

Welcome BACK TO SCHOOL SPECIAL SECTION 2025 Part 2

Preparing Pre-Teens and Teens for the Classroom Includes Immunizations

Young people ages 7 to 18 are busy checking off their back-to-school or college lists. Visiting their pediatrician or family doctor to get up-to-date on immunizations should be part of that list. Immunizations will prepare their immune systems to recognize and resist viruses that spread quickly once classes begin. These are viruses that can lead to health issues like infertility, muscle paralysis, brain damage, blindness, deafness and cancer.

The recommended immunization schedule approved by the American Academy of Pediatrics (AAP) is based on ongoing review of the most recent scientific data and relies on two main factors: when the vaccine works best with your child's immune system and when they need protection most.

"Seeing your pediatrician to catch up on vaccinations helps keep classmates, teachers and others in the school community healthy, too," said Rebekah Fenton, MD, FAAP, an adolescent medicine physician at a community health center in Chicago.

The AAP is sharing this information about recommended vaccines and the diseases they prevent:

Meningococcal Disease. At 11 or 12, your pre-teen should get their first dose of meningococcal vaccine to protect against meningococcal disease, a fast-acting disease that is life-threatening if not caught and treated within a few hours. Caused by bacteria that can infect the bloodstream, brain and spinal cord, anyone can get meningococcal disease. Among young people, it's most common in babies and 16-20 year olds. Infections are spread through close contact like coughing or kissing, and lengthy contact in spaces like college dorms.

Meningococcal ACWY (MenACWY) vaccine protects against four bacterial strains, labeled A, C, W and Y.

Meningococcal B (MenB) vaccine protects against another bacterial strain and is recommended for kids with certain chronic health conditions that make them more vulnerable or anyone 16-18 whose pediatrician recommends it.

Meningococcal ABCWY (MenABCWY) combines pro-

tection from MenACWY and MenB. If both vaccines are recommended at the same visit, it can be used instead of separate injections.

Tetanus, Diphtheria and Pertussis. At 11 or 12, pediatricians give the Tdap booster to protect against tetanus, diphtheria and pertussis (whooping cough). It's a slightly different version of a vaccine your child received as a baby (DTaP), with lower doses of the diphtheria and pertussis vaccines. After this, they'll need additional boosters every 10 years.

Tetanus is caused by exposure to naturally occurring bacteria in soil or dust through a break in the skin. Tetanus produces a toxin that causes painful muscle contractions. Also known as lockjaw, it can cause neck and jaw muscles to lock, making it hard to open the mouth or swallow.

Diphtheria causes serious throat infection, breathing problems and heart failure. The vaccine is a lifesaver. Before it existed, diphtheria killed one of every five kids infected.

Pertussis can cause a cough that won't go away and sometimes vomiting or trouble breathing. The protection your teen got from their childhood vaccine starts to wear off around age 11, making the booster essential. Teens can easily spread the disease, including to infants, who are at even more risk.

Human Papillomavirus (HPV). The HPV vaccine prevents genital warts and works well to protect against strains of the virus that cause more than 90% of six types of cancer, including cervical cancer, penile and anal cancers, and cancers of the mouth and throat. Vaccinating kids ages 9-12 allows them to build strong immunity against the virus before exposure. If they don't get the first dose until age 15, they'll need three doses.

Influenza. The flu is unpredictable and there is no way to know if your child will have mild illness and miss just a few days of school or if they will get seriously ill and need hospital care. But be wary: U.S. flu deaths in children broke records during the 2024-25 season, with at least 216 deaths. The AAP recommends flu shots annually for everyone 6 months



Photo: (c) DragonImages/Stock via Getty Images Plus

and older to prevent severe illness.

COVID-19. Millions globally, including teenagers and children, have received the COVID-19 vaccine. If your child has never had this vaccine, their immune system won't be ready to recognize and resist the virus that can lead to long-term problems associated with COVID.

Delaying vaccines leaves your child vulnerable to preventable diseases. The AAP vaccine schedule is designed to prepare their body to resist contagious diseases as early and fully as possible. This keeps them healthy and active, instead of missing out while they're sick.

Learn more about vaccines at www.HealthyChildren.org and catch up on those your child missed. Most vaccines can be given at the same time as others.

"Kids' and teen's bodies can handle multiple vaccines in a short time because their immune system is in constant learning mode," said Dr. Fenton. "Vaccines help kids stay healthy by keeping them ahead of serious, preventable diseases."

