshots and memories of Lexington. Email them to hind_e@auhsd.us. We are putting together a special and memorable montage to honor our 8th graders!

Since there is so much time right now, how about buying some new books! And it supports Lexington!





Dear Parents,

As we enter the eighth week of school dismissals, I would like to express my gratitude to you and your children for supporting us in these difficult times. I would also like to thank our teachers, counselors, social workers, food service, classified, and administrative staff for their unconditional dedication to our 30,000 students.

Although our buildings are physically closed, school is happening virtually at home. We know this time has been especially tough on our most needy families, including many who are living in difficult conditions. Our teachers are working more than ever to connect with students emotionally during these traumatic times while still ensuring learning takes place. It's a tall order. Let us be especially thankful for our teachers.

This has also been a difficult time for our high school seniors who worked and achieved so much in their thirteen years of k-12 education, and our hearts also go out to them as well. Many of us are parents, and we feel the pain and disappointment in not being able to celebrate in-person graduation for them in the same way we and countless generations of Americans have taken for granted up to now. It is important we all recognize and congratulate our seniors.

With an eye to the future, some of you have expressed concern about the Governor's recent statement regarding the possibility of opening schools in July. I would like to make it clear that our first day of school is <u>August 12</u>, which is already early compared to many school districts, and we are sticking to that date.

Even so, we all know there will likely be no coronavirus vaccine available in the fall and school will not be "business as usual." Moreover, as Governor Newsom has stated, there are certain important conditions that must be met before school buildings can reopen.

Health officials at all levels of government have made it clear that before reopening communities, these conditions (as pertains to reopening schools) must be met: testing must be available, "tracers" (those who trace people who test positive and determine their contacts) must be trained and deployed in our communities, social distancing and quarantine protocols must be in place, and adequate personal protective equipment (PPE) must be available. We have been in contact with city and county officials, and we know that adequate testing, tracers, and PPE are currently not in place and there doesn't seem to be a firm timetable when that will happen.

It is therefore vital that as members of our community, we all ask city and county officials to coordinate with schools to help meet these important conditions prior to opening public spaces. As I mentioned, we intend to open schools as scheduled with your child's health and welfare our top priority. To achieve social distancing we are therefore examining different configurations of attendance. All models will likely require a "hybrid" combination of distance learning from home and one or two days per week of physical in class schooling.

To repeat, when schools open, it is very unlikely that students will be attending more than one or two days per week. Most learning will still have to be online.

When that happens, rest assured that we will have optimum safety precautions in place, including adequate testing, tracing, quarantine protocols, PPE, and social distancing.

Please continue to be mindful of the shelter in place recommendation. We hope that you and your loved ones are safe, healthy, and secure.

Best regards,

Michael Matsuda

Superintendent

Anaheim Union High School District

Are you interested in taking an E-Learning Health Science class your freshman year at Cypress High School? Cypress High School is offering you this opportunity for the 2020/2021 school year! You can take this course during your Fall or Spring Semester. Watch the video at the link below to learn more about this class and how to sign up!

