

MAY 22, 2023

# UPDATE



## AALA Makes College Dreams Come True!

### Scholars Will Be Highlighted Beginning This Week

On May 18, 2023 AALA hosts forty three LAUSD scholars and their parents/ guardians at Luminarias for an evening of celebration and recognition. Honorees represent every district Region and attend small schools, pilot schools, magnet programs and comprehensive high schools. Each with a college dream, each juggling academics, community service, or even part-time work to help their family make ends meet. (See page 6 for Community Volunteer Award recipients).

College-bound students are not “grown” in high schools. Dreams are sown as early as preschool or kindergarten. Ask any primary school youngster and they will tell you that when they grow up they want to be a doctor, a fireman, a teacher or President of these United States! Elementary schools nurture these dreams as students become proficient in reading, writing, and mathematics. Upper elementary grades see students transition from learning to read, to reading to learn. Content literacy takes center stage.

Middle schools become the stepping stone where students learn to navigate through several teachers and personalities as well as explore careers, all while hormones are raging. Programs such as GearUp and AVID focus on study skills, organization, speakers and college visits, helping students develop the mind set that they have college potential regardless of their background. Linked Learning programs can begin in middle school, providing college and career readiness through rigorous instruction, career-technical education and work-based learning.

**COLLEGE DREAMS >> PAGE 3**



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# Associated Administrators of Los Angeles #AALAThursday #AALAStrong!



## Certificated Negotiations Update

**Just a friendly reminder: Every Thursday is #AALAShirtDay! Wear your AALA swag to show your #AALAPride and send us a photo!**

AALA is waiting on responses from the district on the proposals presented on May 8th (listed in last week's Update). The next bargaining session with the district is on May 31st. AALA will provide an update after the session.



## Associated Administrators of Los Angeles

### COLLEGE DREAMS FROM PAGE 1

When students step on a high school campus they have eight, nine or more years of schooling to build on and bring their college dreams with them. Senior high schools expose students to many course options including honors and Advanced Placement, math pathways that lead to Pre-Calculus, AP Calculus, Statistics, or Discrete Math. All students must complete California's minimum A-G college entrance requirements as well as state and district requirements. Linked Learning, GearUp and AVID programs continue building college and career readiness. Senior high schools have College and Career Counselors to help students navigate through college visits, SAT and ACT preparation, applications, financial aid, and college selection. Every student has a different dream, some may select a technical program at a community college or a trade school, others may choose a university, and many see community college as a stepping stone to a university. Whichever road is taken, each leads students to their dream career.

It truly takes a village, a pre-K to 12th grade one, to help students reach their post-secondary dreams. However, sometimes there is still one major obstacle, the almighty dollar. With the cost of higher education growing exponentially, students with limited means look towards financial aid and scholarships to help keep them out of debt.

***Here is where Friends of AALA steps in!*** This year over two hundred fifty students applied for a Friends of AALA scholarship. Forty three deserving students were selected to receive a \$2,500 scholarship and fifteen students will receive a \$1,500 scholarship. Think about it, \$130,000 raised and awarded this year alone!

Every week AALA asks you to support Friends of AALA and an annual appeal is made to AALA Alumni (retirees). Our AALA Angels take a tax-deductible payroll deduction of as little as \$5 per month. AALA Alumni make donations, and **AALA President Nery X. Paiz** works closely with private foundations as well as corporate and individual sponsors to secure donations ranging from \$1,000 to \$20,000. While AALA has individually or family-funded memorial scholarships, the vast majority are funded through AALA Angels, AALA Alumni, and corporate and individual sponsors.

***Now the ask. Are you an AALA Angel? If you answer no, why not?*** For as little as the cost of a latte you too can fund college dreams! Are you ready to join? Click [HERE](#) and earn your AALA Angel wings! All donations to FRIENDS OF AALA are tax deductible.



### AALA Loses Friend and Colleague Jane Pollock

**J**ane Pollock, esteemed consultant to AALA for 23 years, was a former teacher and counselor at Venice High School, Assistant Principal SCS at Revere Middle School and University High School, Advisor and Coordinator of Special Programs at the Senior High Schools Division, and Coordinator at the Office of School Operations. For many years, Ms. Pollock oversaw the scoring center at the Annual LAUSD Academic Decathlon with her husband, former Assistant Principal SCS Jack Pollock. Her responsibilities at AALA included coordinating the reading of scholarship applications and the scholarship banquet and organizing the Fall Welcome Reception and Spring Alumni Luncheon. Ms. Pollock retired from the District in January 2000, and continued her work with AALA through 2023. She passed away on May 6, 2023.