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WELCOME BACK TO LOGS!

Flintridge Sacred Heart Academy, a Catholic, Dominican, independent, college-preparatory, day and boarding high school, educates young women for a life of faith, integrity, and truth.



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SEPTEMBER 24
OCTOBER 8
OCTOBER 28
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Welcome BACK TO SCHOOL

SPECIAL SECTION 2025 *Part 2*



WELCOME BACK, TOLOGS! LEADING WITH FAITH, INTEGRITY, AND TRUTH

There's nothing quite like the energy at Flintridge Sacred Heart Academy (FSHA) at the start of a new school year. The Hill buzzes with anticipation — classmates reconnect, faculty set the tone and new students step into a community that will challenge, support and celebrate them.

"We're proud to welcome our TOLOGS back to a place where young women lead with purpose, are courageous thinkers and embrace their power to make their mark," said Principal Rebecca Bostic. "At Flintridge Sacred Heart Academy, our all-girls environment isn't just empowering — it's transformational! Rooted in Veritas, we're building a generation of confident young women ready to change the world."

Guided by their Dominican Catholic mission, Flintridge Sacred Heart Academy encourages students to think critically, act compassionately and deepen their faith. FSHA's challenging academic program, vibrant residential and day community, and commitment to spiritual formation prepare students not just for college, but for a lifetime of leadership and purpose.

"At Flintridge Sacred Heart, our mission is unwavering — to form young women of faith, integrity and truth," said President Marlena Conroy. "We are deeply committed to helping each student become her most curious, courageous and authentic self — grounded in Dominican values and inspired by a lifelong love of learning."

Whether they're diving into research in their state-of-the-art STEM labs, exploring justice in humanities seminars or discovering their creative voice in the arts, students are encouraged to take intellectual risks, ask meaningful questions and grow into the most authentic version of themselves.

This year, Flintridge Sacred Heart Academy is excited to welcome the Class of 2029 and transfer students and open its doors to prospective families eager to learn more about the Flintridge Sacred Heart Academy experience.

Come see how tradition and transformation meet—on the Hill!
Visit us, learn more at fsha.org/visit



ST. BEDE THE VENERABLE CATHOLIC SCHOOL: BALANCING EDUCATION WITH FAITH AND CHARACTER AND CELEBRATING A LEGACY OF CATHOLIC EDUCATION

St. Bede the Venerable will kick off the 2025-2026 school year with new principal Mr. Brandon Birr. Mr. Birr has been working with St. Bede faculty and staff over these last summer weeks preparing for the new school year.

Pastor Fr. Jim Bevacqua expressed his excitement in starting the new school year under Mr. Birr's leadership: "I am proud to welcome Brandon to the St. Bede School team. During our conversations, it was abundantly clear that he embraces our mission to educate the whole child — mind, body and spirit. I am confident that he will guide our school community into the future with both academic excellence and our trademark faith development."

Mr. Birr commented: "I am thrilled to join the St. Bede community and can't wait to meet and work with the students, parents, faculty and staff. I am committed to establishing and nurturing the highest academic standards and am equally committed to accompanying students along their faith journey. I am looking forward to a great 2025-2026 school year."

St. Bede the Venerable School is a vibrant, co-educational TK-8th grade Catholic learning community. For nearly 75 years, St. Bede has been empowering its students through faith development and academic excellence. With a track record of superior academics that ranks in the top 5% of all schools in the Archdiocese of Los Angeles, the school continues to grow and thrive while expanding its curricular and extracurricular offerings. St. Bede is proud of its tradition of educating the whole student through mind, body and spirit, developing the next generation of leaders who are well-educated, have a strong moral compass, deep faith and true sense of community. The school offers religion, art, music, technology and Spanish in addition to the traditional subjects during the school year.

For more information, visit www.stbedeschool.net, or find us on Facebook / Instagram at [@stbedethevenerableschool](https://www.instagram.com/stbedethevenerableschool).

St. Bede the Venerable Catholic School, principal: Brandon Birr, 4524 Crown Ave. in La Cañada, CA 91011. Visit www.stbedeschool.net or phone (818) 790.7884 or email contact@stbedeschool.net.

