

PAL® Quarterly



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County Superintendent of Schools

PAL® PEER ASSISTANCE LEADERSHIP
ORANGE COUNTY DEPARTMENT OF EDUCATION

December, 2009 Volume 3, Issue 1

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Congratulations to the 2009 Outstanding PAL Programs

Buena Park H.S.

Fullerton Joint Union High School District

Citrus Hills I.S.

Corona-Norco Unified School District

Esperanza H.S.

Placentia-Yorba Linda Unified School District

Juliette Low E.S.

Magnolia School District

Kazuo Masuda M.S.

Fountain Valley School District

Linda Vista E.S.

Saddleback Valley Unified School District

Marco Forster M.S.

Capistrano Unified School District

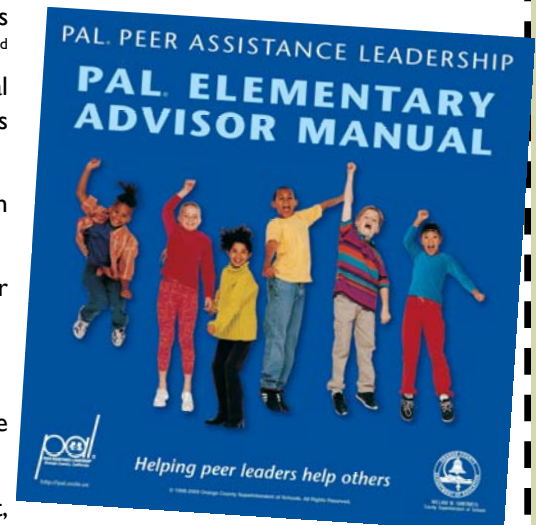
Pioneer M.S.

Tustin Unified School District

PAL® Elementary Advisor Manual - 2nd Edition

The Orange County Department of Education has published the PAL Elementary Advisor Manual - 2nd Edition. While the core content of the original manual was maintained, the new edition includes many improvements, including:

- Lesson objectives aligned with California Health Standards.
- More opportunities for whole group and partner discussions within each lesson.
- User friendly lesson format.
- Opportunities to shorten lessons to accommodate PAL advisors with limited amounts of training time.
- Addition of journal writing for students to reflect, practice, and apply the skills taught.



2009 Outstanding PAL Projects

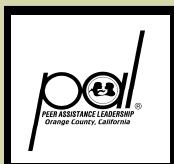
The Orange County Department of Education annually recognizes PAL programs for activities they have conducted during the school year. Each April, schools are invited to apply for the Outstanding PAL Project award for activities that focus on increasing school connectedness, improving academic performance, or alcohol, tobacco, other drug, and violence prevention. The activities must be student led and driven, and must be designed to meet a particular goal (breaking down cliques during lunch, suicide prevention campaign, etc.). They may be a one-time event or an activity that lasts the entire school year. Schools submit a display board to tell “the whole story” of their project experience including, planning, implementation, and evaluation. These project displays are showcased at the annual PAL Recognition Event in May and this year’s winners are highlighted in this newsletter as a way for PAL programs to share successful activities with other schools so they can be replicated.

HIGH FREQUENCY WORD POWERPOINT

Melbourne Gauer Elementary School

Anaheim City School District

During their cross-age tutoring with the primary grade students, Melbourne Gauer Elementary School PAL peer leaders noticed that some students were struggling with reading because they did not know their high frequency words. In response, PAL students created a **High Frequency Word PowerPoint** program to help kindergarten through second grade students practice these important words. First, the PALs took the primary grades’ high frequency word lists. Next, they recorded their voices on the computer saying each of the words. Every slide in the PowerPoint has one of the high frequency words. When a student clicks on a word, the audio file plays, allowing the student the opportunity to hear and then say the word. The younger students enjoyed using this program and the primary teachers thought it was an effective way for their students to learn the words needed to increase their literacy skills.



The printing and distribution of this newsletter is made possible by the CarMax Foundation.

UNITY FORUM
Citrus Hills Intermediate School
Corona-Norco Unified School District

PAL® PEER ASSISTANCE LEADERSHIP
ORANGE COUNTY DEPARTMENT OF EDUCATION

PAL students from Citrus Hill Intermediate School hosted three **Unity Forums**. Their goal was to help students bond with others by discovering their commonalities and to reduce conflicts on campus. Fifty 7th and 8th grade students were invited to each forum where they had opportunities to discuss issues that teens face. The event activities included:

“Round Up” – In this activity, a PAL leader holds up a number, the students then gather in groups that match the number. For example, if the number five is called, then students get into groups of five. If the next number is two, then students split up into groups of two. The activity is played until there is only one student standing. This activity gives students time to reflect on how it feels to be included and excluded from a group.

“Family Group” – In this activity, students are randomly assigned to small groups. Two peer leaders facilitate group discussions about various issues in teens’ lives. This activity provides the opportunity for students to express themselves and interact with others without feeling pressure from their friends.

“Cross the Line” – In this activity, a PAL leader reads statements to the students about everyday issues that teens face. If the statement applies to them, the students cross the line. This activity shows students they really aren’t that different, have some of the same interests, and have similar home lives.

Participant survey results showed that following the event they were more likely to speak up when they saw someone being harassed or bullied, they felt more connected to other students, and they are more sensitive about comments they make about other students.



APPRECIATING DIVERSITY DAY
Corona del Mar High School
Newport-Mesa Unified School District

Corona del Mar High School’s PAL group held an **Appreciating Diversity Day**. Their goal was to create a better atmosphere and understanding between students on campus. The all-day event included a keynote address from Erin Gruwell, the teacher behind [The Freedom Writers Diary: How a Teacher and 150 Teens Used Writing to Change Themselves and the World Around Them](#).

Students then participated in various sessions on topics, such as: Walk In My Shoes, Living with HIV, Religion, Disabilities, Sexual Orientation Panels, and a Bullying/Violence Prevention Presentation titled *Bang, Bang, You’re Dead*.

A lot of prep work went into planning this event. PAL students secured speakers, rooms and equipment, and designed a brochure to promote the event. They also advertised the event with daily announcements, school-wide posters, wrote an article for the parent newsletter and the student magazine, and presented to the PTA. PTA members as well as district board members were invited to attend the event. The planning included reserving parking, ordering breakfast and lunch, writing introductions, and creating certificates of appreciation for each speaker.

Corona del Mar HS PAL students know that they had a successful event not only because of the positive feedback they received verbally, but also because of the comments on written evaluations from students that attended the event. These evaluations let them know that their hard work was a success and gave them helpful tips on how to make improvements on their next Appreciating Diversity Day.

- Do you want to start a PAL Program at your school?
- Would you like OCDE staff to present PAL to your school or district?
- Are you a PAL Advisor who is retiring this year?
- Need help to improve your program?
- Do you know of a former PAL student that we could feature in future issues of the newsletter?

Call OCDE PAL today! (714) 966-4358

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