## Associated Administrators of Los Angeles

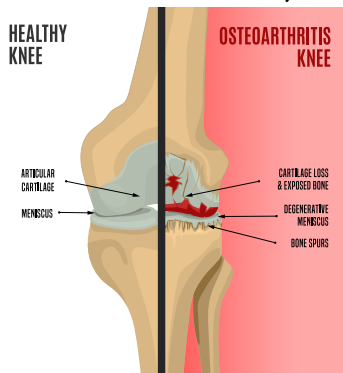
# Healthcare FAQs: Do You Need a Knee Replacement?

### What are some signs that I might need knee replacement surgery?

Do you have pain, stiffness, and/or swelling from arthritis or other joint problems that interfere with your everyday activities? Do you have trouble walking up and/or down a staircase? Do you wake up at night with knee pain? Have you tried exercise, weight loss, braces, shoes inserts, and/or pain medications to improve knee function and pain? If one or more of these symptoms occur regularly, your physician or orthopedist may recommend a partial or total knee replacement, also known as total knee arthroplasty (TKA). For the 800,000 U.S. adults who have TKAs completed each year, osteoarthritis is the most common reason.

### What is osteoarthritis? Are there other arthritic conditions that also can damage the knees enough for a knee replacement?

- **Osteoarthritis** –As we grow older, the cartilage that cushions our joints wears down, causing the bones of the joint to rub together. Bone spurs may form, resulting in pain, swelling, and stiffness. According to estimates by the Centers for Disease Control, over 32.5 million adults have osteoarthritis, a condition that can't be cured or reversed. It



can be managed to some extent through exercise, physical or occupational therapy, pain medication, knee injections, acupuncture, massage, and weight loss, if overweight. Osteoarthritis is a degenerative disease.

- **Rheumatoid arthritis** – This may be both inflammatory arthritis and an immune disease where fluids build up in the joints causing pain and inflammation in the joints throughout the body.
- **Post-traumatic arthritis**– This form of osteoarthritis usually occurs after a knee injury such as a fracture or ligament tear that may cause inflammation and disalignment of the knee, leading to cartilage damage over time. An injury suffered earlier in life can cause arthritis at middle age or later. Trauma to the knee

may also result in avascular or osteonecrosis where bones lose their blood supply, die, and eventually collapse.

### What happens during total knee replacement surgery?

There are four basic types of knee replacement procedures: total knee replacement, partial knee replacement, kneecap replacement, and complex or revision knee replacement.



The procedure for a total knee replacement first began in 1968 and involves removing, resurfacing, and placing metal or synthetic caps over the damaged femur, tibia, and patella. The knee joint is then put back together with a spacer to enable smooth joint movement. Minimally invasive knee replacement was introduced in the 90's with smaller incisions and specially designed instruments to prepare the bones and place the implant caps. Since this procedure involves less muscle disruption, post-operative recovery can be shorter and less painful. The newest procedure for

knee replacement is robot-assisted arthroplasty. The surgeon performs minimally invasive surgery with a robotic arm for pre- and intraoperative assistance to get accurate bone resurfacing, bone cap sizing, and postoperative knee alignment. This procedure may result in greater precision in resurfacing, knee alignment, and shorter hospital stay.

### Are there people who shouldn't have knee replacement surgery?

Although knee replacement is now a common major surgery, it is not for everyone. You may not be a good candidate for surgery if you have a knee infection, a severe nerve disorder, or severe blood vessel disease. Doctors may also not recommend surgery if you are very overweight, have heart or lung disorders that could complicate surgery or anesthesia, or have a skin condition where the incisions would be made. Confer with your primary care physician and the orthopedic



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## Associated Administrators of Los Angeles

### KNEE REPLACEMENT FROM PAGE 4

surgeon to determine your best options. The ideal candidates for surgery are those in good health and who undergo surgery before joint damage becomes too advanced.

