



# Viking Victories

Walker's Parent Post

January, 2017

Walker Junior High School, 8132 Walker St., La Palma, CA 90623 (714) 220-4051

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## Upcoming Dates

- No Late Start.....01/24
- Student Free Day ....01/27
- Lincoln's Birthday ....02/13
- President's Day.....02/20
- Spring Break .....03/13-17
- Open House.....03/22

## Fundraising Success

Our Fun Run once again proved to be a huge success! The students raised in excess of \$45,000 which will be used to support a variety of curricular areas. Projects in fine arts, academic field trips, classroom supplies, and technology are just a few of the areas the money will be used to support Walker students' education. **Stay on the lookout for our upcoming cookie dough fundraiser to take place in January.** We are hoping for another round of student support!

## 21-Day Mindfulness Challenge

Mindfulness is a mental state to be fully present and to have a conscious and deliberate awareness of our surrounding. At Walker, many staff members are participating in the 21-day Mindfulness Challenge, which motivates us to be fully present and mindful of our interactions with students and staff alike. The idea behind the 21-Day Mindfulness Challenge is to help us make mindfulness a habit, to make an attempt to change our perspective, and to find gratitude in our daily interactions. The challenge guidelines are to avoid saying anything mean, negative, or sarcastic to anyone--present or not--including yourself. The staff monitors their mindfulness by wearing a Lokai bracelet. At anytime we lose focus and attention to meet our mindfulness guidelines, we would switch our bracelet to the other wrist, and the 21-day challenge would reset back to day one. So far, the challenge has been very positive, and students are excited to participate for themselves.

At the beginning of third quarter, students will have the opportunity to participate in this challenge. Mindfulness Matters bracelets will be provided to students with similar challenge guidelines. Research has found that mindfulness approaches are producing benefits in teens in the form of increased feelings of well-being. Additionally, students are less reactive emotionally and showing less anxiety. Programs centered around mindfulness help students improve their focus, enhance self-confidence, and provide a basis for developing positive coping and time-management skills.

Many parents have also expressed interests in this challenge, and we strongly encourage parents to make it a family affair to strengthen communication and to keep each other accountable. Parents may get more information at the next Coffee with the Principal meeting. At each meeting, parents who participate and reflect on their experience will be entered into a raffle to win their own Lokai bracelet.

## Walker Vikings S.A.I.L. at the Student Store

During the week of December 19th, Walker's Student Store was open. Throughout the quarter students can earn red tickets from staff members for exhibiting any of Walker's four qualities: being a Scholar, having a great Attitude, being Involved, or demonstrating Leadership. Students can then use their red S.A.I.L. tickets to buy items from the student store. The items available for purchase range from mechanical pencils to t-shirts to Starbucks gift cards. Students really enjoy "shopping" during their lunch break. Some students were even buying gifts for the holiday season!



## Student Expectations



## Saturday Academy

What is Saturday Academy all about?

Saturday Academy is a district program where teachers create enrichment activities, hold tutorials or test prep sessions, conduct rehearsals or project assistance which helps our schools bring in lost ADA (funding we receive for Average Daily Attendance) for our school! It also provides students an opportunity to recover an official day of school

missed either excused or unexcused.

Saturday Academy is offered every quarter. It takes place from 8:00 am – noon and lunches can be pre-ordered. Examples of Saturday Academy classes at Walker include Lego Star Wars model building and Coat of arms/ heraldry shield making.

Stay tuned for great enrichment opportunities offered at our next Saturday Academy during the 3rd quarter!

## Keeping All Vikings Safe: Site Safety at Walker JHS

In the last issue, the Site Safety Team urged parents to update their child's Emergency Information card used for excusing a child to an adult in case of a prolonged evacuation. This issue covers the first and most frequent steps used in response to various possible scenarios.

The safety and general well-being of students and staff at Walker is the number one concern of the Site Safety Team. The teachers are preparing responses for a natural event such as earthquakes or storm damage, or, more seriously—and though unlikely, more likely than a natural occurrence — criminal activity on or near the campus. Part of that overall readiness is the Anaheim Union High School District's three levels of danger for which our campus is very prepared due to nearly monthly drills. In addition to planning drills and evacuations, the Team is organizing more detailed training to be presented and practiced in a January 2017 staff training.

