

# Parent Education Recap

On January 11 PACE's parent education hosted Dr. Reggie Melrose. Here are recaps from parent attendee Kathy Huber-Moses and from Dr. Melrose herself.

From parent Kathy...

Whether it's work, school, or relationships, we all have stress. Our bodies are designed to respond to stress, however, not always in a positive way. But what if we had techniques we could use to regulate that stress? What if we had tools that we could use to put us in "The Zone"? (A place where our nervous system is balanced. A place where we just feel good.) Dr. Reggie explained that we can reach "The Zone" through self-regulation. We already have what we need internally to balance our emotional states. We just have to tap into it, refine it, and use it on a consistent basis. We can build new neural pathways that will allow us to enter "The Zone". Through research, humor and personal stories, Dr. Reggie explained that we can stop unwanted habits of how we react to stress and use specific techniques (that only take 60 seconds) to redirect our stress and have a more positive response. Dr. Reggie took us through one technique to show us how easy it really was. Within seconds I felt more relaxed and calm. This technique did not require lots of equipment or any complicated instructions. It was a technique that could be used just about anywhere and at anytime. The main requirement was that you had to be grounded—your feet flat on the floor. I look forward to practicing more techniques in the future. Thanks Dr. Reggie!

From Dr. Melrose...

Self-regulation of emotion and behavior is the key capacity for achievement in life. Scientists have proven through longitudinal studies spanning 40 plus years that self-regulation predicts academic, job, and relationship success throughout the lifespan more than any other factor. Yet self-regulation eludes more and more of our students every year. Even when our children start off well in life, the stresses and traumas they face in this very real world lead to the kind of dysregulation that too often brings about coping through self-medication.

I demonstrated and practiced with audience members the sensory tools necessary for the development and/or reinstatement of self-regulation. These sensory tools elicit the firing of particular neurons in the brain responsible for lowering heart rate, blood pressure, and stress hormones. When the stress response is lowered to an ideal range, the higher order brain aligns itself back into optimal functioning for greater self-control.

Without tools to lower anxiety and other effects of stress and trauma, students struggle with doing their best on tests, in interviews, with public speaking, and other important milestones. I explicitly taught the tools that help students more easily perform such tasks while explaining the neuroscience behind why the tools optimize the brain so well.

# Juniors & Their Parents

Please join us for this not-to-be-missed presentation...

## Separating Fact from Painfully Wrong Fiction in the College Admissions Process

Our guest speaker, Paul Kanarek, is the former co-founder of The Princeton Review and current head of Collegewise, and is considered to be one of America's foremost experts on US admissions. He is invited to speak all over the world, is frequently featured in major media outlets and has been coming to speak with PACE families since the Reagan years. Mr. Kanarek will speak about the 5 biggest myths that pervade admissions, but – more importantly – promises to do so in an uplifting, engaging and joyful way. We promise you that you'll leave this particular event feeling both more informed and empowered around your college admissions journey.

April 16 at 6:00pm in the Library

### Campus Safety ...continued from p. 1

It is difficult to prepare sufficiently and have firmly in mind the appropriate actions to take when, by its very nature, this type of violence is random and unpredictable. However, the process of thinking about possible scenarios, planning in advance, and actually walking through the steps of sheltering in place or evacuating, depending upon the situation, could make all the difference in outcomes. The district knows this and has responded by scheduling extensive, campus-wide trainings by Cathy Coy, the Emergency Preparedness Program Manager for LBUSD.

I called and spoke to her personally when I returned to campus a few days after the alleged threat at Poly. She is an extremely knowledgeable, no-nonsense person that takes this job seriously and has every intention of preparing the teaching staff of all Long Beach schools to react to emergencies in such a way as to protect the health and safety of our most prized resource, our students. My belief is that the district will also be sensitive to the strong, sincere emotions that the Parkland shooting has inspired in our students and their consequent desire for political action. They should never have to fear for their lives by coming to school. It may finally be our young people that disrupt our collective societal stupor and inability to alter the course of this tragic national trend. As complex as the issues appear to be for adults and politicians, the students see clearly and simply that it is our responsibility to protect them and to end this national nightmare. I applaud their efforts and determination.

