### **Sherman Swim School Year-round** swim lessons

skills for life Since 1961

**swimming:** 9 month to adults private & semi-private, all levels diving: 7 yrs & up,



Voted "Best of East Bay" by Diablo Magazine 925-283-2100 1075 Carol Lane • Lafayette (off Mt. Diablo) www.shermanswim.com

repairs • training • websites

Computer Consulting & Training

925.283.5666 Nerd4Rent.com

computer technical support

Lafayette Elementary • Los Perales • Miramonte • Orinda Academy

3503 Mt Diablo Blvd, Suite 4 Lafayette, California 94549

Acalanes High School • Bentley School • Burton Valley • Camino Pablo Campolindo • Contra Costa Jewish Day School • Del Rey Donald L. Rheem • Glorietta • Happy Valley • Joaquin Moraga

in 90°-92° water

## **Green Night at Rheem Theater**



Students dress in recyclable materials for a "walk down the aisle" in the Green Night "Trashy Fashion Show." Pictured from left to right: Sara Deewolf, Campolindo HS 2009; Clara Tsao, Miramonte HS 2009; Emily Lin, Las Lomas HS 2009; Phoebe Song, Las Lomas HS 2009; Kela Felton, Orinda Intermediate (graduating from OIS in 2010, from HS in 2014); Zoe Pehrson, Miramonte HS 2009; Rachel Tsao, Miramonte HS 2009 Photo Maggie Fleming

what they leave at the curbside af-

was entitled, "Garbage: The Revolu-

tion Starts at Home," featuring an or-

dinary family, the McDonalds, and

chronicling their journey as they

keep all of their trash in their garage

for three months. While statistics un-

derscore how pollution is bad and re-

cycling is good, "Garbage" showed

audience members the direct impact

their actions have all over the world.

Despite some of the movie's sober-

ing statistics, the overall message

was that efforts to conserve and re-

cycle really do make a difference.

The night ended with homemade

cookies, warm smiles, and the over-

all feeling of optimism as our own

To learn about EarthTeam's work with teens and teachers, visit

little revolution began.

www.earthteam.net

This month's featured movie

fects the world they live in.

or one Thursday night every month, the Rheem Theater undergoes a transformation into a center for all things green. Green Night, sponsored by EarthTeam, Generation Green, Sustainable Moraga, Sustainable Lafayette, and Parents for a Safer Environment, kicked off with a reception including appetizers, a recycled arts and crafts table, and information on how to go green.

A "trashy fashion" show followed, with attire made from reused and recycled materials. The creative outfits, worn by seven Lamorinda teens, each advertised a different waste product and its effect on the environment, including aluminum, plastic bags, and film. The fashion show, utilizing plastic bag skirts, Styrofoam dresses, and an impressive ensemble made entirely of six-pack rings, not only showed off creativity but reminded audience members that

Lamorinda Schools

Orinda Intermediate • Saklan Valley School • Sleepy Hollow Springhill • Stanley Middle • St. Perpetua School • Wagner Ranch

#### D.C. Means Living History for Stanley 8th Graders By T.R. Audley



Stanley School students take a break on memorial steps in Washington D.C.

or most, a visit to Washington, D.C. brings American history to life. Victoria Shegoian, eighth grade history teacher at Stanley School, agrees. One of six chaperones on the Stanley School spring break trip, Shegoian has served as trip coordinator for the past 13 years. "Seeing the sights of D.C. through the eyes of eighth graders each year is a new and exciting experience," she says.

On the first day of spring break – 4:30 a.m. on Saturday morning - 96 Stanley School eighth graders assembled in the school parking lot, ready for a hands-on history lesson.

The trip fell within the first 100 days of the new presidency, and although students did not have experience to compare, Shegoian did see changes relative to past visits.

"D.C. felt more relaxed. There were kids and families on the white house grounds in areas where only security was allowed before," she says.

"Probably the most memorable thing we saw was the Washington Monument. There was a great view of everything from the top," eighth grader Jack Burford

Seeing the original Declaration of Independence at the National Archives also struck students as did the 9/11 memorials which mark events within their lifetime. "There was a bench at the Pentagon for each person who died there on 9/11," says Buford. "The benches looked like they rose out of the ground."

A visit to the White House, however, was only one stop. The busy itinerary also included monuments and museums as well as side trips to Arlington National Cemetery, Williamsburg, Gettysburg and Jamestown. According to strict trip rules, students were to act respectfully or go home. Shegoian proudly noted that students exceeded expectation.

