

LAWNDALE KIDS NEWS

A joint program of PressFriends and the County of Los Angeles Public Library

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The Best Teacher of Healthy Living

2012 Champion Teacher of the Year, Anne Schmitt, is one of the best teachers at Anderson Elementary. She is the leader of the Walk to School Day, Nutrition Night, and Gardening Club at her school. When she isn't canoeing, wind surfing, skiing, or gardening, she leads her students towards a healthy lifestyle. One of her favorite programs that she started is the Garden Club.

The students come from all different grades in the elementary school and grow a variety of vegetables like tomatoes, peppers, squash, zucchini, pumpkin, cucumbers, green beans, onions, garlic, basil, rosemary, kale, and many more! She gets all of the foods grown in the garden for free from the Los Angeles Unified School District.

Ms. Schmitt goes to the giveaway at a school in San Pedro for

the free seeds for the Anderson Elementary garden every first Saturday of the month. These seed giveaways save the school hundreds of dollars.

Ms. Schmitt is passionate about her job because she goes the extra mile. The Board that chose the 2012 Champion Teachers of the Year selected well when they chose Anne Schmitt.

by Adam G.



Mr. Sheppard's Fitness Tips

It is easy to stay healthy and fit! Latarrin Sheppard, a Physical Education teacher for several schools in Lawndale, has a lot of tips and tricks to help kids remain active and healthy.

Mr. Sheppard's main advice is to keep moving: "Everything you do, try to make it fun," he said as a tip. One time, Mr. Sheppard got kids to drag each other in towels in a relay race, showing that anything can be turned into a fun activity that also teaches fitness and health.

This game also shows that staying active can be simple. Mr. Sheppard even said that games kids play at recess are often turned into P.E. activities. "The more fit you are, the more you stay out of the hospital," he said.

Kids don't like sitting down and not being able to move, so that is why it is important to stay fit. Being healthy also allows everyone to be outside and have fun. Be healthy, be happy!

by Sakai C.



Lawndale Kids News Reporters - Summer 2012



Adam G.



Dennis T.



Jackie J.



Jancarlo M.



Kyela A.



Lorelei C.



Matthew V.



Miles C.



Mya S.



Sakai C.



Uzair P.



Wolfgang O.

Interviews: Back to School Advice From the Experts

Lawndale Kids News reporters had the opportunity to meet and interview experts from the Lawndale School District.

From Student to Teacher

Latarrin Sheppard came in and talked to the Lawndale Kids News reporters about being healthy and staying fit. Mr. Sheppard is a PE teacher at a school in Lawndale but has worked all around the Los Angeles Unified School District. When Mr. Sheppard was younger, he wanted to be a mailman and not a PE teacher.

One of the reasons he decided not to be a mailman was because sometimes it was too hot. He loves his job because he gets to play with kids. In college, Mr. Sheppard studied kinesiology, which is the

study of human movement. When Mr. Sheppard was younger, he got hurt a lot playing sports. He spent a lot of time in the doctor's office and always looked at charts and models of the human body.

This led Mr. Sheppard to want to learn more about kinesiology and how humans move and heal and how their bodies work. His final decision was to be a PE teacher. Mr. Sheppard inspires us all to stay fit.

by Miles C.



A Super Superintendent!

The current Superintendent of the Lawndale Elementary School District is Dr. Ellen Dougherty. Dr. Dougherty transferred from the South Pasadena Unified School District after working there for twenty-one years. She replaced Joe Condon, who worked as the Superintendent for seventeen years.

Dr. Dougherty was once a principal, and before she was a principal she was a teacher. She received the Teacher of the Year award. Dr. Dougherty is married to Dr. Dennis Dougherty, and they have two

daughters. Her husband is a teacher at the California Institute of Technology.

Her advice for kids this upcoming school year? She recommends: "they work hard, push themselves as hard as they can, and learn as much as possible." But she also thinks they need to have fun too and enjoy themselves! Dr. Dougherty cares about the Lawndale community very much. Having dedicated most of her career to working with kids, it is apparent she cares about children a lot.

by Uzair P.



Fitness Anne, the Champion Teacher

Anne Schmitt, 2012 Champion Teacher of the year from Anderson Elementary, answered the question, "Do you have any children?" by saying, "I have about 30 kids each year that come into my classroom." Anne has been teaching for over fourteen years, so she has had many children over the years.