### PACE Parent Support Group Board

- Brigitte Bigham [brigitte.bigham@coldwellbanker.com](mailto:brigitte.bigham@coldwellbanker.com)
- Kathy Huber-Moses [khubermoses@verizon.net](mailto:khubermoses@verizon.net)
- Julie Owens [jowens1@its.jnj.com](mailto:jowens1@its.jnj.com)
- Mitra Giles [mitra.giles@pelican.com](mailto:mitra.giles@pelican.com)
- Jennifer Golison [jen@golison.com](mailto:jen@golison.com)
- Michelle Gutierrez [mpgutierrez@verizon.net](mailto:mpgutierrez@verizon.net)

- President
- Vice President
- Secretary
- Treasurer
- Harebrain Editor
- Webmaster
- Website & Online Donations [www.paceparent.org](http://www.paceparent.org)
- Like & Share Us on Facebook [Long Beach Poly PACE Parent Support](#)
- Mailing Address [PO Box 41845 Long Beach, CA 90853](#)



## Campus Safety

Dr. Michelle Aberle  
PACE Facilitator



The recent school shooting at Stoneman Douglas High School in Parkland, Florida once again reveals that the scourge of random violence continues to plague our nation's schools and cannot avoid provoking fear, sorrow, and frustration in our students and their parents. One Wednesday not so many weeks ago we were all reminded that as much as we love Poly and feel that unique "Poly pride" every time we walk on this campus, we may not be immune from these threats.

While I personally was away from campus that day and only experienced the worry and confusion from afar, my phone and computer screens lit up with dozens of text messages and emails. I felt remiss in not being able to respond with accurate information and reliable advice since I was physically distant from what was happening, but I came to find out that my colleagues in the very midst of the events did not have much more accurate information or reliable knowledge of what was happening than did I. This is, understandably, a source of considerable concern. How can any parent send a child off for the day without the certainty that while the adults on campus may not be able to prevent all threats, we will at least be knowledgeable about what is happening in real time and will have been trained in the appropriate manner to deal with it in a way that assures the safety of our students?

I want all of our parents to know that your concerns about a lack of communication and leadership from the school staff with whom you entrust your precious children are being addressed, and I want our students to know that we are hearing you and taking seriously the threat of violence you feel.

In an effort to avoid spreading misinformation and causing panic, the school staff waited to make public statements until the district had accurate information could come to a decision on the appropriate protocol. The delay caused confusion and fear, which was precisely the opposite effect of what was hoped. I want to assure all that the administration is aware of this and is planning to address the problem immediately. Even in the absence of full information, the administration plans to communicate with the teaching staff, allowing the teachers then to communicate with students and parents to at least assure them that we are aware of rumors and are working to uncover actual threats and plan necessary action.

Whenever I hear of these seemingly unending fatal shootings that happen with mind-numbing regularity, I ponder what I would do if called upon to protect my students. And my greatest fear is that I would be inadequate to this enormous and most vital responsibility.

Continued on p. 4...

## Midyear Thoughts

Brigitte Bigham, President  
PACE Parent Support Group

Here we are in February, finals and first semester are behind us. For freshman, it was their first set of high school finals, and for seniors, their second to last. It's good to see students bright eyed and smiling, they all survived, and as parents, we did too. My oldest daughter Elizabeth graduated from PACE in 2017. She too just finished her first semester and thoroughly enjoyed the relaxing pace of winter break and winter session. During winter session her PE class was downhill skiing and she learned to cross country ski in her free time. My point being, there is still plenty of time to have fun in college once the studying is done. I have heard Elizabeth say many times that PACE prepared her well. She recently advised my younger daughter, a PACE sophomore, to take the AP seminar class. She said that it was one of the best classes to prepare her for college writing. Hindsight, she wished she would have taken the second year of the program.