SUPERINTENDENT DR. DARNEIKA WATSON EXTENDS WELCOME BACK MESSAGE



Welcome to the 2025-2026 school year! Our Glendale Unified Board of Education, administrators, teachers and staff are excited to welcome our students back to campus on Aug. 20! Whether you

are new to our district or returning for another chapter of your journey in GUSD, I want to personally welcome you to a district committed to excellence, equity and belonging. I continue to be inspired by the dedication, heart and vision that everyone brings

to our schools each day.

Over the past couple of years we've worked diligently, side by side, to make meaningful progress — navigating challenges, celebrating successes and always keeping students at the center of our work. This year, we continue our shared commitment to accelerating our progress in closing opportunity gaps — we see this in our classrooms, in our policies and in the everyday interactions that shape student lives. Every student in our district will receive access to the tools, support and high expectations that will help them thrive.

We will continue to foster a positive culture of learning where curiosity, creativity and kindness are the foundation of every school. This culture doesn't happen by chance — it is something intentionally built by how we treat one another, how we celebrate growth and how we face challenges together.

We will also continue to invest in the professional growth of all employees. Each employee in our district brings richness and strength to this work and this year we're supporting their development to help them grow in their craft, leadership and impact.

When our staff grows, our students grow.

None of this progress is possible without a deep, unwavering commitment to the health and safety of our students and staff. Every student and employee deserves to feel safe, seen and supported physically, emotionally and socially.

As we begin this new school year, I am committed to ensuring that you feel encouraged, empowered and cared for. We will continue to elevate student voices, build strong partnerships with families and community members and create inclusive spaces where every student feels seen, heard and valued.

To our Board of Education: Thank you for your continued trust. To our educators and staff, thank you for your dedication and partnership. And to our students — you inspire us every day. I am fortunate to witness the incredible effort our students, families and staff bring to this work every day.

Here's to a powerful, purposeful and positive school year ahead!

THE ADVENTURE IS YOURS!

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La Salle
COLLEGE PREPARATORY
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PASADENA, CA 91107



SCAN HERE TO LEARN MORE!

TEN FUN FACTS ABOUT SPACE

1. One million Earths could fit inside the Sun — and the Sun is considered an average-size star.
2. For years it was believed that Earth was the only planet in our solar system with liquid water. More recently, NASA revealed its strongest evidence yet that there is intermittent running water on Mars, too!
3. Comets are leftovers from the creation of our solar system about 4.5 billion years ago — they consist of sand, ice and carbon dioxide.
4. You wouldn't be able to walk on Jupiter, Saturn, Uranus or Neptune because they have no solid surface!
5. If you could fly a plane to Pluto, the trip would take more than 800 years!

continued on page 16

Welcome Seniors, this is your year and graduation is within your reach.



Continuing Education
Parent/Child Classes

FREE In-Person and Online Classes for Parents of Children from Birth to Preschool & Beyond



Fall Classes Start on September 2

Registration Open Now

This program provides a side-by-side learning experience for parents and their young children. Parents participate in music, dance, stories, and art activities with their children in an observational preschool setting.

Learn about child development, how to deal with behavioral issues, and educational, artistic, and musical activities you can do with your child. Join other parents in discussions of issues facing everyone when raising children.

For more information and a schedule of classes: Parent Education Program
<https://www.garfield.glendale.edu/programs/parent-education>

818-240-1000, ext. 5670



CENTER FOR CHILDREN



We offer before & after school drop off & pick ups at 7 local elementary schools!

CFC is now accepting applications for the 2025-2026 school year.

We accept children from the ages of 6 wks. to 6th grade.

Our mission is to provide quality child care that is nurturing, respectful and educational, reflecting Christ's love to the children and their families.

center4children.com



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LA SALLE COLLEGE PREPARATORY: COMMITTED TO NURTURING GLOBAL CITIZENS

La Salle College Preparatory, founded in 1956, is the largest Catholic coeducational high school serving the greater Pasadena area. The Centers of Innovation allow students to participate in hands-on experiential learning in medical innovation, global and cultural perspectives, cinematic arts and digital design, and linguistic exploration. With rigorous college prep curriculum, award-winning arts programs, robust athletic opportunities and focus on service-learning, we invite you to learn more about our commitment to nurturing future global citizens.

La Salle is committed to the formation of global citizens with the tools to learn, serve and lead their respective communities, and thrive in their academic and life endeavors.

We invite you to learn more about La Salle College Preparatory at lasallehs.org.



MOVIES IN THE PARK HOSTED BY LA CAÑADA CONGREGATIONAL CHURCH!