This shows how caring Ms. Schmitt is. She likes to windsurf, and she also teaches it. Ms. Schmitt loves to garden, and even helps with the garden at school. She also helps with Nutrition Night at Anderson Elementary. At Nutrition Night there are stations where parents and their kids learn more about their bodies. Ms. Schmitt also answered the question, "Do you ever think

you're too busy?" saying that she loves to be busy and active.

The only time she feels too busy is when she's in a meeting. Ms. Schmitt says that she has the best dog in the world. She rescued her dog Bailey, a Golden Retriever Shepherd mix, from the shelter. Bailey greets her every day by bringing a stuffed animal to the door. Bailey is a therapy dog and she visits the seniors at the nursing home.

Ms. Schmitt is a well educated woman, lives a healthy lifestyle, and most importantly she is an awesome teacher! She is an inspiration for kids everywhere.

by Dennis T.



Q&A with Anne Schmitt

Anne Schmitt is a Champion Teacher of the Year. She started teaching 5th grade in January 1999. Recently, she has been teaching 3rd grade.

Sometimes she brings her dog to school and her dog plays with the kids in the school. She also takes her dog to visit homes for seniors.

Her favorite subject to teach is P.E., and that is the kids' favorite subject too. She teaches kids with disabilities different sports every month. She also teaches windsurfing. She has been gardening at home for seven years, and started a garden at her school last year. She grows squash, raspberries, pickles, peppers,

cucumbers, pumpkins, green beans, blueberries, blackberries, and onions.

She said to make sure when buying pizza from a pizza place to check that it does not have a lot of grease. It is good to make the pizza at home because then people know what is going inside of their bodies. She said to respect the body like a nice new car and what goes inside of it.

Anne Schmitt said, "If you don't take care of your car and put oil in it and get a tune-up, your car can't take you very far in life." Anne Schmitt is a role model for people who want to make a change and live healthier.

by Matthew V

A Super Smart Superintendent

The interview with Superintendent Ellen Dougherty was very interesting. From what she said, she seemed like a very intelligent person. She seems like the perfect person for the job because she cares about the kids so much.

Dr. Dougherty said that the best part of her job was working with the kids. She wants them to do their best by pushing themselves in school, but to still have fun.

She also asked the reporters questions about Pressfriends and the newspaper. Her Rotary Club donates money to

support this newspaper. This shows her characteristic of being caring towards children. She's very kind and she is a great superintendent. Her experiences before she was a superintendent help her to do her job better.

Dr. Dougherty was a teacher for a long time and taught many grades including 2nd, 3rd, and 5th grade. Another thing that helped her prepare for her new job was being trained by Dr. Condon. She is a great superintendent and if you get the chance to meet her you are very lucky!

by Wolfgang O.



Superintendent Dr. Ellen Dougherty

Dr. Ellen Dougherty is the Superintendent of the Lawndale Elementary School District. She used to be the assistant superintendent to Joe Condon. Before she was a superintendent of Lawndale she was a first and second grade teacher.

She was also a third and fifth grade teacher. She did this for eighteen years. Dr. Dougherty was a principal for five years. Dr. Dougherty has two daughters. One daughter works with extreme sports athletes. The other daughter is in charge of all of the

commercial for a restaurant chain. Dr. Dougherty worked in the South Pasadena Unified School District for twenty-one years. Dr. Dougherty is a compassionate superintendent.

When asked why she wanted to become a superintendent, Dr. Dougherty answered, "I think it was because it was interesting for me and it's exciting. I get to be in all the schools, and I get to visit all of the schools".

by Mya S.

From Professional Football Player to P.E. Teacher

Latarrin Sheppard is a P.E. teacher at local schools in Lawndale. He knew he wanted to be a P.E. teacher when he was with his reading buddy at a field day that the P.E. teacher set up. After that he knew he wanted to be a P.E. teacher because he wanted to have fun and play with kids all day.

At the schools where he teaches P.E., he teaches a lot of sports such as soccer, football, basketball, racquetball, tennis and volleyball. Latarrin is a hard worker and played football in college. In college,

football was very hard because he needed to study and practice a lot. Even though he worked really hard, he still got injured and wasn't able to play anymore.

Unfortunately, he wanted to be a professional football player but was not able to because of his injuries. His advice is that "there is always a person out there working harder than you" and to just keep working towards your goals. Latarrin Sheppard is an inspiring person because he never gave up.

bu Jancarlo M.





