

CU Weekly's  
**BACK TO SCHOOL SPECIAL SECTION 2023**

## OPTIMUM SLEEP EQUALS OPTIMUM STUDENTS

*“There is a time for many words, and there is also a time for sleep.” ~ Homer*

By Mary O'KEEFE

Quality sleep can be difficult to attain for many but especially for students. There may be several reasons, some medical, but for many it comes down to schedule. There are so many demands on students, including completing school assignments, participating in community activities and playing sports. Younger students are getting used to their new schedule and learning to organize their homework time. Older students are very busy not just with school but also with social events. This is all compounded by social media and the constant glowing call of cellphones and computers.

“Electronic devices like cellphones and tablets are ubiquitous, and research has found that 89% or more of teens keep at least one device in their bedroom at night. Screen time late into the evening can contribute to sleeping problems. Using these devices can be stimulating, and incoming notifications can disrupt sleep. Evidence also points to suppressed melatonin production from exposure to the light from smartphones,” according to sleepfoundation.org.

According to the American Academy of Sleep Medicine, 3-to-5 year olds should get 10 to 13 hours of sleep per 24 hours, including naps, on a regular basis to promote optimal health. Children 6 to 12 years old should get nine to 12 hours of sleep per 24 hours and 13-to-18-year-olds should get eight to 10 hours of sleep per 24 hours.

And this is not just one night, every so often, but on a regular basis.

Sleep benefits the brain and promotes attention, mem-

ory and analytical thought. It makes thinking sharper, recognizing the most important information to consolidate learning. Sleep can also spur creativity, according to the Sleep Foundation.

Sleep and school performance are connected by its effect on mental function. Some of the issues, or signs, of lack of sleep include: decreased attention, impaired memory, slowed processing, worsened sequential thinking and reduced creativity. It can also affect students' moods.

Elementary school-age children who get less than nine hours of sleep per night have significant differences in certain brain regions responsible for memory, intelligence and well-being compared to those who get the recommended nine-12 hours of sleep per night, according to a new study led by University of Maryland School of Medicine (UMSOM) researchers. Such differences correlated with greater mental health problems like depression, anxiety and impulsive behaviors in those who lacked sleep. Inadequate sleep was also linked to cognitive difficulties with memory, problem solving and decision making, according to the University of Maryland School of Medicine.

To conduct the study, researchers examined data that were collected from more than 8,300 children aged 9-10



Photo provided by @freepik

years who were enrolled in the Adolescent Brain Cognitive Development (ABCD) study. They examined MRI images, medical records and surveys completed by the participants and their parents at the time of enrollment and at a two-year follow-up visit at 11-12 years of age. Funded by the National Institutes of Health (NIH), the ABCD study is the largest long-term study of brain development and child health in the U.S., according to UMSOM, and published in a 2022 article.

“We found that children who had insufficient sleep, less than nine hours per night, at the beginning of the study had less grey matter or smaller volume in certain areas of

*continued on page 13*

## Back to School Wellness - Working Through Anxiety For Children, Teens & Families

When children are young, it is easier to spot the signs of anxiety as their worries are typically straightforward and external. Anxiety tends to be more connected with a child's environment rather than internal experience.

When children grow to be teens, their worries tend to shift inward. These worries may include school or social pressures, relationships, global issues, and comparison of physical appearance to societal standards. As the use of social media continues to rise, teens are exposed to unrealistic worldviews and lifestyles. Pressure increases to establish a direction and personal identity. This can make the future feel uncertain and overwhelming.

Given Guidance is a local counseling center ready to support you and your family through the transition back to school and with any other concerns that may arise.