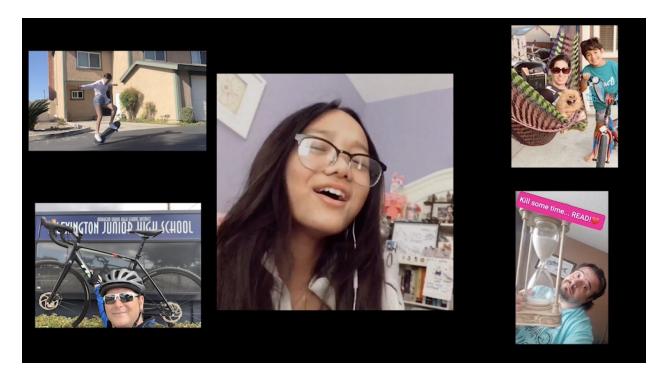
https://youtu.be/KfASOzNkYYM

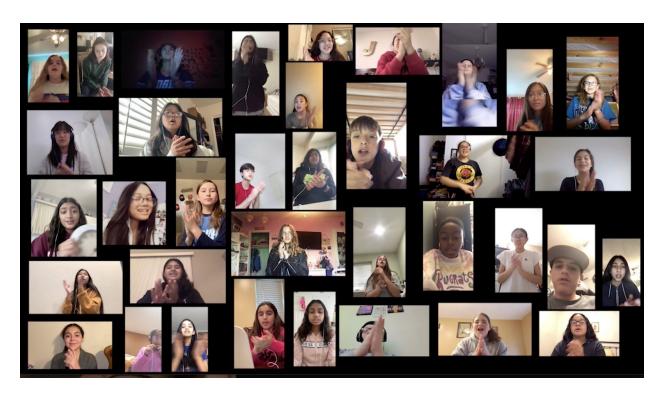


THIS WEEK'S TOP STORIES

COVID-19 Projects

Ms. Batinga killed it again with her rendition of "Too Much Time" by her Choirtine students! I love how she collaborated with all her classes, staff, teachers and administration on this one! Here are some snap shots from the awesome and interactive video on our social media outlets!

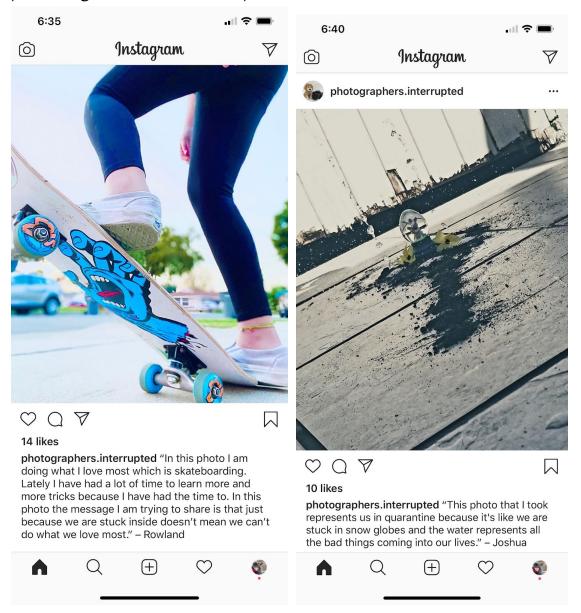








Ms. Hind and students have also continued to run Covid19 photos on their Instagram page called photographers.interrupted. Also below is an amazing ACE (Achieving Creative Excellence) submission from two of our students.







Mrs. Campbell's art students have been focusing on some amazing subjects to capture and dream about during Covid-19 social distancing.

Qu-ART-ined Lions

Lexington Lions are dreaming of......

A Hike in a National Park by Alexis Higa



A Vacation Cabin in the Woods by Alisah Rejuso



An Open Beach by Anthony Castorena



Missing My Friends by Eunice Lee



Going to a Lake by Christine Duong



Escape to the Wilderness by Erina Jung



Mrs. Cooley and Mrs. Naudin's English students are creating a COVID-19 Multigenre Project where they choose how they want their voice to be heard.



Artifact Paragraph Explanation

I chose this artifact because it helps me express by giving pictures and showing my emotions through this infographic. The infographic is a great way for me to show creative pictures, but also prove my stand on this issue in a colorful, meaningful way. The idea that I am sharing through this infographic is that COVID-19 is affecting in positive and negative ways. The negative ones obviously overpower the positive ones, but in these hard times it is good to see the parts where the light shines. A quote that would relate to this is when Dumbledore in *Harry Potter* says "Happiness can be found even in the darkest of times, if one only remembers to turn on the light." The experience that I am sharing through this infographic is the different experiences I have had with my hobbies and activities. The perspective that I am sharing is that COVID-19 is affecting my life in many ways, but mainly through hobbies and activities. This connects and relates to my focus statement because my focus statements talk about my hobbies and activities. My infographic also talks about my favorite hobbies and activities, so the focus statement and artifact relate.



Paragraph:

Watching Netflix is now part of my daily routine now and this photo entry shows my thoughts and feelings about Netflix and a picture of it that goes along with it. What was once an occasional fun activity, is now a must do from my to do list. I've been spending countless hours on Netflix till the point where I am even bored of it! Because of all this Netflix hours mania, my productivity is decreasing and my battery usage from all of my devices are getting higher.