La Cañada Congregational Church brings back its Movies in the Park film series for a fourth year lasting over six weeks. Everyone is invited to these free, family-friendly events

each Saturday starting at 6 p.m. from Sept. 20 to Oct. 25 at Memorial Park in La Cañada Flintridge. This year's films feature the power of unlikely friendships.

"The message of these films is that our differences do not have to hold us back from caring for each other," said LCCC's pastor Rev. Kyle Sears. "We hope to give families an accessible way to meet together, have fun and make memories."

Though the movies start at dusk, the fun gets underway early. The theme of each film inspires crafts, activities and food trucks to deepen the enjoyment. And we always kick off Movies in the Park with a Disney film and that means Disney karaoke to start – this year with the 2016 hit "Moana." Participants can make shiny shells inspired by Tamato and enjoy Hawaiian food from Aloha Fridays.

The message of one movie is particularly meaningful this year. "Paddington 2" is the story of a refugee unjustly imprisoned. Inspired by the movie, representatives from the International Institute of Los Angeles will share their important advocacy work on behalf of immigrants and refugees. Anyone who donates at least \$25 will receive their own Paddington Bear to take home.

"I hope a night at the movies can also demonstrate the power of a community that cares for those in need," Rev. Sears said.

The Movies in the Park: Unlikely Friendships line up is:

Sept. 20 – "Moana"

Sept. 27 – "Looney Tunes: The Day the Earth Blew Up"

Oct. 4 – "Paddington 2"

Oct. 11 – "The Wild Robot"

Oct. 18 – "The Emperor's New Groove"

Oct. 25 – "Wicked" (Sing-Along Version).



EMPOWERING ADULTS, ONE SKILL AT A TIME Free Noncredit Programs from Glendale Community College – Garfield Campus

Looking to boost your résumé? Earn your high school diploma? Pick up new tech skills? Or maybe you're simply curious about fitness, current events or acting?

Whatever your goal, Glendale Community College's Noncredit Business & Life Skills (NCBLS) division is your next step – and best of all, it's free.

Our division offers tuition-free classes designed for adults of all ages and stages. Whether you're entering the workforce, changing careers, reengaging with education or pursuing a lifelong passion, we've got you covered. Programs include:

- **Allied Health** – Explore fast-track paths to caregiving, medical assisting and healthcare support roles.
- **Basic Skills and GED/Adult High School Diplomas** – Improve your reading, writing and math or finish your secondary education, on your time, with caring instructors.
- **Business and Technology** – Learn office skills, accounting, keyboarding, business writing, customer service skills and basic computer skills as well as Microsoft Office 365 programs and more.
- **Lifelong Learning** – From fitness and current events to acting and creative writing, our classes keep minds sharp and spirits lifted.
- **Parent Education** – For parents and caregivers of young children looking to build skills and community.

Our instructors are not just experts, they're encouragers, mentors and champions of your success. Classes are designed for real life: hands-on, relevant and designed to meet you where you are.

With in-person and remote options, and morning, afternoon and evening classes, our flexible schedule means you can learn on your terms, even with work, family or other commitments.

Whether you want to get ahead, stay sharp or try something new, now's the perfect time to join the thousands of adult learners already thriving at GCC.

Classes start Sept. 2. Visit garfield.glendale.edu or call (818) 240-1000 ext. 5690 to learn more.

Ready to apply? Go to Noncredit New Student Checklist | Glendale Community College, CA - Garfield Campus. It's never too late to start. Let us help you take that first (or next!) step.