**Call today for your FREE phone consultation and mention this ad for \$10 off your first session.**



**Jenny Chandler, AMFT**  
 Registered Associate Marriage & Family Therapist  
 Registration No. AMFT, 134375  
 Supervised by Jamie Given, LMFT



**Nathan Holladay, AMFT**  
 Registered Associate Marriage & Family Therapist  
 Registration No. AMFT, 131618  
 Supervised by Jamie Given, LMFT



**Noel Lee, AMFT**  
 Registered Associate Marriage & Family Therapist  
 Registration No. AMFT, 129810  
 Supervised by Jamie Given, LMFT



**Jamie Given, M.A., LMFT & LPCC**  
 Licensed Marriage & Family Therapist  
 Licensed Professional Clinical Counselor  
 Director & Supervisor

## COUNTY FUN – FROM SUMMER TO FALL

By Supervisor Kathryn Barger

Though school is back in session, residents are still looking for ways to make the most of sunny days. Fortunately, Los Angeles County is home to lots of exciting activities and attractions that promise to make the transition from summer to fall unforgettable. For those longing for a cool ocean breeze and sandy shores, hop on the Beach Bus and ride to Santa Monica Pier for just \$3 round trip! With convenient routes in La Crescenta and La Cañada Flintridge, the beach is just a short journey away. Embrace the sun-kissed sand and the crash of the waves without the hassle of driving or parking. You can visit [lagobus.com](http://lagobus.com) to check travel times and buy tickets from now through Labor Day.

For the outdoorsy folks looking for an adrenaline rush, the Fifth District offers hiking, biking and equestrian trails that lead to breathtaking views. Lace up your hiking boots, pack a water bottle and immerse yourself in the natural beauty across the Fifth District. Find a trailhead near you at [trails.lacounty.gov](http://trails.lacounty.gov) to get your adventure started.

To beat the heat and engage your mind, the L.A. County Library is a sanctuary of knowledge, respite and air conditioning. From book clubs to workshops, the library offers programs and events for people of any age. Escape into the pages of a gripping novel, channel your creativity through arts and crafts, or download free music, movies, or TV shows for a relaxing day at home. Visit [LACountyLibrary.org](http://LACountyLibrary.org) to discover all that's in store.

Unleash your inner adventurer and embrace the great outdoors at a



County park. Camp under the starry skies, make a splash in refreshing pools, lakes and splash pads, or enjoy your favorite sport. Plan your day by visiting [Parks.LACounty.gov](http://Parks.LACounty.gov) and embark on your next activity. L.A. County is a playground of endless possibilities. Whether you want relaxation, inspiration or exhilaration, our communities have something for everyone. I hope the end of your summer is filled with family, friends, and an abundance of fun!

## PARENT EDUCATION TO BEGIN ITS 45TH YEAR



Entering its 45th year, LCPC Parent Ed offers a variety of classes for parents and grandparents of children birth to young adult. Classes provide a space for participants to learn and grow as parents, grandparents and individuals as well as a place to find resources, support and friendship. Classes meet weekly starting in September through June and attract over 500 participants from 22 different cities.

Parent-Child Classes are designed for parents and children 0-5 to attend together. For children, it is an opportunity to spend one-on-one time with a parent while exploring a rich and varied environment with other children their age.

For parents, discussions on pertinent parenting issues are led by a staff of experienced, caring teachers trained in child development, family counseling, and education. Classes include Babies, Non-Separating Toddlers, Two Year Olds, Preschoolers, Family Class and Family Summer Class. For parents who cannot attend with their child, there is a discussion-only option at a reduced rate.

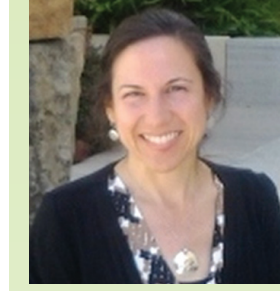
Parent Only Classes are for parents and grandparents of elementary to young adult children to gain a deeper understanding of their child's developmental stage and how to best guide them while staying connected. Participants engage in rich discussions and receive informational resources. Classes include Parents of Elementary Kids, Parents of Tweens, Parents of High Schoolers, Parenting through Learning Differences (online), The Art of Growing Myself (online), Parents of College Freshman, Parents of Young Adults, and GRAND-Parenting.