**Where can I learn more about the actual surgery and what it entails?** These websites are examples of reliable information about knee replacement surgery:

- American Academy of Orthopaedic Surgeons – [Total Knee Replacements](#)
  - American Academy of Orthopaedic Surgeons – [Minimally Invasive Total Knee Replacement](#)
  - Mayo Clinic, [Robotic Orthopedic Surgery](#)
- 



## District Brainiac's Academic Prowess on Display!

### LAUSD Academic Decathlon:

LAUSD teams – SOCES and Verdugo Hills HS competed at USAD Nationals held in Frisco, Texas last month. SOCES placed 3<sup>rd</sup> in Division IV at Nationals and Verdugo Hills HS placed 1<sup>st</sup> in Online medium schools division. Both teams won banners, trophies, and several medals to bring home to LAUSD. Congratulations to our teams for representing us well at Nationals:

**SOCES** – Coach Suzanna Gordon, **Principal Susan Parker**

**Verdugo Hills HS** – Coach Evae Silva, **Principal Arturo Barcenas**

### LAUSD Academic Pentathlon:

Beyond The Bell's Pentathlon awards ceremony was conducted on May 6, 2023 at Mt. Gleason MS (thanks to **Principal Cheryl Minke**) honoring students, coaches, parents, and Administrators from Middle schools all over the district. Dr. Betsy Castillo, BTB director, presented our trophies and medals.

The following teams received an invitation to Nationals in Garden Grove, CA in May:

1. **Louis Armstrong MS** – 8<sup>th</sup> grade team – Division II, **Principal and Coach Felicia Drew** (LAUSD Regional competition Winner)
2. **Virgil MS** – 7<sup>th</sup> grade team – Division II, Coach Jimmy Duong, **Principal Andrew Conroy**

We wish our teams the best at Nationals.

**SUPER Pentathlete** (top scoring student in the district) – Lorena Rico, 6<sup>th</sup> grader (Virgil MS)

**Coach of the Year** – Carrie Wan (Lake Balboa college Prep Magnet)

**Administrator of the year** – **Andrew Conroy, Principal** (Virgil MS)

We welcome all our Administrators to start a team at their school for the 2023-24 school year for Decathlon (HS) and Pentathlon (MS). An Informational meeting will be held on May 31, 2023 at 3pm. For more information, please contact Dr. Neena Agnihotri at 213-241-3082 or [Academic.Decathlon@lausd.net](mailto:Academic.Decathlon@lausd.net) and check out our website <https://btb.lausd.net/academicdecathlon>

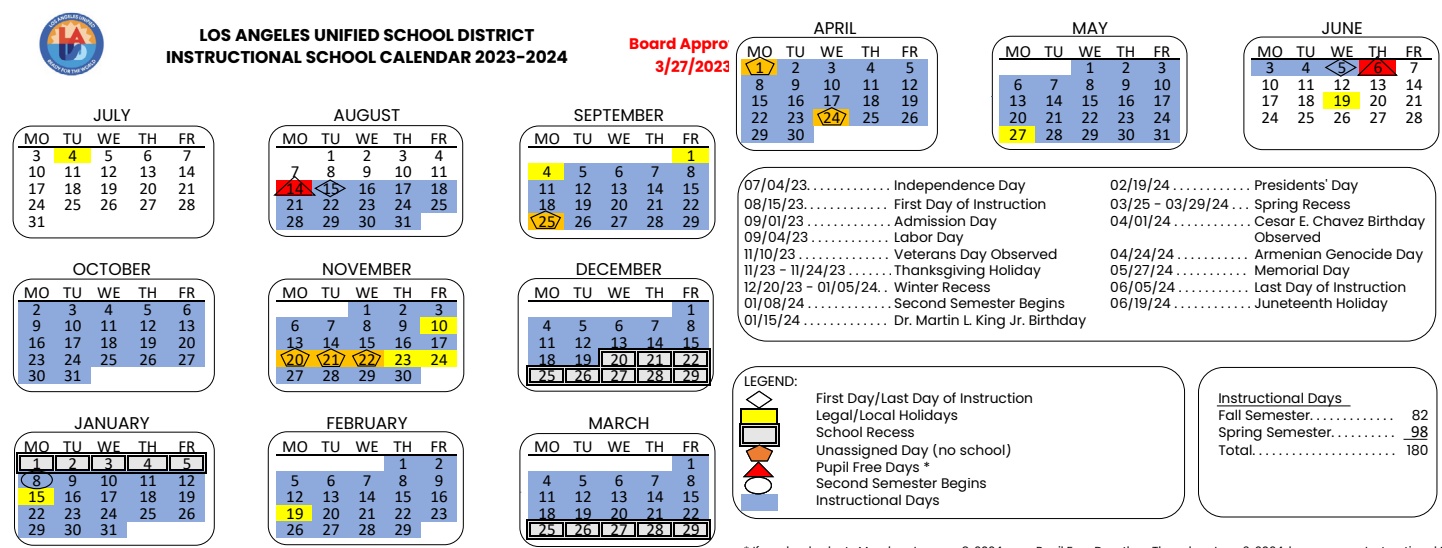
# Associated Administrators of Los Angeles