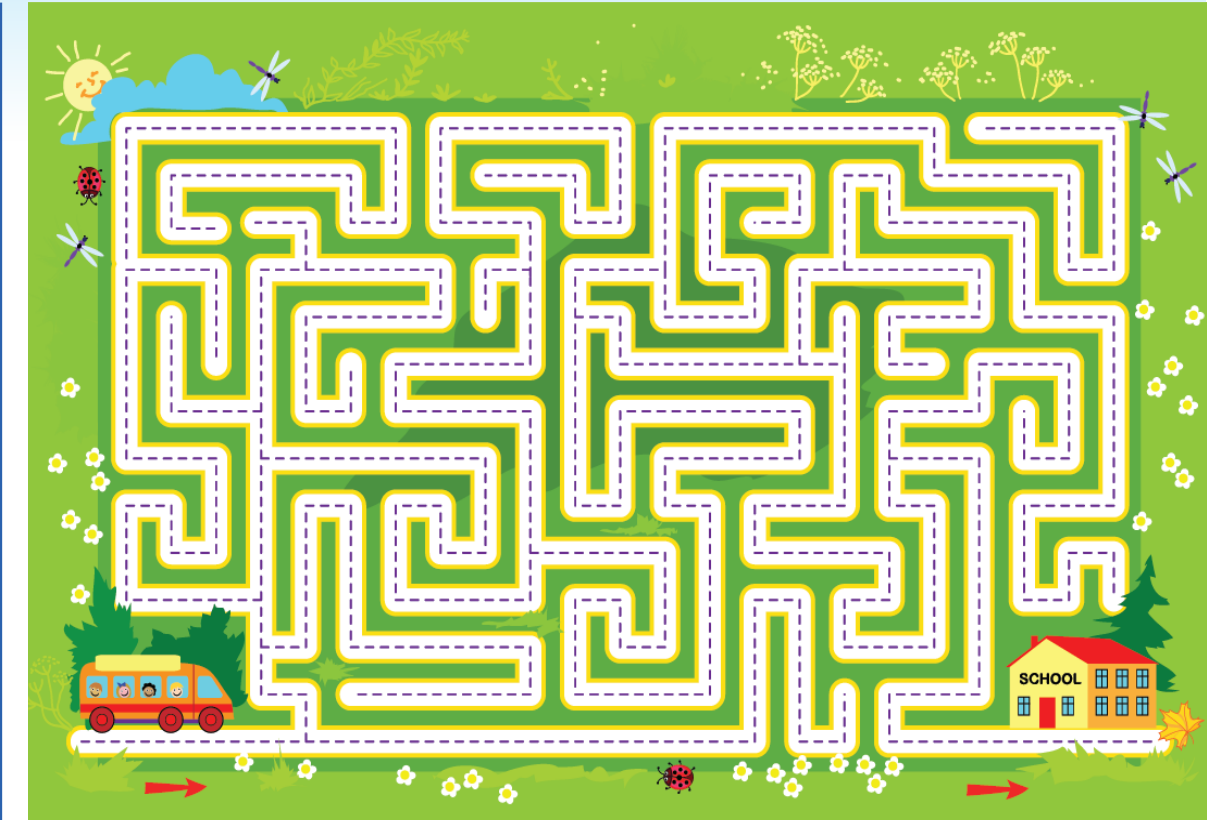
Welcome BACK TO SCHOOL SPECIAL SECTION 2025 Part 2



TRUSTED CHILDCARE IN LA CRESCENTA SINCE 1969!

Center for Children, a ministry of La Crescenta Presbyterian Church, has been serving local families with love and dedication since 1969. The center offers a nurturing infant program, a play-based preschool program, and a trusted school-age program. Center for Children has earned a strong reputation throughout the La Crescenta and surrounding communities. Open year-round, except on major holidays and occasionally for teacher professional development days, it offers before- and after-school programs with van service for school-aged kids from the seven local elementary schools. Certified teachers provide a safe, nurturing environment where children thrive, learn, and grow in a faith-centered setting.

Arpy Jahjah-Director



**ST. BEDE THE VENERABLE
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Welcome BACK TO SCHOOL 2025-2026

Preparing our students for their future!

To learn more about our district, visit GUSD.net

TEN FUN FACTS ABOUT SPACE

6. Space junk is any human-made object orbiting Earth that no longer serves a useful purpose. Scientists estimate there are about 500,000 pieces of space junk today, including fragments from rockets and satellites, and everyday items like spanners dropped during construction of the International Space Station.
7. An asteroid about the size of a car enters Earth's atmosphere roughly once a year – but it burns up before it reaches us. Phew!
8. The highest mountain known to man is on an asteroid called Vesta. Measuring a whopping 22km in height, it is three times as tall as Mount Everest.
9. There are more stars in the universe than grains of sand on all the beaches on Earth. That's at least a billion trillion!
10. The sunset on Mars appears blue.
<https://www.skyatnightmagazine.com>

**TEMPLE SINAI
OF GLENDALE**



You are invited to Religious School Open House

**Sunday, August 24, 4 pm – 6 pm
1212 North Pacific Ave. Glendale**

Join Pre-K through 7th-grade parents for cocktails and hor d'œuvres and learn about our wonderful Religious School, including free Kindergarten for temple members!

**All are welcome!
Childcare provided
Please RSVP**



Where Judaism Means Community