Express Classes are four-to-six-week evening, lunchtime or online classes. Participants will receive up-to-date research and information, support and practical takeaways. Classes include The Art of Fatherhood, The Art of Marriage, Managing Technology, and Parenting Book Dives.

See [www.lacanadapc.org/](http://www.lacanadapc.org/) for class listings, staff bios and online registration. Free trial class, scholarships and affordable childcare are available.

Written by Amanda BAUGHMAN

## WHEN IT COMES TO CAPTIONING FOR EDUCATION DIANA BRANDIN IS 'ON POINT'



Diana Brandin

Diana Brandin didn't intend to have a career in captioning.

"When I learned about captioning I didn't become a court reporter as planned but went into the captioning field," Brandin said.

Captions are the words that are displayed on a television, computer, mobile device or movie screen that describes the audio or sound portion of a program or video. Real-time captions, or communication access real-time translation [CART], are created as an event takes place.

Brandin first learned about the captioning field early in her education as a court reporter. The career intrigued her and she decided to pursue it. In captioning, a stenotype machine with a phonetic keyboard and special software is used. A computer translates the phonetic symbols into English captions almost instantaneously, according to the National Institute on Deafness and Other Communication Disorders. Brandin started her career by working for others. Early on she impressed those around her with her skills, which led to jobs from the agency with which she worked.

By 2009 she was hiring people to work for her. She has expanded her business to include sign language as well. She now owns Diana Brandin Realtime Captioning & Sign Language Service whose clients range from USC to the FDIC.

Brandin said that typically it's not individuals but companies, government and educational institutions that hire her company to help create captions. The passage of the Rehabilitation Act, which requires federal entities or organizations that receive federal funding to accommodate those who are deaf or hard of hearing with closed captioning, also helped grow her business.

She is also discovering how eager schools are to help all of their students and has branched out to offer referrals for American Sign Language (ASL) interpreters that work in conjunction with the captioning services she provides. Brandin is proud of the network and referral system.

"There is a gratification that is always there," she said as she continues to work to create a more level playing field for all.

To learn more or for a free demonstration, visit [www.onpointcaptions.com](http://www.onpointcaptions.com), call (818) 279-8136 or email [db.realtimecaptioning@gmail.com](mailto:db.realtimecaptioning@gmail.com)

## BACK-TO-SCHOOL AT THE Y!

As a new school year begins for our local families, the YMCA of the Foothills is just around the corner cheering them on! Starting this month exciting programs such as the new Lego Robotics for 4th-6th graders and E-Sports for ages 8-13 take a creative and fundamental spin on youth development by guiding kids through STEM learning, gaming and exploration as well as improving teamwork skills. More physical programs like basketball, swim lessons, volleyball and the adaptive splash program will also be in full force across all three Y locations!

Looking for ways to keep cool after school? Swimmers ages 9-18 years old interested in year-round fun and competitive swimming can try out for the Y's Dragon Swim Team on Friday, Aug. 11 from 4:30-5 p.m. Inexperienced swimmers wanting to make a splash and learn lifesaving swim skills can participate in the Y's free Safety Around Water (SAW) Program presented by the Gorvetzian Family.

Teens interested in serving their community can do so with others as they discover a deeper meaning for life built on compassion, leadership and fun through the Y's Progressive Individual Leadership for Teens (P.I.L.O.T.S.). The first PILOTS meeting is Tuesday, Sept. 12 from 6-7:30 p.m. Students in 9th-12th grade interested in the theory and practice of developing public policy are welcomed to register for the Y's Youth & Government (Y&G) program. New delegates are invited on Wednesday, Sept. 13 from 6:30-8 p.m. to learn more. Both programs are hosted at the Crescenta-Cañada Family YMCA.