At the solemn and serious Holocaust museum, for instance, Shegoian was impressed when students lined up without instruction and the docent dubbed her group "the most respectful and quiet of the day."

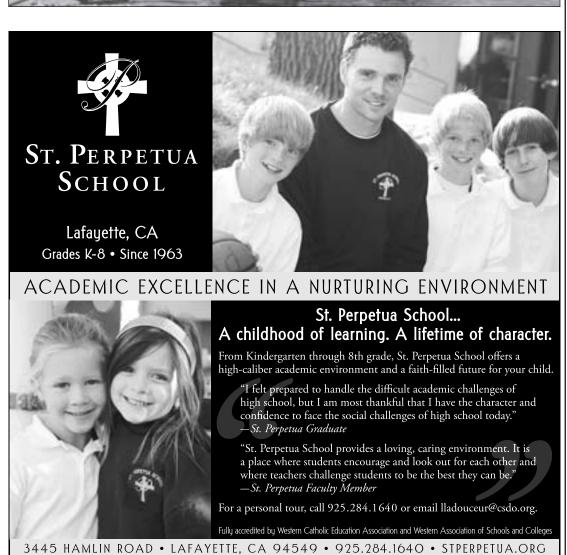
The \$1,980.00 cost for the trip included everything from airfare to accommodations, social events and meals. Scholarships were available through Stanley and affiliates of WorldStrides who also offer one (1) credit toward a high school elective.

Beyond cost, academic credit, friendship changes and tales of late nights, Shegoian sees the big pic-

ture. "At first it will appear to parents and other adults that they just had fun on the trip, yet over the course of the next couple of months, it will become clear that they gained a great deal of information and understanding about our country."

At night in the hotel, there were new challenges. "On their own they had to do the basics: budget spending money, eat at mealtimes and refill their own water bottles," said Shegoian. "They also learned to be flexible, help each other remember things and advocate for someone who was not feeling well." Security was hired for the halls at night where sometimes sleep was scant. Nevertheless, students remembered their days.

# ם אווניווואות וי Horseback Riding, Swimming & Outdoor Programs Ages $4\frac{1}{2}$ -16 years 925-283-3795 roughingit.com



## And the Award Goes to...Campolindo!

2009 Secondary Principal of the Year

by Jean Follmer



Campolinda High School Principal Carol Kitchen cheers in the first row left

Photo provided

ampolindo High School Principal, Carol Kitchens, has been selected by the Association of California School Administrators (ACSA) as the 2009 recipient of the Secondary Principal of the Year Award. The distinguished honor is presented annually in recognition of the outstanding performance and achievements of an individual within the California public school system. Kitchens will be recognized in an upcoming issue of EdCal and at the ACSA Leadership Summit that will be held in Sacramento this November.

Kitchens is not a leader who avoids change and growth - she embraces them. In her nine years as Campolindo High School Principal, Kitchens has seen the school grow from 800 to 1,400 students.

"When issues arise that require her attention, she quickly collects the necessary information, meets with those whose knowledge and expertise are required, and comes to a quick and fair resolution. She faces issues head-on

and quickly," said Campolindo Administrative Assistant Mary Eg-

Eggertsen said Kitchens has overseen numerous expansions and improvement throughout the campus. "She has restructured the faculty, departments, subject areas and school site meetings, begun a freshman transition program, provided students a greater role in the student activities program, overseen the building of a new theater and all new athletic fields, trained staff on assessment and interpreting data to effect school change and managed the school's six-year accredited self-study report," continued Eggertsen.

Dennis Regalado, the Director of Alternative & Community Education for Acalanes Union High School District echoed Eggertsen's enthusiasm in his nomination letter to ACSA.

"Carol has provided the leadership to make Campolindo one of the top high schools in the region, state, and nation," Regalado says. "Campolindo High School excels in every measure used to evaluate a school, from graduation rates, college entry, test scores, an API of over 900, an outstanding visual and performing arts program, to an outstanding athletic program turning out Olympic athletes. In every aspect of a comprehensive high school Carol's leadership, dedication, vision and passion can be seen."

Kitchens was thrilled to receive the news of the award when she returned from spring break. "I am honored," she says. "To receive an award for something I love doing, which allows me to work with an incredibly bright and talented student body and staff, and to be supported by a community, a district, and a board of education that want the best well-rounded education for all students is truly gratifying. Campolindo is a place where we all teach and we all learn together under the same roof."

Mary Eggertsen contributed to this article.