## AAALA 2023 Community Volunteer Awards

Every year the Associated Administrators of Los Angeles honor worthy community volunteers, individuals and groups, who have made a significant impact on the schools they serve. AALA recognizes individuals and groups who have dedicated their time and effort to enrich the educational experiences of our students, school communities, and school district. As always, the nominees are exceptional!

This year's recipients are as follows: **Irma Vanessa Millan** nominated by Ms. Sylvia Guzman, Principal of Bertrand Avenue ES; **Janet Morales Ortiz** nominated by Ms. Jenny Guzman Murdock, Principal of Wadsworth Avenue School; **Pabla Garcia Vicente** nominated by Mr. William Estrada, Principal of Union Ave. ES; **Deron Wofford** and **Darrel Gray** representing **Volunteers of America** at **Bethune Middle School** and nominated by **Principal Sharon L. Brown**; the **Fender Play Foundation** represented by **Emilia Gore**, and nominated by **Christopher Rodriguez, Joseph Yune, and Titus Campos, Arts Education Branch**.

## 2023-2024 School Calendar



## 2023-2024 TENTATIVE Basis Begin and End Dates for B, C and E Basis Employees

Basis	Begin Date	End Date
B	7/31/2023	6/13/2024
C	8/14/2023	6/6/2024
E	7/20/2023	6/24/2024

**NOTE:** The Payroll Administration indicates that the above start and end dates are **TENTATIVE** and not all B, C, or E-Basis employees will follow these actual dates.



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## Associated Administrators of Los Angeles Celebrating Student Excellence



**Daylin Alonzo Alviso!**

**SANTEE EDUCATION COMPLEX  
VIOLETA RUIZ, PRINCIPAL  
REGION EAST**

**UNIVERSITY OF CALIFORNIA, SAN DIEGO  
URBAN STUDIES AND PLANNING**



**MAYWOOD CENTER FOR ENRICHED STUDIES  
GABRIEL DURAN, PRINCIPAL  
REGION EAST**

**Andres Angulo!**

**UNIVERSITY OF CALIFORNIA, LOS ANGELES  
COMPUTER SCIENCE ENGINEERING**



**Gabriel Barcelona!**

**NORTH HOLLYWOOD SENIOR HIGH SCHOOL  
RICARDO ROSALES, PRINCIPAL  
REGION NORTH**

**UNIVERSITY OF CALIFORNIA, LOS ANGELES  
NURSING**



**GARFIELD SENIOR HIGH SCHOOL  
ANDRES FAVELA, PRINCIPAL  
REGION EAST**

**Eli Cebrian!**

**UNIVERSITY OF CALIFORNIA, BERKELEY  
COMPUTER SCIENCE**



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**Associated Administrators of Los Angeles**  
**AAALA'S 2023 Scholarship Recipients**



**Abel Cisneros!**

**GARFIELD SENIOR HIGH SCHOOL  
ANDRES FAVELA, PRINCIPAL  
REGION EAST**

**UNIVERSITY OF CALIFORNIA, BERKELEY  
ELECTRICAL ENGINEERING & COMPUTER SCIENCE**

**MAYWOOD CENTER FOR ENRICHED STUDIES  
GABRIEL DURAN, PRINCIPAL  
REGION EAST**

**Itzia Corona!**

**UNIVERSITY OF CALIFORNIA, LOS ANGELES  
SOCIOLOGY**



**Vanessa Darkwah!**

**MANUAL ARTS SENIOR HIGH SCHOOL  
ALEJANDRO MACIAS, PRINCIPAL  
REGION SOUTH**

**UNIVERSITY OF CALIFORNIA, IRVINE  
BIOLOGICAL SCIENCES**

**Daniela Diaz!**

**FREMONT SENIOR HIGH SCHOOL  
BLANCA ESQUIVEL, PRINCIPAL  
REGION SOUTH**

**CALIFORNIA STATE UNIVERSITY, LOS ANGELES  
NURSING**





## Associated Administrators of Los Angeles



**LAUSD**  
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In an effort to provide time-sensitive information to our members, AALA joined forces with Dr. Estrada in planning this session