For families with littles, the Y's Learning Tree Preschool located at the Verdugo Hills Family YMCA is now enrolling for ages 18 months to 5 years old. The



fully-licensed facility offers a year-round program and just earlier this summer debuted its newly-constructed accessible playground. Tours of the preschool and financial aid options are available for interested families. Explore everything the Y has to offer and more at [ymcafoothills.org](http://ymcafoothills.org).



## ST. BEDE THE VENERABLE INTRODUCES NEW PARENT EDUCATION PROGRAM STARTING SEPTEMBER 5

PEACE & PLAY: PARENT EDUCATION AND CATHOLIC ENRICHMENT EDUCATING PARENTS. NURTURING FAMILIES. CREATING MEMORIES.



PEACE & Play, St. Bede's newly launched parent education program kicks off September 5 and provides Parent Education and Catholic Enrichment to parents, grandparents and/or caregivers of preschool aged children from 0-5 years. Parents come to class, relax, and find peace in a safe environment

while the kids play and parents bond with fellow parents. Throughout the

program, parents learn new parenting skills and strategies, get tips for nurturing their families, and create priceless memories. Fall classes are offered on Tuesday, Wednesday, and Thursday mornings. Online registration opens August 16 at [www.bede.org](http://www.bede.org).

PEACE (Parent Education and Catholic Enrichment) & Play continues with the same format of the long running parent education program at St. Bede started by Jo Ann Gantus back in 2010 -- a side by side learning experience for parents and their preschool aged children. The newly launched program also incorporates additional elements that distinguish this unique program from others in the community.

With faith filled classes based on Catholic teachings and traditions, PEACE & Play fulfills a much needed niche for Catholic families and their children between baptism and the start of their elementary school education. While Catholic prayers and traditions are used in classes, being Catholic is not a requirement. Classes are open to parishioners and non-parishioners alike. All are welcome.

Each class features:

- Opening and Closing Prayer
- Child Rearing/Educational Discussion Topic
- Socialization Time for Children and Adults
- Art Activity, Project, or Experience
- Rug Time: Songs, Dance, Nursery Rhymes, Books

For questions or more information, contact Director of Parent Education/PEACE & Play, Patti Sternau at [parented@bede.org](mailto:parented@bede.org).



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## INTRODUCING ST. BEDE'S NEW PARENT EDUCATION PROGRAM: FOR PARENTS, GRANDPARENTS, OR CAREGIVERS OF PRESCHOOL CHILDREN AGES 0-5 YEARS



Faith filled classes based on Catholic teachings and traditions where parents can come to class, relax, and find peace in a safe environment while the kids play and parents bond with fellow parents.

ALL ARE WELCOME!

PEACE & Play fulfills a much needed niche for Catholic families and their children between baptism and the start of their elementary school education. Being Catholic is not a requirement. Classes are open to parishioners and non-parishioners alike.

THREE CLASSES OFFERED THIS FALL, STARTING SEPTEMBER 5.



Tuesday Morning Multi-Age Class 9:00-11:00 am

Wednesday Morning Multi-Age Class 9:00-11:00 am

Thursday Morning Baby Class 9:30-11:00 am

ONLINE REGISTRATION OPENS AUGUST 16 [www.bede.org](http://www.bede.org)



215 Foothill Boulevard, La Cañada Flintridge, 91011 818-949-4300 | [www.bede.org](http://www.bede.org)

## Experience Immaculate Heart A Catholic, Independent, College Preparatory School Empowering Girls in Grades 6 – 12



Immaculate Heart High School & Middle School "Educating the Hearts & Minds of Young Women Since 1906" Sign up for Shadow Visits & Admissions Events at [immaculateheart.org](http://immaculateheart.org) 5515 Franklin Avenue ♥ Los Angeles, CA 90028 ♥ (323) 461-3651

### IMMACULATE HEART LAUNCHES 118TH YEAR OF SCHOLARSHIP, SERVICE & SISTERHOOD

Immaculate Heart opens its doors this month as both the high school and middle school welcome current students and new "IH Pandas" in grades 6-12 to the campus community. As a Catholic, independent, college preparatory school, Immaculate Heart empowers young women as lifelong learners who are ready to embrace today's challenges and opportunities.