Every now and then I ask my sophomore daughter if she knows where she would like to attend college or what she would like to study. No set plans yet and no pressure from the parents to decide. Going through the college application process and waiting to hear back for acceptance was overwhelming, it is nice to take a break. We are not procrastinating, college planning was well advised by Ms. Loggins and Dr. Aberle the first time around. We have confidence in the guidance and support of these two amazing ladies, they truly have the PACE students' best interest in mind.

Senior PACE Scholarship applications will be sent out in March or April., Parents, please encourage your students to apply.

If you have not made your annual suggested donation of \$150 per student per year, we are still in need and accepting your tax deductible donations and company matches. Donations may be made online at our website [www.paceparent.org](http://www.paceparent.org) or simply drop your check off at the PACE office (payable to PACE Parent Support Group). Thank you for your ongoing financial support of the PACE program. The PACE program could not exist without your generous donations.

### Reflections from PPSG Scholarship Winners 2017\*

#### Jessica Diaz, University of California at Los Angeles

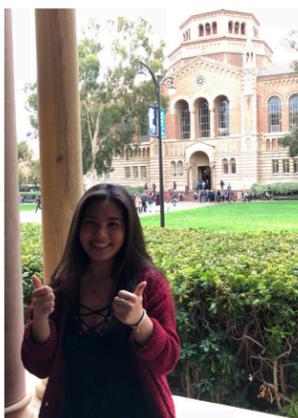


I am writing this article during the ninth week of my first quarter at UCLA. As I prepare for finals I am stressed out, but not overwhelmed. I owe a large part of this to my four years in PACE. Not only am I applying the knowledge I gained from completing the rigorous curriculum of PACE, but I am also implementing the skills I acquired throughout my years in it. I didn't realize it at the time, but every SMO, lit review, calculus assignment, biology and chemistry lab, was equipping me with the discipline to meet the high demands of college classes and the opportunity to work on my time management. When I think about how my college experience would be different had I not been in PACE, I imagine myself overwhelmed and unable to keep up with the workload. It is no secret that PACE students are assigned a lot of homework and expected to master high level concepts in addition to participating in extracurriculars. As a student athlete I also attended practices for sports teams associated with and outside of Poly. I remember bringing my english books to volleyball tournaments and doing homework at swim meets in order to complete my work on time. These experiences taught me how to be disciplined in getting work done when work needed to be done and not procrastinate. Between meets, games, and weekend tournaments I was not left with a lot of free time to lollygag on my academic obligations. Had I been in a less rigorous program than PACE, this would not have been as big as an issue and I wouldn't have been provided with as many opportunities to improve

my discipline and time management skills. In this regard I do appreciate the challenge that being in PACE provided. Since I laid down a good foundation in time management during high school, my transition to a college schedule and university level classes was smoother than I could have ever hoped. I am able to schedule my time efficiently so I can participate in extracurricular activities while maintaining my grades. College is filled with endless opportunities, but in order to take advantage of them I must first be able to handle my business in the classroom. Thanks to PACE, I have developed the discipline and time management skills to stay on top of my classes and still enjoy all that college has to offer.