Sheppard: A Smile for the Students

Lattarin Sheppard is a local P.E. teacher within the Lawndale Elementary School District. He has been teaching P.E. for 7 years and also has taught in the Los Angeles Unified School District. Mr. Sheppard loves his job for many reasons.

First, he loves kids. Mr. Sheppard talked about how he loves making new games to play during class. He wants to make P.E. fun for every student. Not only does he create the games, but he also plays them with his students.

He watches kids play games at recess so he can create similar ones with rules during P.E. class. He is nice and has a lot of laughter which makes him a

great elementary school teacher. He always puts a smile on somebody's face. Mr. Sheppard said, "The reason I smile so much is because of the kids. By making [the kids] have fun and laugh makes me happy".

Through his smiles and excitement about P.E., he is helping kids to get fit. He said, "It's amazing how much physical education has grown... it keeps going and people are making fitness their own and teaching other people". Mr. Sheppard is happy to be a part of physical education.

by Lorelei C.

Superintendent with Superpowers

On August 11, 2012 four reporters from Lawndale Kids News interviewed Superintendent Ellen Dougherty. The reporters learned many facts about her. These facts include that she has two daughters and has been working in the community for many years.

When she was young, she wanted to become a teacher. After she became a teacher, she wanted to advance in her career. She then became a principal for five years. After being a principal, she got the job as superintendent. The

previous superintendent, Joe Condon, trained her to be the superintendent that she is today. She enjoys working with kids. That is her favorite part of her job.

One of her two daughters is a sports agent. She works with a lot of skateboarders and snowboarders. Her other daughter makes commercials for a restaurant. This was a good experience and I would like to interview more people with cool jobs like this in the future.

by Kyela A.

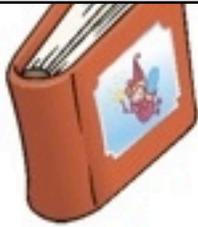
A Window into the Life of a Superintendent

Dr. Dougherty, the superintendent of the Lawndale Elementary School District, has many hobbies including reading, cooking, exercising, and going to the beach with her family. When asked what she likes to do with her family, Dougherty said that she just likes to be with them.

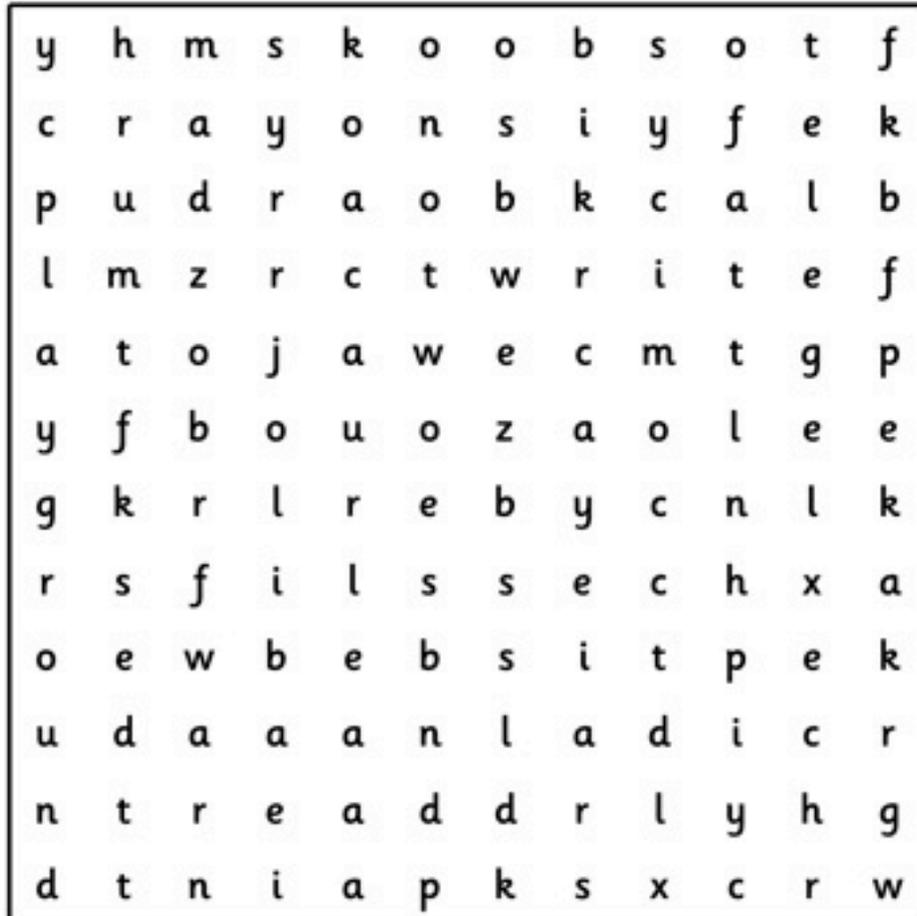
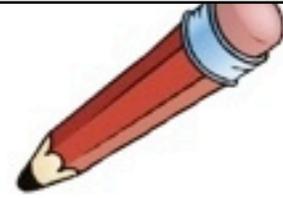
As much as she enjoys spending time with her family, Dougherty loves the kids of Lawndale and wants to make sure they all do their best. This is what Dougherty tries to accomplish as the superintendent and she hopes to make a difference in the lives of the kids she works with.