Founded in 1906, Immaculate Heart offers a distinguished history with more than 11,000 graduates and beloved traditions. Now in its 118th year, Immaculate Heart remains committed to intellectual excellence, leadership, service and justice through a rigorous and integrated program of academic, spiritual and co-curricular activities, including athletics. Its hillside campus, centrally located near Griffith Park, welcomes students of geographic, ethnic and religious diversity. Virtually 100 percent matriculate to college, including to the most prestigious universities in the country, with many students receiving substantial merit scholarships.

Immaculate Heart's high school curriculum offers 14 honors classes and 17 Advanced Placement courses, including the two-year AP Capstone course. Other unique offerings, like "Engineer Your World" and "Advanced Algebra with Financial Applications," promote interest in science, technology, engineering and math fields as students tackle real-world scenarios. Immaculate Heart's Catholic identity is rooted in service to others and social justice. Last year, students contributed more than 14,000 hours of community service. Additionally, students participate in retreats and liturgies, theatre, visual arts and more than 30 clubs. Approximately 73 percent of all high school students also play at least one IH sport. Im-



Immaculate Heart seniors sing the school's alma mater on the campus quad.

maculate Heart fields teams in basketball, cross country, diving, equestrian, fencing, soccer, softball, swimming, tennis, track & field and volleyball, including beach volleyball. Prospective students can register for Shadow Visits at both the high school and middle school. Students in eighth and seventh grades can also sign up for Academic Playday on Saturday, Nov. 4. Learn more at [www.immaculateheart.org](http://www.immaculateheart.org).

**Immaculate Heart High School & Middle School**  
5515 Franklin Avenue | Los Angeles, CA 90028 | (323) 461-3651

### BACK TO SCHOOL FUN FACTS!

What do Benjamin Franklin, John Hancock, Robert Treat Paine, Samuel Adams, and William Hooper have in common? They all signed the Declaration of Independence and attended Boston's Latin School.

Boston Latin School is the United States' oldest public school. It opened on April 23, 1635.

In 1903, Crayola started making crayons. They originally only came in 8 colors: blue, black, brown, green, orange, red, violet, and yellow. Now Crayola makes 120 different colors!

### OPTIMUM SLEEP (continued)

the brain responsible for attention, memory and inhibition control, compared to those with healthy sleep habits," said study corresponding author Ze Wang, PhD, professor of Diagnostic Radiology and Nuclear Medicine at UMSOM. "These differences persisted after two years, a concerning finding that suggests long-term harm for those who do not get enough sleep."

But it is not just mental health lack of sleep affects, it also affects physical health. Sleep strengthens the immune system, enables muscle and tissue recovery and helps regulate hormones. Sleep deprivation can affect the development of the frontal lobe, a part of the brain that is critical to control impulsive behavior, according to the Sleep Foundation.

There are many reasons students may not be able to get enough sleep. Some are, as was said, medical challenges and should be looked at by a pediatrician; but for most it comes down to getting into a routine that is conducive to sleep.

According to American Family Physician, tips for getting enough sleep include:

For school-aged children, maintaining a pleasant bedtime and wake up routine, trying to have consistency on weekdays and weekends, avoiding electronic media or television before bedtime, keeping the sleeping area cool, quiet and dark, avoiding caffeinated beverages or food several hours before bedtime, avoiding vigorous activity before bedtime.

Tips for teens include:

Encourage a consistent bedtime and wake up time on weekdays and weekends; discourage bright and blue light exposure (electronic devices) before bedtime.

If your child is still having problems falling asleep, staying asleep, has snoring, sleepwalking or daytime problems like being cranky or hyper, talk to your child's doctor.

PLEASE JOIN US FOR

## An Open House

Interested in Kindergarten-5th Grade? Adults please join us at 8:45am on one of these dates:  
**October 18 or December 1**

Interested in 6th-8th Grade? Adults and students please join us at 9:30am on:  
**November 4**

We invite you to join us for a tour of our campus, including classroom visits; to hear from students, faculty, and administrators; and to learn about the warmth, compassion, and learning environment of the Wesley community.