The three levels of lockdown are the first steps of preparedness out of an overall plan by Walker, in conjunction with the District, and they are as follows:

- Level One (1) ALERT means "activity in the neighboring area." The school is to secure the perimeter, but otherwise continue as normal. Teachers lock

and secure their rooms and carry on until the "All Clear" signal.

- Level Two (2) CAUTION pertains to "activity adjacent to or on the campus." Staff are to usher any and all students quickly into their classrooms (all students within immediate range of that room) and students are to go to any immediate classroom regardless of their schedule. Teachers are to lock and secure the room. An "All Clear" signal will be given by administration before leaving a classroom. As needed, police will be deployed.
- Level Three (3) EMERGENCY is the signal of "activity adjacent to or on the campus" also but is apt to be more serious. Students follow Level 2 procedures by going to nearest classroom. Locking and securing the room as quickly as possible, the teacher and occupants of the room are to hide, be very quiet and still, and be as out of view from outside as possible until police arrive and an "All Clear" signal is given.

It is not the purpose of the Team to alarm or scare students or parents. Rather, it is to demonstrate how seriously Walker considers preparation and to inform parents and other stakeholders of some of the basic steps taken to make sure everybody is safe and secure under stressful circumstances. The Site Safety Team meets monthly to continue the planning and training needed to be prepared. More to come.

## Walker Bands

The band performed to a packed gymnasium for 2 nights of great music. The Walker Advanced, Intermediate, Beginning, and Jazz Bands all performed the first concert of the year. The Jazz Band kicked off the La Palma Tree Lighting Ceremony with some holiday songs, and welcomed in Santa Claus and the singing groups.

A successful first semester for the Walker Bands!

## Vocal Vikings

The Vocal Vikings, Walker's Advanced Choir sang for the La Palma Christmas Tree Lighting ceremony. They did a beautiful job representing Walker Jr. High. I continue to be blessed by the talent of our Walker students, and the support of our Walker parents.

## Theatre

On Wednesday, Dec. 14, Drama 2 performed The Ever After Musical. They did an outstanding job! The musical was completely student-run by a new class, Stagecraft. The students in Stagecraft set up and ran the light, the soundboard and the backstage set changes. The evening was a huge success.

## F.A.C.E.S of Walker (Community Liaison Corner)

Tuesday, November 15<sup>th</sup>, 62 parents from Walker and Kennedy graduated from the fall session of the Parent Leadership Academy (PLA). 30 more parents from around the district also graduated from the Korean session of the PLA which was the first, ever parent education program hosted in Korean for the Anaheim Union High School District (AUHSD). As our Superintendent, Mr. Michael Matsuda expressed at the graduation, this was a historic achievement for AUHSD as well as for our Walker/Kennedy community. Board member, Mr. Brian O'Neill shared his enthusiasm for the program and Dr. Levitin and Mrs. Brown demonstrated Viking and Irish pride at the fabulous achievements of our parents!

Returning from winter break, we will offer the winter session of the PLA starting on Tuesday, January 31<sup>st</sup> at 6:30 p.m. on the Kennedy campus.

We will also be offering themed parent

nights focused on individual topics to support parents as they navigate the development of their teens. More details will be provided on our return from break. If you have any questions regarding parent resources, please contact: Silvia V. Van Wye, Family and Community Engagement Specialist (F.A.C.E.S.) at: 714-220-4104 or [vanwye\\_s@auhsd.us](mailto:vanwye_s@auhsd.us).



**From left to right:** Mr. Brian O'Neill, AUHSD Board Member, Dr. Kirsten Levitin-Walker Jr. High Principal, Mr. Michael Matsuda- AUHSD Superintendent, Mrs. Jean Yasukochi- a Walker parent graduate.

## International Club

THANK YOU VIKINGS!!!!

The Winter Toy Drive was a success! More than 80 toys were donated to CHOC's Hospital thanks to the generosity of the parents, students and staff. International Club greatly appreciates your contributions.



## PTSA Corner

Did you know that you can support Walker Junior High when you shop at Amazon? AmazonSmile will donate 0.5% of the price of eligible purchases. Simply start your shopping at [smile.amazon.com](https://smile.amazon.com) and search for "573 Walker Jr High PTA."

The regular PTSA board meetings are held on the third Tuesday of each month at 6:30pm. All PTSA members are welcome to attend.