When asked for advice about starting the new school year in the fall, Dougherty said, "Work hard, push yourself as far as you can, but you also need to have fun and enjoy yourself." She also added that, "You can be as smart as you want, but you have to be kind and respectful to others. Hopefully you learn that in school too."

by Jackie J.



Back to School Word Search



blackboard books classroom crayons

desk friends paint pencil

playground read table teacher

tous whiteboard write

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Recipes

APPLE SMILES

This recipe is from disneyfamily.com. Serves: 4

Ingredients

- Smooth peanut butter
- 1 red apple
- Miniature marshmallows

Instructions

1. Cut the red apple into eight slices
2. Spread peanut butter on one side of each apple slice
3. Place four miniature marshmallows on one apple slice and then lay another apple slice on top



**PERFECT FOR AN AFTER
SCHOOL SNACK!**

FRUIT SALAD

This recipe is from bestrecipes.com. Serves: 2

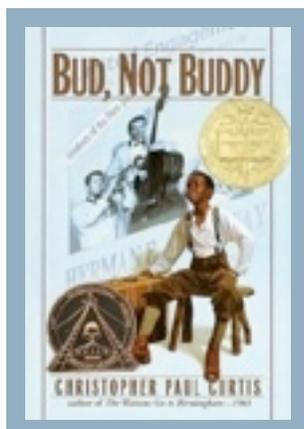
Ingredients

- 1/2 Honeydew Melon
- 1/2 Rockmelon
- 1 Large banana
- 1 Large Apple
- 1 Large Orange

Directions

1. Chop melons into tiny blocks
2. Slice banana and apple thinly
3. Peel orange and slice thinly
4. Place all fruit into a large bowl

Finding his Father



Do you love a story that is immediately interesting, has an exciting plot, and has a happy ending? In *Bud, Not Buddy*, by Christopher Paul Curtis, all of these things apply.

The main character, Bud, goes on an exciting journey to find his long-lost father. The story starts in Flint, Michigan in 1936 where Bud lives in an

orphanage. Bud's mother died when he was little and he never had met his father. When Bud leaves to find his dad, he goes to many different places.

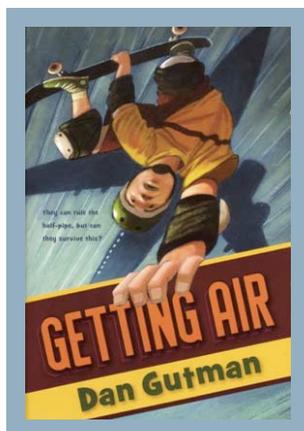
The only thing that Bud brings on his adventure is one leather suitcase. Bud is ten years old and is brave, adventurous yet cautious, nice, and polite. The story

hooks the readers, has a lot of drama, and has a great ending. Boys and girls at all ages should read the amazing story and they would definitely enjoy it.

The book is exciting and a page-turner, and there isn't a reader that would want to stop reading *Bud, Not Buddy*.

by Lorelei C.

The Awesomest Skateboarding Book



Getting Air is a story about three kids who go in the X Games and get hijacked by a terrorist. Dan Gutman is the author.

These skaters go to the X Games and then they go into a helicopter and get hijacked by terrorists. They crash and survive and get to go to the X Games. They also kill the terrorist. The story takes place in the present in

California. The best character is Jimmy because he is funny.