Register at [www.wesleyschool.org](http://www.wesleyschool.org)

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## BACK TO SCHOOL GOALS & DREAMS

#### Career Planning - for - High Schoolers

Those who are in high school may not be sure of future vocation plans. But now is the time to start thinking about - and planning for - the future before graduating.

Explore your interests  
Learn about yourself  
Identify possible careers  
Do your research

Get experience  
Internships  
Jobs

Visit <https://tinyurl.com/ykfk2va5> for more information.

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Applications and Private Tours Available Starting September 18th  
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## Get everything you need to succeed this school year!

### Connect with Los Angeles County for student resources for all ages.

- 1
Parks: After school recreation, sports, teen programs, and extracurricular classes  
[parks.lacounty.gov](http://parks.lacounty.gov)
- 2
Library: Homework help, tutoring, books, music, movies, and story time  
[lacountylibrary.org](http://lacountylibrary.org)
- 3
Arts: Performances, museums, college internships, and the Arts Education Collective  
[lacountyarts.org](http://lacountyarts.org)
- 4
Mental Health: Counseling and educational resources  
[dmh.lacounty.gov](http://dmh.lacounty.gov)
- 5
Fire Department: Coloring books and flash cards  
[fire.lacounty.gov](http://fire.lacounty.gov)
- 6
Public Social Services: Toy Loan Program  
[dpss.lacounty.gov](http://dpss.lacounty.gov)
- 7
Youth @ Work: Job opportunities for youth ages 14 to 24  
[ajcc.lacounty.gov](http://ajcc.lacounty.gov)

5th District Supervisor • County of Los Angeles

## Kathryn BARGER

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**CLAIRBOURN SCHOOL:  
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Clairbourn is a CAIS and WASC accredited independent school for Preschool through Grade 8 students, and it has been voted The Best Private School in San Gabriel Valley since 2019.

Clairbourn goes above and beyond to ensure students have the opportunities they need to be well-rounded and academically prepared for success in top private high schools. Students are taught to become strong thinkers, communicators, and caring human beings. Instruction is differentiated to bring out the best in each student. We have an expansive campus with ample classroom space to ensure a successful on-campus learning experience. We are committed to "Creating Scholars and Leaders with Heart," and our graduates stand out because of this.

**INQUIRE TODAY!** To learn more about how Clairbourn can provide an excellent education for your child, visit [www.clairbourn.org](http://www.clairbourn.org) or call 626-286-3108.

**Name of school:** Clairbourn School  
**Head of School:** Dr. Amy Patzlaff  
**Address:** 8400 Huntington Dr., San Gabriel, CA 91775  
**Phone number:** 626-286-3108  
**Website:** [www.clairbourn.org](http://www.clairbourn.org)



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**GLENDALE  
COMMUNITY COLLEGE:  
THE STRATEGIC CHOICE**

Earning a college degree may be the single most important decision when planning one's career path. Choosing the best school to match the student's goals is important, but it's even more imperative that the choice does not burden the graduate with crushing student debt that follows them for decades. For 96 years, Glendale Community College has been the bridge between student dreams and their success. With the rising cost of college, GCC is positioned to deliver a host of high quality, yet affordable, educational options.

Transferring to your dream school is more than a wish; it is attainable thanks to our guaranteed transfer agreements with multiple universities. Why pay full cost for the first two years of general education when the "GCC Promise Plus" provides two years of tuition-free education? First-time, full-time students can dramatically reduce the cost of their college education without sacrificing quality. In addition, it's more than a promise – it's a plan, built around support services to help our students reach their goals.

If the four-year college track is not for you, consider GCC's hands-on learning opportunities offered through our career education programs. Solid high paying jobs can be obtained in months, not years, at a fraction of the cost of private colleges. Certificates and degrees are available in a number of fields including welding, manufacturing, culinary arts, business and computer programming.

