



**2020 Red Ribbon Week
Parent Seminars**

AGENDA

8:00 RED RIBBON WEEK VISION & THEME

8:05 INTRODUCTIONS

8:10 PRESENTATION

8: 40 Q&A

9:00 END

RRW VISION & THEME

- NEW VISION :
 - HEALTHY MIND. HEALTHY HEART. HEALTHY BODY.

- 2020 THEME:
 - BE HAPPY. BE BRAVE. BE DRUG FREE.

RED RIBBON WEEK

Healthy mind. Healthy heart. Healthy body.



Fisler School
PTSA
everychild.onevoice.

ROBERT C. FISLER SCHOOL



Mindfulness

Date: October 26, Monday
Time: 8:00 PM
Zoom ID: 863-0440-8036
Password: 350905

*Translation services will be provided in Korean



Mrs. Gallardo

School Counselor

Mental Health Resource for Fidler

Credential in Pupil Personnel Services, School Counseling, MA in Counseling

BIO:

Mrs. Gallardo has been a professional school counselor for 10 years and has worked in elementary, middle and high school public settings. This is her 7th year at FSD and she has provided support services for students and families within the Kinder-12th grade age group for the past 15 years. She attended CSU Long Beach to obtain a BA in Sociology and has a MA in Counseling from Chapman University with a Pupil Personnel Services Credential for K-12. She is passionate about working with students and families to provide academic, social-emotional and college/career counseling services and recently received the Orange County Department of Education 2020 Professional School Counselor Award.

건강한 마음

날짜: 10월 26일, 월요일

시간: 저녁 8시

Zoom ID: 863-0440-8036

Password: 350905

* 동시 통역(한국어)



Mrs. Gallardo

휘슬러 심리 상담교사

Pupil Personnel Services 자격증,
학교 상담 자격증,
석사 상담심리학

소개:

갈라도 선생님은 롱비치 주립대에서 사회학을 전공 하였고 첼맨 대학원 에서 상담학을 전공 하셨습니다. 갈라도 선생님은 킨더부터 12학년을 상담하신지는 15년되었으며 플러튼 교육구에서 교직하신지 올해 7년째입니다. 갈라도 선생님은 열정을 가지고 아이들과 학부모의 심리/정신건강과 아카데미 및 대학상담을 하고 계시며 오렌지 카운티 교육구에서 2020년 학교 상담사로 상을 받으셨습니다.

We Are Not Okay: Parenting in the Age of Social Media & Global Pandemic

Date: October 27, Tuesday

Time: 8:00 PM

Zoom ID: 863-0440-8036

Password: 350905

*Translation services will be provided in
Korean



Esther Yang, MD

CHOC CHILD PSYCHIATRIST

Specializes in ADHD, counseling, children & adolescents, psychiatry

BIO:

Dr. Esther Yang is a board certified child and adolescent psychiatrist currently practicing at the Children's Hospital of Orange County. She attended UCLA for her undergraduate studies, Loma Linda University for medical school, and UCI for residency and fellowship. She has always had a particular interest in minority mental health and was the recipient of the SAMHSA Minority Fellowship during her training where she researched the effects of mental health in Asian American communities. She is a wife and mother and is currently adventuring through pandemic homeschooling.

“당신은 관찰습니까?”

글로벌 팬데믹과
소셜미디어 시대의 학부모

날짜: 10월 27일, 화요일

시간: 저녁 8시

Zoom ID: 863-0440-8036

Password: 350905

* 동시 통역(한국어)



에스더 양 박사

CHOC 소아 정신과 전문의
주의력결핍/과잉행동 장애 전문,
청소년 상담 전문,
상담사

소개:

엄마이자 와이프로써 홈스쿨링을 통해 팬데믹을 헤쳐나가고 있는 에스더양 박사님은 UCLA 에서 학사를 전공하시고 Loma Linda 대학에서 의대를 전공하셨으며, UCI 에서 레지던트 및 헬로쉽을 마치셨으며 현재 소아/ 청소년 정신과 전문의로 오렌지 카운티 병원에서 근무하고 계십니다. 박사님은 미성년아들 심리와 정신건강에 늘 관심이 많았으며 SAMHSA 에서 아시아 - 아메리칸 아이들의 정신건강 논문으로 수상 경력이 있습니다.