Ashley Salalac



I think journaling is helping me reflect on my day. I feel like it really organizes my life. I feel like I should try journaling for myself next time. Anyways, my friends and I took some screenshots of us in Disneyland! The one in the Stitch onesie is me, the other one is my friend. We had a great time here! The rides were so fun and aesthetically pleasing. I'd like to thank the creator of this map for making this. We personally enjoyed it very much! Playing with friends really cheer me up during this pandemic. It helps me know I'm not alone during quarantine, which comforts me.



Patrick Cheung

Focus statement: COVID-19 has affected my life a lot. I am getting way more free time to play video games, and improve in them, and also improve on my guitar skills and exercising more.



#1 This virus has given me more time to workout and practice things that I couldn't do before because I had lots of homework from school. I chose this artifact because this is what I use to exercise and get stronger. I am trying to give people an idea of what I use to exercise. This relates to my focus statement because in my focus statement I said that I have been exercising more.

#2. Exercise has been giving me back my strength that I lost when I injured my knee. I am trying to show people what I do during this quarantine during weekdays. This relates to my focus statement because I am showing what I do in my daily life that is changed because of COVID-19.

Monday	Tuesday	Wed-Sun
8:30-9:00 AM Science class	9:00-9:30 PE class	Homework
Doing homework for any class	Exercise, shower, instrument practice, eat lunch, more homework.	Eat breakfast, exercise, instrument lessons, shower.
9:30-10:00 AM Math class	1:00-1:30 Art class	Play video games

Exercise, shower, instrument practice, eat lunch, more homework.	Doing any homework for any class	
1:30-2:00 PM Comp Sci class	2:00-2:30 English class	
2:00-2:30 PM History class	More homework	
More homework	Play video games	
Play video games		

Mr. Davis and students have taken to the lighter side and make others smile and laugh during this time. Check out these funny memes!

I added my own format! -Ricky



Meme Your Quarantine

When a teacher gives you homework during quarantine

But your best friend already did it



Meme Your Quarantine



Me on facetime with friends because we can't hang: Having fun being teens



Me after facetime:
Bored and don't know what to do

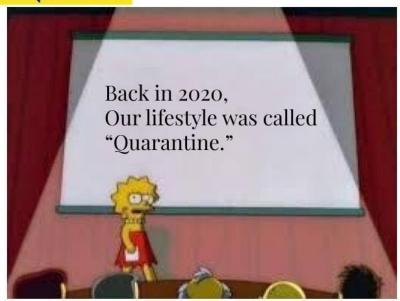
Meme Your Quarantine



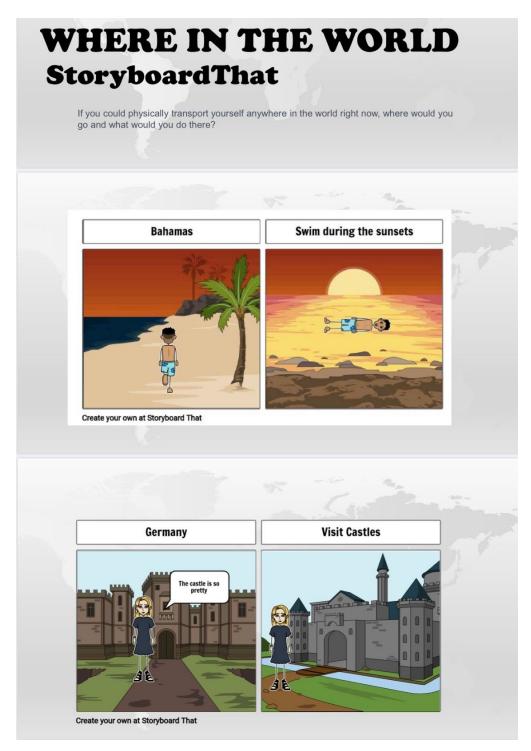
Meme Your Quarantine



Meme Your Quarantine



Ms. Larsen's History and English students are creating a COVID-19 Multigenre Project where they choose how they want their voice to be heard. Some students are using poetry, photography, theme collages, song paradise, and even writing letters to the Governor to make their voice heard and record how the coronavirus and social distancing has changed their life. Below are storyboard projects!