GCC's vision to be the region's premier learning community includes personal enrichment classes. Want to learn piano? A new language? Imagine spinning a pottery

wheel or traveling the world to experience other cultures. It is all available at GCC at minimal cost.

Variety is not limited to just our diverse programs. GCC is committed to providing options in how you learn. We recognize that many students prefer online learning opportunities to fit their schedule or personal needs. GCC offers both, with high level student support services (counseling, financial aid, tutoring, etc.) to increase student success.

If you have a dream, we have the pathways and support to make it a reality. GCC is more than a strategic choice; it's the bridge to your best life



**Glendale Unified First Day of School August 16, 2023**  
*Media Schools: Mann and Cerritos Elementary*

Elementary Schools		Start Time
Balboa	1844 Bel Aire Drive, Glendale, CA 91201	8:10
Cerritos	120 E. Cerritos Avenue, Glendale, CA 91205	9:10
Columbus	425 W. Milford, Glendale, CA 91203	8:10
Dunsmore	4717 Dunsmore Avenue, Glendale, CA 91214	8:05
Edison	435 S. Pacific Avenue, Glendale, CA 91204	8:15
Franklin	1610 Lake Street, Glendale, CA 91201	8:10
Fremont	3320 Las Palmas Avenue, Glendale, CA 91208	8:10
Glenn Oaks	2015 E. Glenn Oaks Blvd., Glendale, CA 91206	8:10
Jefferson	1540 Fifth Street, Glendale, CA 91201	9:20
Keppel	730 Glenwood Road, Glendale, CA 91202	8:00
La Crescenta	4343 La Crescenta Avenue, La Crescenta, CA 91214	8:15
Lincoln	4310 New York Avenue, Glendale, CA 91214	8:15
Mann	501 E. Acacia Avenue, Glendale, CA 91205	8:15
Marshall	1201 E. Broadway, Glendale, CA 91205	8:15
Monte Vista	2620 Orange Avenue, La Crescenta, CA 91214	8:10
Mountain Avenue	2307 Mountain Avenue, La Crescenta, CA 91214	8:20
Muir	912 S. Chevy Chase Drive, Glendale, CA 91205	8:15
Valley View	4900 Maryland Avenue, Glendale, CA 91214	8:15
Verdugo Woodlands	1751 N. Verdugo Road, Glendale, CA 91208	8:20
R.D. White	744 E. Doran Street, Glendale, CA 91206	8:10
Middle Schools		
Roosevelt	222 E. Acacia Avenue, Glendale, CA 91205	9:30
Rosemont	4725 Rosemont Avenue, La Crescenta, CA 91214	9:28
Toll	700 Glenwood Road, Glendale, CA 91202	8:30
Wilson	1221 Monterey Road, Glendale, CA 91206	8:30
High Schools		
Clark	4747 New York Avenue, Glendale, CA 91214	8:30
Crescenta Valley	2900 Community Avenue, La Crescenta, CA 91214	8:30
Daily	220 N. Kenwood Street, Glendale, CA 91206	8:30
Glendale	1440 E. Broadway, Glendale, CA 91205	8:30
Hoover	651 Glenwood Road, Glendale, CA 91202	8:30



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**Altadena Campus**

Early Preschool – Grade 7 & Mandarin Bilingual Program  
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Our other Southern California campus Mission Viejo | West Los Angeles

\*Grades offered vary by location.  
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Abundant resources  
Supportive & caring community

- **Parent-Child Classes** - Parents & children 0-5 yrs attend together, or **Discussion-only** without child
- **Parent Only Classes** - Parents or grandparents of elementary through young adult children
- **Express Classes** - 4-6 week evening, lunchtime, or online

Affordable childcare, scholarships & payment plans available  
**FREE trial class - schedule online**



Register at [lacanadapc.org/parented](http://lacanadapc.org/parented)

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