#### Nhi Cao, University of California at Los Angeles

College is interesting to say the least. This state of constant wonderment hasn't quite faded yet. It's odd to think that in lecture halls of more than 200 kids, I'm sitting among future physicians, lawyers, teachers, politicians, poets, authors, engineers, and artists; essentially our future leaders. I owe this privilege and a lot of my success thus far to PACE. The program breeds a fighting spirit in all of us, relentlessly pushing us all to work harder and be better. While it's hard to appreciate the intensity of PACE's workload when you're serving your four year high school sentence, you come to appreciate it when you're in college. Sometimes it even feels like the amount of work in college pales in comparison to PACE's wrath. After my first quarter at UCLA, I had the closest thing a college student can have to an epiphany when I realized something I previously thought to be impossible: I genuinely enjoy college. I was never quite sure whether college was the direction I wanted to take, but PACE fostered some intellectual curiosity in me that made me want to pursue higher education and that landed me in UCLA. Although it has only been a quarter, these first 10 weeks are rich with memories. The memories are anything from lectures about vampire bats regurgitating blood into another bat's mouth in a form of reciprocal altruism to seeing Adele, Justin Bieber, and Kobe on campus in a matter of two weeks. Each day comes with it's own little surprises because on a campus of thousands of students and faculty, you never know who you're going to run into. I've had the honor of meeting some of the most interesting people among professors, TAs, and students. The sheer diversity is incredible and the opportunities are seemingly endless. With an abundance of student organizations and clubs, there's something to appeal to just about anyone. Even the infamous grueling week of finals is manageable because PACE has refined and enhanced our skills enough to take on just about anything. PACE is anything but an easy program; it's challenging, infuriating, but most of all, enriching, and it really works.



#### Ashley Huendo, University of California at Los Angeles



After a quarter here at UCLA, it hasn't fully sunken in yet that I'm at a school that boasts the title of "number 1 public university in the US". Everything about the campus fills me with a sense of awe and I'm beyond excited to be here. It's truly amazing to know that the people you walk past and interact with are all brilliant in their own right. Even the most mundane sounding locations have been filled with so many memories, such as napping next to the Janss steps, drinking coffee in Kerckhoff Hall, and wandering the Botanical Gardens. Adjusting to the college lifestyle hasn't been a very difficult task compared to what we experienced in the PACE program. Though you'll complain about the workload from time to time during the high school years, PACE will reveal itself to be one of the biggest blessings in terms of preparation for the future. I've found myself pausing to appreciate the amazing quality and work ethic of PACE teachers and wishing for them to be the professors here. On many occasions, I've complained to my friends that the workload for classes is monotonous and tedious compared to what we faced at Poly. From writing a term paper on the divine-ruler relationship in ancient Israel and Egypt to learning what travel literature was, the teachings of people like Mr. Meckna, Ms. Beebe, and Ms. Leaney have been crucial

in my development this quarter. I had always wanted to go to UCLA for my undergraduate but as a first generation student, I had no idea what the process was like and had never even visited a college campus. However thanks to the PACE program and the amazing guidance of Ms. Loggins and Dr. Aberle, I was able to achieve my dream of attending UCLA and expanding my knowledge alongside so many amazing people. In previous years, I would excitedly open the Harebrain newsletter and read the articles from former PACE students who gave insight on what college was like and it is humbling to be in this position now because of the PACE program's success.

#### Timothy Quach, University of California at Irvine

In bearing no resemblance to high school, university has been an absolute treat. Gone are the days of waking up for a class at 8 am, the days of all-nighters, the days of cramming for fina—Hmm... on second thought, university is a carbon copy of high school. That said, I've genuinely been enjoying my university life. But if university is so similar to high school, how am I enjoying it so much more? First and foremost, I'm free in almost every aspect of my life. 8am? (Most) professors will not be offended if you sleep in; all-nighter? See previous answer; cramming? Well dearest of luck to you. Freedom is the most bittersweet of realities that we encounter in university. Facing that freedom has been a serious wakeup call. Everything in college is vying for my time and failing to effectively use that time requires me to make sacrifices. Luckily, PACE taught me the necessary skills to manage my workflow and social life. Thus, university life has just been a logical step up from high school in all departments. University hasn't just been sunshine and rainbows, though. I played a video game in high school that contained a Latin line that I initially took notice of but quickly brushed off: "Elapsam semel occasionem non ipse potest luppiter reprehendere," which roughly translated to "Not even Jupiter can find a lost opportunity." In PACE, we were spoon-fed opportunities left and right. In university, we must fend for ourselves. As a fully functioning adult outside the microcosm of high school, I've been faced with a multitude of decisions and indecisions that might have a lasting impact for the rest of my academic career and beyond. Giving up an opportunity carries a lot more weight than it ever did in high school. Since I started my college career, I've loved every minute of it. For better or worse, I haven't had to change very many habits from high school (cramming for finals was a mistake), but that's what makes PACE worthwhile. Yeah, it may not have been the smooth, easy transition that people forecast it to be, but the life skills that I learned from PACE have carried over well and have allowed me to get up to the next level of life. Now if only those skills helped me get up for 8 am lecture, but I digress.