### Let's Talk About Instruction

**Dr. Karla V. Estrada**

Deputy Superintendent of Instruction

#### Topics Include:

- Summer Principals' Leadership Institute
- Summer School 2023-24
- Assessments
- New Region support structure

**May 31, 2023**  
**5:00 PM – 6:00 PM**

**Zoom Meeting ID: 823 9491 5588**



## PRINCIPALS' LEADERSHIP INSTITUTE

IMAGINE | BELIEVE | ACHIEVE



# PLI 2023 CALL FOR PRESENTERS

The LAUSD Principals' Leadership Institute (PLI) is a powerful opportunity for school leaders to learn together in collaborative sessions and the **call for proposals is now open!** We hope that you will join us as a presenter, in-person, at #PLI2023 to share your expertise and enthusiasm. Possible formats include, but are not limited to, founder stories, interactive sessions, speaker panels, world cafes, expert clinics, and solution rooms.



Presentation dates: July 26–28, 2023



45 minutes – 1.5 hours sessions



East LA College | Monterey Park, CA



**SUBMIT YOUR PROPOSAL BY  
MAY 26, 2023**

**[bit.ly/LAUSD-PLI23-presenter-call](https://bit.ly/LAUSD-PLI23-presenter-call)**



# Associated Administrators of Los Angeles

## EDUCATOR DEVELOPMENT AND SUPPORT (EDS)

### Administrator Final Evaluation Deadline

Please see the table regarding final evaluation deadlines for School Support Administrators, AP's, APEIS's, Principals and Principal Supervisors.

Employee Group	Basis	Date Due
School Support Administrators	All	5/10/2023
Assistant Principals	B	5/12/2023
Principals	All	5/19/2023
Principal Supervisors	A	5/26/2023



If you need assistance, please reach out to Heather Lower Lowe at (213) 241-5476 or join Friday office hours on Fridays from 2:00 – 4:00 p.m. via Zoom: <https://lausd.zoom.us/j/86108706782>



**Note to Applicants:** Please be advised that you are responsible for making sure all the District requirements have been met. Do not contact AALA for information regarding positions; for detailed requirements for positions and employment updates use the contact phone number provided in the announcement or visit the District website at <http://www.lausdjobs.org> (classified) or <http://achieve.lausd.net/Page/1566> (certificated). Employees who change basis during the school year may not earn a full year of service credit and annualized employees who change their basis during the year may sustain an annualized settlement.

**CERTIFICATED positions are open to certificated and classified employees who meet the position requirements.**

Click [HERE](#) for school based positions

Click [HERE](#) for non-school based positions

**CLASSIFIED positions are open to certificated and classified employees who meet the position requirements.**

Click [HERE](#) for current job opportunities.



# Associated Administrators of Los Angeles Interest Groups: News You Can Use

ALLIANCE OF ASIAN PACIFIC ADMINISTRATORS

AAPA



**LAUSD**  
UNIFIED

## LEADERSHIP DEVELOPMENT

- COVER LETTERS / RESUME (DO'S AND DON'TS TO GET THROUGH THE PAPER SCREENING PROCESS)
- INTERVIEWING 101 (STAR METHOD)

May 20, 2023 (Saturday)

9:00 am - 12:00 noon

(Breakfast @ 8:30 am)

Location: Robert F. Kennedy  
Community Schools - 701 S. Catalina  
St. LA, 90005

\*AAPA Members (\$10.00)

Non-AAPA members: you must join  
AAPA to attend workshop. Automatic  
payroll deductions of \$10/month.  
\$50 for your first workshop.



**Registration:**

<https://forms.gle/vTa4K1zuV8YWfU587>



Questions:  
[leelee.chou@lausd.net](mailto:leelee.chou@lausd.net)