The book is good because the characters are all friends, the story is about skateboarding, and Jimmy and his friends build a skateboarding ramp with scraps of an airplane. The book was funny because they kill a snake's head with a skateboard and they also

trap an animal in a homemade trap. You should read this book if you are a skater.

Also, both boys and girls will like this book because it is funny and teaches you to never go in an airplane all the time. If you like the X Games you should read the book.

by Matthew V.

Beyond Adventurous



Beyonders, by Brandon Mull, is a very adventurous book! *Beyonders* is about a boy and a girl who try to escape out of the Beyond.

The Beyond is a place about the past where the main characters, Jason and Rachel, are stuck. They want to escape back to the present. They go through many trials, and action

packed adventures while they are trying to get out of the Beyond!

Some of the adventures include jumping off of a cliff, meeting the blind king, and finding out the secret of the Word of Power! These adventures are so interesting that it's

impossible to put the book down!

This book has fantasy, magical creatures, and more! This story is good because there is a great mix of action and comedy! Kids and teens, get ready for an action packed adventure!

by Wolfgang O.

The Lost Lightning Bolt

The Lightning Thief by Rick Riordan is about a boy named Percy Jackson who is trying to find a lightning bolt to help his dad.

His dad needs the lightning bolt because it was stolen, and he wants it back. It takes place in the present in a really big forest. The best character in the book is Percy because his dad is

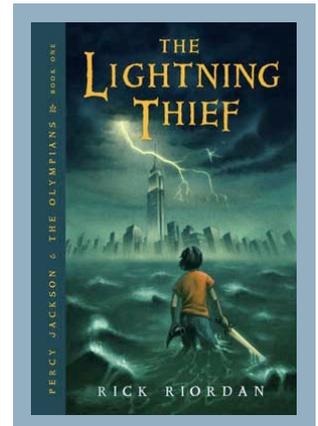
Poseidon, the god of the sea, and he also has magic powers and is able to move the water with his hands.

Three reasons the story is interesting to read were the evil monsters, the magic powers the people had, and Percy and his friends. The book is good because of the adventure, the fighting against evil

monsters and the suspenseful ending.

One cool part in the story is when Percy was fighting and he clicked a pen and it turned into a sword. The fighting, evil monsters, and super powers make this book perfect for ten year old boys.

by Jancarlo M.



Talent of the Wimpy Kids

In the book *Diary of a Wimpy Kid* by Jeff Kinney, Greg Heffley always ends up embarrassing himself. He is the main character who writes the diary. His brother, Rodrick, always pushes him around.

Greg has a friend named Rowly. Rowly is the funniest character in the book because he talks to everyone and annoys them. This book is about Greg dealing with bullies

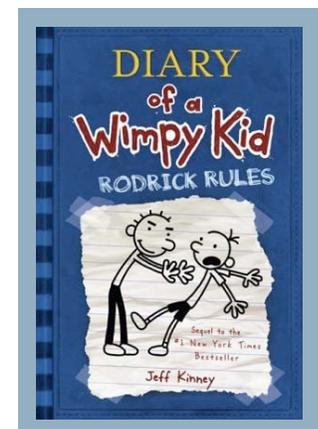
in his life because they always embarrass and pick on him. In the end of the book there is a winter talent show that both Greg and Rodrick are in.

Greg is performing a magic show and Rodrick is playing rock and roll music on the drums. At the talent show Greg's magic performance was a success. When Rodrick was performing no one liked it, but halfway

through the song Rodrick's mom started dancing and everyone in the audience started dancing, cheering, and recording Rodrick's mom.

The video ended up being put on YouTube and watched by a lot of people. This book is a fantastic book for everyone to read because it will keep people laughing page after page.

by Adam G.



There was a Boy Who Swallowed a Key

In a Pennsylvania school, a boy was running with scissors and cut off the tip of a girl's nose. Because of what he did he was sent to a special education center for six weeks.