\*Each Harebrain issue includes a few submissions by last year's PACE scholarship winners. It's just a coincidence that this issue contains the articles by the three students who attend UCLA.

## Thank You to Our Generous Donors during this school year

### Super Jackrabbit Donors \$500 & Above

- |                       |                             |                    |
|-----------------------|-----------------------------|--------------------|
| Michael & Melody Chun | The Dempsey Family          | The Hertzog Family |
| Maureen Jensen        | Mary Stockard               | Tom Sullivan       |
| The Taing Family      | Bret Witter & Anne Simoneau | Living Trust       |

### Corporate Matching Northrup Grumman Donors

- |                        |                      |                         |                          |
|------------------------|----------------------|-------------------------|--------------------------|
| David & Frances Abdo   | Curt & Susan Coutin  | Greg & Staci Kennebeck  | Mr. & Mrs. Pryor         |
| Shari Alpern           | Susan Covtin         | Megan & Andrew Kerr     | Mr. Puckett              |
| Anonymous              | Neil & Helen Currie  | Jon Lash Fund           | Hamid & Shirin Rahai     |
| Janet Arima & Steve    | Peter & Laura D'Anna | Gibson & Marcia Lee     | Katie Raviv              |
| Chase                  | The Davis Family     | Allison Lowe-Brounstein | Roland (Rollie) Riopelle |
| The Bigham Family      | Mr. & Mrs. Robert    | Gilbert Malabanan       | Shelley & Randy Skinner  |
| Mrs. Pat Boyard        | Flores               | The Matos Family        | Teresa Snyder            |
| Caroline Brady         | The Fuson Family     | Margaret McBride        | Sonia Song               |
| Eric & Dana Brounstein | Li & Ted Garland     | Chip and Lisa McCarthy  | Dr. & Mrs. Tae K Song    |
| Washington & Alesia    | Jonny & Mitra Giles  | Shery McCoy             | Carl Sutter & Terri      |
| Brown                  | The Golison Family   | Elizabeth Millan        | Reiser                   |
| Mr. Martin Burke       | Patrick Gough        | The Munoz Family        | Ms. Cindy Tang           |
| Kent & Paula Busse     | Peter & Michelle     | Jean Newkirk            | Wendy Tani               |
| Sabine Cain            | Gutierrez            | Linda & Mark Olson      | The Thom Family          |
| Cammie Cassiano        | The Hatch Family     | Jeff & Julie Owens      | The To Family            |
| Ruth Chao              | Matthew & Maggie     | The Oyama Family        | Deanne & Kevin Traut     |
| Leslie Charles         | Heng                 | The Peterson Family     | Irma Venegas             |
| Mrs. Clark             | Monica Hykes-Tully   | Jamie Peters            | Bill & Katy White        |
| Jeffrey Cliffe         | Gregory S. Jones     | Vivian Pham             |                          |
| Leigh & Kevin Comstock | The Jun Family       | Ivan & Tanshe Pitts     |                          |
| Deborah Cooledge       | Irene Jung           | Mr. & Mrs. Powers       |                          |
| Joel Corarrubias       | Villegas-Kagurabadza | Nikki & Gary Prutsos    |                          |