The Bahamas

Go to Popular Tourist Attractions



Create your own at Storyboard That



Where I Would Go

What I would Do



Create your own at Storyboard That

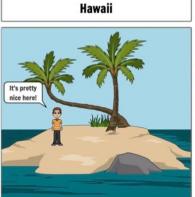


Paris

I would want to eat macaroons on top of the Eiffel tower.







Create your own at Storyboard That



Swim at the beach

Japan



Create your own at Storyboard That

Eat Good Food







Create your own at Storyboard That

What



Academic Pentathlon

Congratulations to the following students who participated in the virtual competition this past week! We are so proud of you!!!!

Aditya Pisupati

Devipriya Nishadevi Ajith

Sivapriya Nishadevi Ajith

Nikhil Abraham

Asmi Sehgal

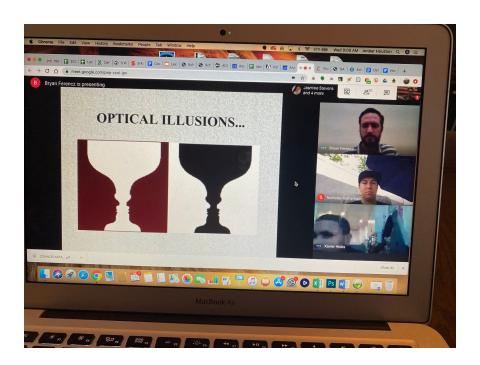
Daniel Rodriguez

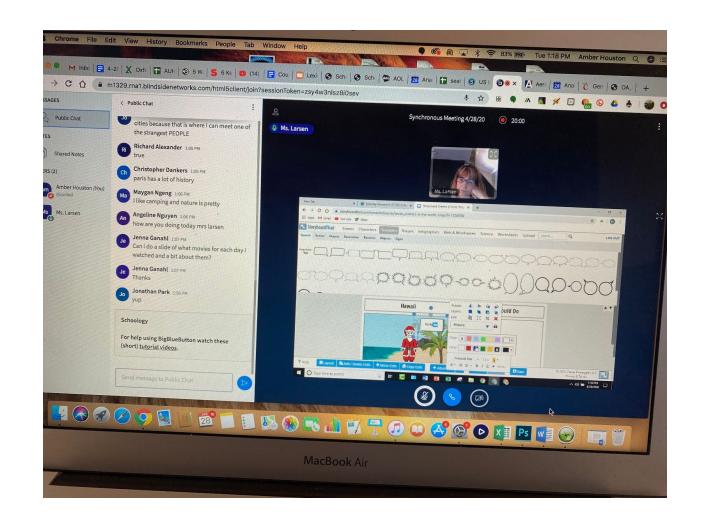
Dheeraj Koppu

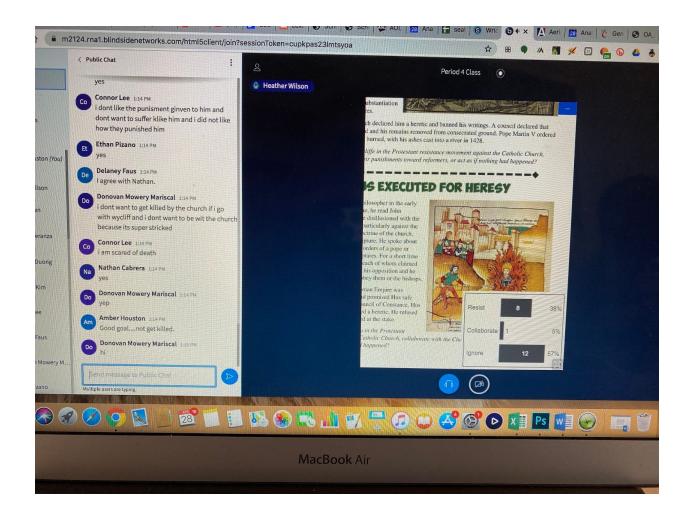
Jonathan Babati

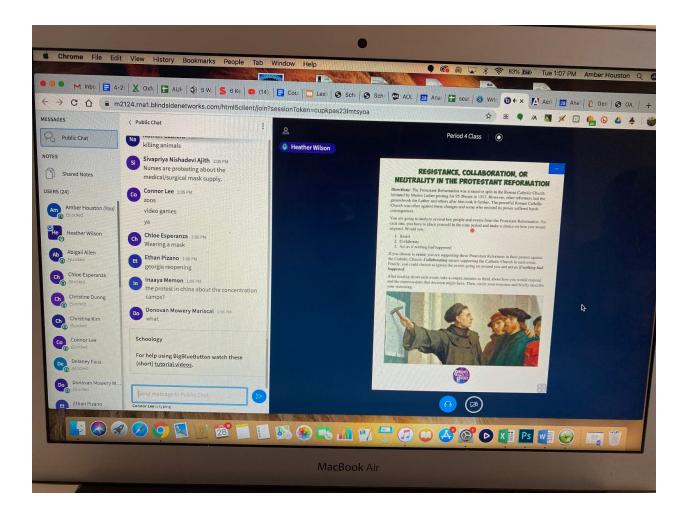
Durriyyah Trad

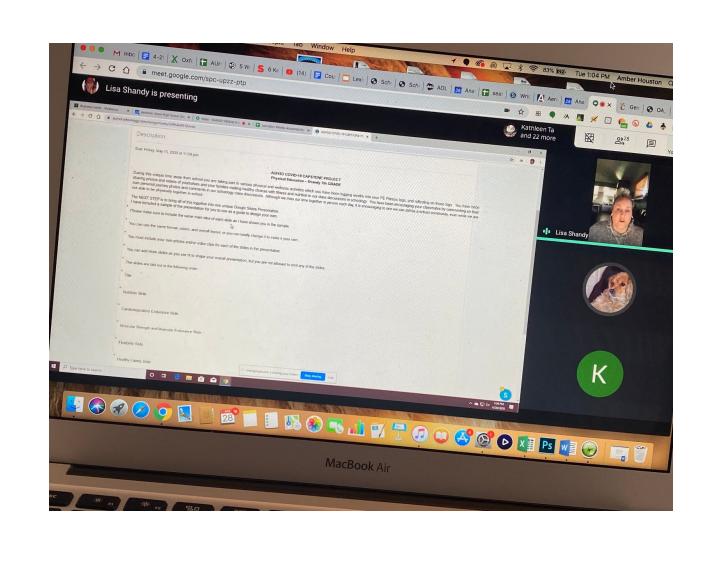
Schoology Conferences and Google Meets

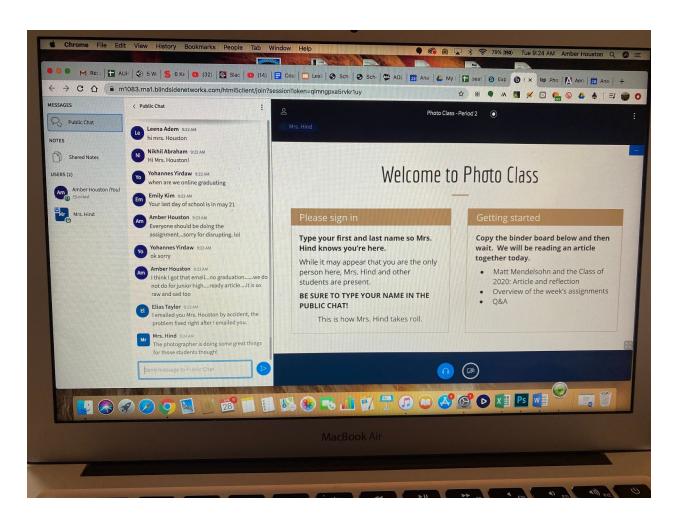












Our PE classes are still designing social distancing work out plans for staff members....here are a couple that students designed for me! I can't wait to start on it!