This is the story of Joey Pigza in *Joey Pigza Swallowed the Key* by Jack Gantos. The best, and most interesting, character is Joey Pigza because he

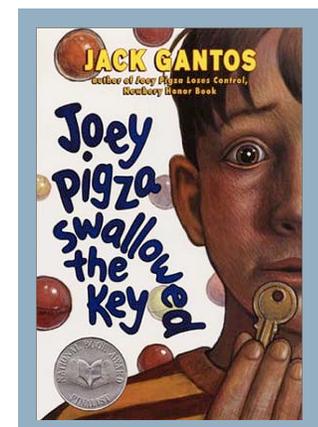
gets into a lot of mischief and he overcomes a lot of obstacles, like being bullied for having ADHD, an attention deficit disorder.

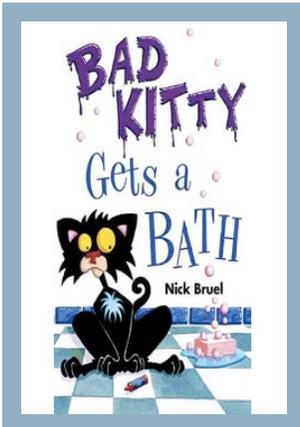
This story is funny because the characters are relatable. The ending is inspiring and shows that everybody can change if they try hard enough. The book was okay, but it could be

improved if Joey met his grandmother after she left and his dad came back after leaving him as a child.

Girls and boys from fourth to eighth grade will like and be able to read this book because it has a more complex storyline.

by Jackie J.





Don't Give Crazy Cats a Bath

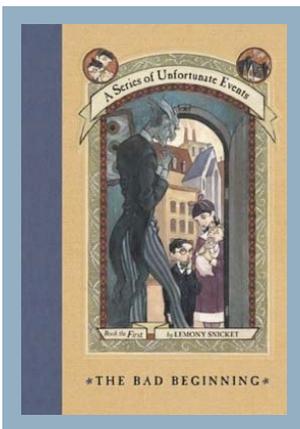
Giving a cat a bath is much harder than it might seem. *Bad Kitty Gets a Bath* is a book by Nick Bruel. This book is about a very dirty kitty that has to get a bath, but she hides in any way possible to avoid having to be washed because she hates baths more than anything. The

book takes place at a house during the afternoon. The best character in the story is Kitty because she is the craziest and funniest cat you will ever meet. She is the main character and her silly actions and personality will keep you laughing the entire time. *Bad Kitty Gets a Bath* is a

good book because it is extremely funny. This book also has good illustrations, an interesting story line, and a hilarious glossary. Boys and girls of any age will enjoy this fantastic book.

by Miles C.

Bad Events, Good Story



A Series of Unfortunate Events: The Bad Beginning, by Lemony Snicket, is a good mystery book. Violet, Klaus, and Sunny live in an alternate 1930's world.

Their house burned down and their parents died in the fire. The children are forced to live with their relatives they have never met them before. Count Olaf, who is supposed to take care of

the kids, tries to take the kids' inherited fortune and continuously tries to kill them, but fails to do so.

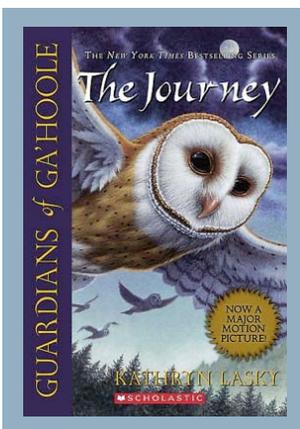
The best character in the book is Klaus because he is smart, likes to read, and likes to find out new things. Though he is not the oldest, he helps to keep Count Olaf from taking their family's money. The story is really good because it has a lot of mystery and

it is interesting that the book has a bad beginning and also a bad ending.

The book is also great because it has three main characters who are all kids with very different interests. Girls and boys from eight to twelve years old would like this book, especially those who like mystery.

by Sakai C.

The Mysteries of the Owls of Ga'Hoole



The second book in the *Guardians Of Ga'Hoole series: The Journey* is written by Kathryn Lasky and is an amazing book. In the story, an owl tries to escape a mean academy for orphaned owls.

The best character is Soren because he takes risks for his friends and is smart. The story takes place in Soren's home, the Forest Tyto, the Desert of

Kuneer, and the Saint Aegolies Canyons.

The story is amazing because it is full of adventure, mystery, and because there is fighting. This book is adventurous because Soren travels over many lands to get back home.

There is mystery in this story: there are magical and mysterious flecks that are used to make fighting

claws for the owl battles. Throughout the book, Soren's mentor in the academy, along with the other mentors, try to stop Soren from leaving the academy which causes a lot of fighting.