Cyber Safety

Date: October 28, Wednesday

Time: 8:00 PM

Zoom ID: 863-0440-8036

Password: 350905

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Sam Ricchio

Assistant Director of Innovation & Instructional Support



Mrs. Beecher

Assistant Principal for Fisler

Single Subject in Social Science, Administration
MA Educational Administration

BIO:

Sam Ricchio: Grew up in Fullerton and attended Rolling Hills, Ladera Vista Junior High, and graduated from CSUF. Have been in the tech industry for 28 years and currently work for the Fullerton School District as Assistant Director of Innovation and Instructional Support (IIS) for the past 18 years. As the Assistant Director of IIS, I am in charge of the network and do digital forensics investigations and data recovery as well as data destruction. I am the father of three boys and in my free time, I repair computers, do data recovery and data destruction, digital forensics investigation, and play jazz guitar.

Mrs. Beecher: I have been an educator for 18 years. I taught History–Social Science for 2 years at Brea Olinda High School, but in 2004, I got the chance to apply for a position as a 6/7th grade teacher for a new school in Fullerton—Robert C. Fisler School. I am one of a few inaugural staff members left at Fisler and for 16 years, I taught 6th, 7th, and 8th grade History/Social Science and Leadership at Fisler, but am currently the Assistant Principal at our school. I love serving our community and am proud to be a Navigator!

사이버 안전

날짜: 10월 28일, 수요일

시간: 저녁 8시

Zoom ID: 863-0440-8036

Password: 350905

* 동시 통역(한국어)



Sam Ricchio

Assistant Director of Innovation &
Instructional Support



Mrs. Beecher

휘슬러 교감
사회학,
행정, 행정 석사

소개:

Sam Ricchio:

Rolling Hills, Ladera Vista Jr.High, CSUF 졸업후 IT 분야에서 28년째 일하고 있습니다. 현재 플러튼 교육구에서 18년째 IIS 근무하고 있으며 IIS 어시스턴트로서 네트워크 및 디지털 포렌식과 데이터 복구 또는 제거하는 일을 하고 있습니다.

3명 아들을 둔 아버지이며 컴퓨터 수리, 데이터 복구/제거/디지털 포렌식 그리고 재즈기타를 치며 여가시간을 보냅니다.

Mrs. Beecher:

18년동안의 교직생활중 Brea Olinda High School 에서 역사/사회교사로 2년간 근무하였고 그후 Fisler로 이직해 처음 개교때부터 지금까지 16년간 교직하고 있습니다. Fisler에서 중학교 역사/사회학과 리더쉽을 가르쳤으며 지금은 교감으로 교직중입니다. Fisler 커뮤니티를 섬기는것이 저의 기쁨이며 우리 학교 의 일원인것을 영광스럽게 생각합니다!

New You

Date: October 29, Thursday

Time: 8:00 PM

Zoom ID: 863-0440-8036

Password: 350905

*Translation services will be provided in Korean



Beatriz Ramos

CHOC Certified Dietician

Specializes in Infant and Adolescent Nutrition, Breastfeeding, Weight Management, and Metabolic Nutrition

BIO:

Beatriz graduated from Los Angeles City College with an associate degree in Dietetics in 1998. She has been a Registered Dietetic Technician since 2001. Beatriz has worked at CHOC Children's Hospital since 2007. In 2011, Beatriz became a Certified Lactation Educator Counselor because she knew the importance of breast milk is for her youngest of patients and wanted to be able to support breastfeeding mothers. Because of her passion for education on obesity and weight management, she obtained a Certificate of Training in Childhood and Adolescent Weight Management in 2017. To help prevent foodborne illness, she also obtained her ServSafe Certification in 2018. In her spare time, Beatriz enjoys hiking, running, reading, and spending time with her family—especially her two grandchildren: Giovanni (3 years) and Natalie (6 months).

새로운 당신

날짜: 10월 29일, 목요일

시간: 저녁 8:00시

Zoom ID: 863-0440-8036

Password: 350905

* 동시 통역(한국어)



Beatriz Ramos

CHOC 영양사

영/소아/청소년

모유수유, 체중관리, 기초대사영양 전문가

소개:

1998년도 LACC 에서 영양학을 전공하고

2007년도부터 CHOC 에서 영양사로 근무하고 있습니다.

영양사로서 근무하다보니 모유수유가 얼마나 중요한지 깨닫게되어

2011년도에 모유수유 카운셀러 자격증을 취득하였습니다.

영양사로서 소아/청소년 비만에도 관심이 쏠리면서 2017년도엔

체중관리자격증도 취득하게 됩니다.

2018년도에는 음식 질병 예방인 ServSafe 자격증을 취득하였습니다.

그 외 여가시간에는 독서, 하이킹, 조깅 그리고 그중 손녀들과 보내는 시간을

제일 좋아합니다.