Madhumitha Nandakumar Nandakumar 1 PE, 4 Period 24 April, 2020 Mrs. Sweeney

Lexington PE Fitness Log

2000.300.1210000000000							
Fitness/Health Activities	Time	Fitness Component	Level of Intensity				
Elliptical	25 min	Cardiovascular Fitness	Level 3				
Yoga	15 min	Muscular Endurance	Level 3				
Wii Games	45 min	Flexibility	Level 3				
	Fitness/Health Activities Elliptical Yoga	Fitness/Health Activities Elliptical 25 min Yoga 15 min Wii Games 45	Fitness/Health Activities Elliptical 25 Cardiovascular Fitness min Yoga 15 Muscular Endurance min Wii Games 45 Flexibility				

= Didn't do P.E that day

PE Fitness Log For a Teacher (Mrs. Houston)

Day	Fitness/Health	Time	Fitness Component	Level of
*	Activities			Intensity
Monday	Lifting Weights	20 min	Muscular Strength	Level 4
Tuesday	Push-ups	15 min	Muscular Endurance	Level 3
Wednesday	Resistance Bands	20 min	Muscular Strength	Level 4
Thursday	Lunges	15 min	Muscular Endurance	Level 4
Friday	Cycling	45 min	Muscular Endurance	Level 3

I will be a fitness trainer for Mrs.Houston. She is very fit, and has a lot of energy so, I think she is good on cardiovascular fitness. But, I think she could build a little more muscles. So, I focused this fitness log mostly on muscular strength, muscular endurance, and building muscles.

	Lexington P		g				Mr. Scanlon's Fitness Progra	m	
Day	Fitness/Health Activities	Time	Fitness Component	Level of Intensity	Day	Fitness/ Health	Time	Fitness Compon	Level of Intensity
Monday	plank, squats, russian twists, standing crunches, balancing	18 minutes	Cardiovascular, flexibility, musc	u level 3	Monday	Stretch, jog/walk, sc	15 minutes	Cardiovascular	level 3
Tuesday	plank, squats, russian twists, standing crunches, balancing	18 minutes	muscular endurance and musc	ų level 3	Tuesday	Stretch, jog/walk, sc	15 minutes	muscular endu	level 3
Wednesday	plank, squats, russian twists, standing crunches, balancing	18 minutes	muscular endurance and musc	ų level 3	Wednesday	Stretch, jog/walk, sc	15 minutes	muscular endu	level 3
Thursday	plank, squats, russian twists, standing crunches, balancing	18 minutes	muscular endurance and musc	ų level 3	Thursday	Stretch, jog/walk, so	15 minutes	muscular endu	level 3
Friday	plank, squats, russian twists, standing crunches, balancing	18 minutes	muscular endurance and musc	ų level 3	Friday	Stretch, jog/walk, so		muscular endu	
	Five Components of Fitness		Level of Intensity		The reason wh	I chose these t	ypes of exersise	s for Mr.Scanlon	is because I think he
uscular Strongth - 1	The amount of force your muscles can exert.		Level 1 - Seated / Media						
	The ability to use your muscles over a long period of time.		Level 2 - Walking at a comfortal	hle nare					
	y to use your joints fullly,through a wide range of motion.		Level 3 - Power Walk / Jog						
ardiovascular Fitnes	ss - The ability of the heart and lungs to work together.		Level 4 - Jog/ Run at a pace you	don't want to talk					
ody Composition - T	The percentage of body fat to other tissue, such as muscles ar	d bones.	Level 5 - All out sprint that you	can't continue for more than a minute					
6									
TV	LEXINGTON								
PHY	SICAL EDUCATION (

Announcements and Information for School and District



Since there is so much time right now, how about buying some new books! And it supports Lexington!











PARN 102: Building Stronger Family Foundations During COVID-19

- · Learn how to create calm out of chaos.
- Get the tools to manage emotional meltdowns from toddlers to teens
- · Learn healthy ways to handle disagreements and back-talk
- · Get ideas for nurturing our emotional health.
- · Learn how to stay in control when buttons are pushed.
- Take this course as the perfect "alone time" for parents!

CLICK HERE for a brief video about our parenting class!