This book is good for boys and girls ages 8-12 because it makes you wonder about what's going to happen next.

by Dennis T.

Not a Wimpy Diary

Diary Of a Wimpy Kid, by Jeff Kinney is a really good book. This book is about Greg Heffley who is sad because he has to start middle school.

There are a lot of bullies at his school. His older brother always bothers him. This book is about Greg's life at home and at school. It takes

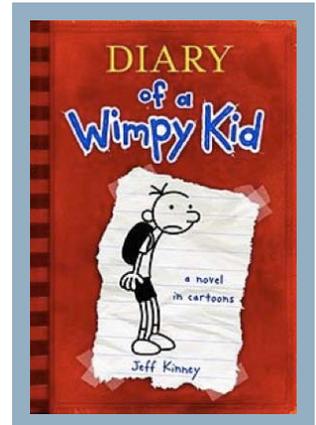
place in present day New York. This setting is good because it allows the book to flow.

The funniest character is Greg, no other character is as funny as him. Greg made the story funny and that made the book good. There are a lot of details in this book and also a lot of pictures. Little

kids of all ages can read this book. It is for boys and girls.

Even adults could read it if they wanted to. If you want to read a funny book with a lot of details and pictures, *Diary Of a Wimpy Kid* is the book for you!

by Kyela A.



The Joys of Dork Diaries

Dork Diaries: Tales From a Not-So-Fabulous Life is the first book in the *Dork Diaries* series. Rachel Renée Russell is the author. She also does the illustrations throughout the book.

Dork Diaries is about a girl who wants a cell phone, but her mom says that she needs to earn it first. Instead of getting her

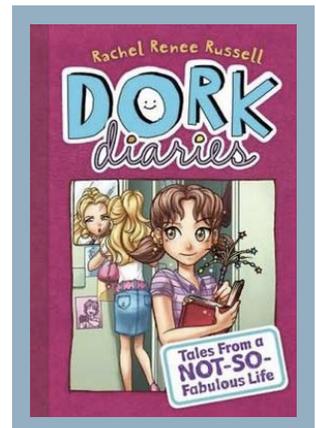
a phone, her mom goes shopping and gets her a diary. Nikki wants a phone, not a diary, yet Nikki starts writing in her diary at school.

This causes two mean girls to make fun of her because she writes in her diary. At her school, nobody writes in their diaries because it is a rule. The two girls that make

fun of her are bullies. The best character in this book is Nikki because she stands up for herself and she is funny.

You should read the book because it was interesting and exciting. This book is a girly book, so girls ages nine to thirteen would enjoy it.

by Mya S.



Scenes from Dork Diaries

by Mya S.



Words From the Superintendent of the Lawndale Elementary School District

Welcome to the 2012-13 School Year! I am so looking forward to the teachers and students returning – it gets very quiet around the District in the summer!

Each school year is a new beginning and an opportunity to start over again and build on all the things we have learned the previous year.

During my interview for the *Lawndale Kids News*, I was asked what exactly a superintendent does. It is a very interesting job. I am responsible for everything that happens in the

Lawndale Elementary School District, but I don't do the work that needs to be done all by myself. I have a fantastic team that makes sure everything gets done.

My job is like the conductor of the orchestra. I don't play an instrument, but I make sure the orchestra makes beautiful music.

This summer my team has been working hard to be sure you have a great school year. Work has been done to fix up the playgrounds and make the classrooms shiny, safe and clean. Food menus have been

planned and all of your books, papers and pencils have been ordered. Student handbooks were revised and are ready for distribution.

Principals and office managers have been busy making schedules, getting classes set up and doing last minute checks to be sure the rooms are ready.

So as you can see, we have been working hard to make this year your best year ever! We look forward to seeing you on August 29th!

by Ellen Dougherty

A Special Thanks to Melissa McCollum, Lawndale Library Manager!



Lawndale Kids News & PressFriends thank the City of Lawndale and the Lawndale Rotary Club for sponsoring the printing costs of this issue

PressFriends are middle and high school students who work with elementary school students to make writing fun. Our motto is “making friends while making writing fun.” PressFriends work with over 350 elementary school students in the South Bay on eleven student newspapers. PressFriends work with five elementary schools (including two in Lawndale), three library programs, two afterschool programs, as well as a districtwide elementary school newspaper program.