PARENTING CLASS SCHEDULE

CRN	INSTRUCTOR	DAY	START	END	WEEKLY ZOOM CALL	
31279*	Melissa Quintanilla	Tues	4/21	5/19	8 p.m.	
31288*	Jamie De La Mora	Wed	4/22	5/20	7 p.m.	
31280	Erin Sherard	Thurs	4/23	5/21	9 a.m.	
31291	Jamie De La Mora	Thurs	4/23	5/21	9 a.m.	
31289	Erin Sherard	Fri	4/24	5/22	9 a.m.	
31285*	Erin Sherard	Wed	4/29	5/27	9 a.m.	
31290	Jame De La Mora	Fri	5/01	5/29	9 a.m.	
31284*	Melissa Quintanilla	Sat	5/02	6/06	10 a.m.	
31283*	Lynda Gunderson	Mon	5/18	6/22	6 p.m.	
31282	Joanne Armstrong	Tues	5/26	6/23	7:30 p.m.	
31281	Lynda Gunderson	Wed	5/27	6/24	5 p.m.	

*Spanish translation will be provided

STEPS TO REGISTER INTO THE PARENTING PROGRAM

- For new students, visit <u>www.noce.edu/cccapply</u> and complete the CCC Apply application. Once you receive your Banner ID via e-mail, follow the steps below.
- Look above and select the course you want to take; make note of the CRN number.
- · Register for the courses in myGateway.
- To access myGateway, visit https://mg.nocccd.edu and use your Banner ID and password to log in.
- Once you have logged in, register for your classes using WebStar in MyGateway. You
 must have your course(s) CRNs to register.
- Read through this handout for <u>step-by-step directions on how to register using</u>
 WebStar.
- Once registered, your instructor will reach out to you regarding how to access your course.
- For registration support, call 714.808.4679 or e-mail starhelp@noce.edu.
- For questions about the Parenting Program, call 714.808.4909 or e-mail parenting@noce.edu.



COVID-19 UPDATE: 4/1 (6:00PM)

ANAHEIM UNION HIGH SCHOOL DISTRICT

AUHSD Dismissals Extended Through the Remainder of 2019-2020 School Year

Please read caption







2,373 likes

anaheimunion In recent weeks, the State of California escalated its efforts to slow the spread of COVID-19, through the executive order issued by Governor Gavin Newsom calling for California residents to stay at home, with exceptions for attending to essential needs. In addition, a Major Disaster Declaration by President Trump also acknowledged the scope of this crisis and bolstered California's emergency response efforts.

Based on these conditions, directives and preventive measures, the Anaheim Union High School District has extended the dismissal of our schools through the remainder of the 2019-2020 school year, which ends on May 21, 2020. DURING THE AUHSD & AESD SCHOOL CLOSURES,
AUHSD FOOD SERVICES
WILL BE OFFERING



Free Meals for Children

18 YEARS AND UNDER, AT ANY OF THE FOLLOWING LOCATIONS FROM 11:00AM -12:00PM:

Katella High School
Anaheim High School
Sycamore Junior High School
Loara High School
Brookhurst Junior High School
Western High School
Kennedy High School
Ponderosa Elementary School

Sites are subject to change

- No enrollment or papework needed!
- Children must be present to receive a meal
- Meals are for pick-up only

DURING AUHSD & AESD SCHOOL
CLOSURE, AUHSD FOOD SERVICES
WILL BE OFFERING



Free Meals for Children

ALL CHILDREN, 18 YEARS AND UNDER, CAN PICK UP A
MEAL AT ANY OF THE FOLLOWING LOCATIONS:

Katella High School - 2200 E Wagner Ave, Anaheim, CA 92806

Anaheim High School - 811 W Lincoln Ave, Anaheim, CA 92805

Sycamore Junior High School - 1801 E Sycamore St, Anaheim, CA 92805

Loara High School - 1765 W Cerritos Ave, Anaheim, CA 92804

Brookhurst Junior High School - 601 N Brookhurst St, Anaheim, CA 92801

Western High School - 501 S. Western Ave, Anaheim, CA 92804

Kennedy High School - 8281 Walker Street, La Palma, CA 90623

Ponderosa Elementary School - 2135 South Mountain View Ave.

Anaheim, CA 92802

SITES ARE SUBJECT TO CHANGE

- NO PAPERWORK OR SIGN UPS ARE NECESSARY.
- CHILDREN MUST BE PRESENT IN ORDER TO RECEIVE A MEAL.
- MEALS WILL BE OFFERED FOR PICK UP ONLY, NO MEALS WILL BE CONSUMED ON-SITE.



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

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.





