

FREE

School News

Education + Communication = A Better Nation



Covering the Redondo Beach Unified School District

VOLUME 8, ISSUE 74

www.SchoolNewsRollCall.com

NOVEMBER 2014

BOARD OF EDUCATION



Raising Healthy Students

Did you know parents are the most important people in a child's life? Your words, actions, and lifestyles will have the greatest impact on your children. A healthy lifestyle begins

at home. Many families use food to reward children for good behavior and academic performance. A cookie after school or a treat for a good test score is an easy and inexpensive way to bring about short-term behavior changes. But using food as a reward can often have negative consequences that go further than the short-term reinforcement. Using food as a reward can interfere with

Anita Avrick
Presiding Officer

See BOARD OF EDUCATION • Page 14

Oorah!



The proud Redondo Union High School MCJROTC Battalion. The cadets gain a sense of pride, dedication to duty, and unit cohesiveness. MCJROTC has received national recognition as a Naval Honor School for the fifth consecutive year. (please see page 12)

Partners in Education



Dr. Steven Keller

As your proud superintendent of schools, perhaps the most enjoyable part of my job is speaking to groups, small and large, about the greatness that is the Redondo Beach Unified School District (RBUSD). For the last

eight and a half years, I have made it my personal and professional goal to highlight our outstanding staff members, our stunning and state-of-the-art facilities, our progressive educational agenda, our focus on the whole child, our supportive community that may not have children in our schools, our incredible relationship with the Beach Cities Health District, and of course our demanding yet caring Board of Education (also known as my bosses).

Truly, we are a special learning community, and I enjoy sharing our positive narrative, as I do here. But, let's face it, people eventually tire of hearing me share our story in all of its optimistic glory. Where the true credibility comes into this scenario is when we have community advocates sharing our story or modeling what that story represents.



2014 Education Advocate of the Year, Peter Boesen, accompanied by his family.

Partners in Education (PIE) annually selects an Education Advocate of the Year. For the last several years, we have honored these recipients at our school district's State of Education event. PIE believes that these people provide both "time" and "dime" to our Redondo Beach schools. Typically, these folks are in our community singing the praises of staff members and the "good to great" message, they are volunteering time in various RBUSD endeavors, and they are often donating their own personal money to RBUSD efforts that benefit our students or staff. Indeed, these are special people. These are individuals who we deeply trust and who demonstrate care for the RBUSD family. Below are the names of the most recent recipients.

We thank them once again for their unwavering support and leadership.

- | | | | |
|-----------|-----------------------------|-----------|--------------|
| 2007-2008 | Barbara ramsey-Duke | 2008-2009 | Kurt Schmalz |
| 2009-2010 | Anita Avrick | 2010-2011 | Susan Burden |
| 2011-2012 | Sandy Pringle | 2012-2013 | John Parsons |
| 2013-2014 | Terry Martinez/Gentil Smith | | |

Donations Help Fund Teacher Grants



Ted Craddock
President

One of the RBEF's greatest legacies is its annual Teacher Grant Program. Our district has some of the most amazing and dedicated teachers, and so each year we ask them to submit grant requests to help augment and enhance the core curriculum.

Their ideas to help supplement our children's learning experiences are inspirational. Hundreds of thousands of dollars have been awarded to our district's teachers over the years. But we need your help to continue this longstanding tradition.

The RBEF is now accepting grant applications for our 2014-2015 Innovative Teacher Mini Grants. Donations made throughout the year will help fund these grants, and these

funding opportunities are available to all RBUSD certificated employees. Applications are submitted by individuals or teams of teachers at the elementary, middle and high school levels.

This year the potential projects will be focusing on an innovative way to support our district's "From Kinder to College" initiative. This includes programs to engage our students in new and meaningful ways, whether through technology, hands-on experiences, or by the use of original teaching materials.

Ideas that place an emphasis on college readiness, augment the current core curriculum, and benefit a large number of students – such as an entire grade or subject – are considered the most fitting for these Mini Grants. Likewise, the projects should have clear goals and measurable outcomes.

Last year the RBEF was able to fund a number of projects at the different schools. Some of them included Vernier LabQuest Interfaces and Physics Probeware and Sensors, the Orange County National College Fair, and the "Up and Running" science lab for special education students. Other grants around the district included Stand Up for College: Instrumental Music, Nonfiction Reading Promotes Student Success, and "WEB-Where Everyone Belongs" at the middle school. All of these ideas came directly from our incredible, creative and talented educators.

We want to support all of the amazing people who are dedicated to our children. To help make these great things happen for our district students, the RBEF relies on donations from parents, grandparents, community members, corporate partners, and philanthropic organizations. Currently we have 20 percent of our families participating, but just think of how much we could do with more! Please consider giving today at www.rbef.org. Any amount is appreciated.

Our students deserve it, and our teachers are ready to make it happen.

This year the potential projects will be focusing on an innovative way

to support our district's

"From Kinder to College" initiative...

Our students deserve it,

and our teachers are ready to make it happen.



Kay Coop
Founder/Publisher



Congratulations to Peter Boesen, Advocate of the Year. The supportive Redondo Beach community is remarkable and certainly demonstrates their value of education.

Our next issue is December 3rd just in time for Winter Break. Have a Happy Thanksgiving and be sure to read the Blue Zones Project's article on page 5 "Thanksgiving Health Unstuffed." From the articles in this issue it is clear the District focuses on students being physically fit so they will undoubtedly make excellent choices at the holiday table.

School News

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www.schoolnewsrollcall.com

Covering the
**REDONDO BEACH UNIFIED
SCHOOL DISTRICT**

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Health News

by Jennifer Frances Logan, MD

How can I help my child with constipation?

Constipation is a common problem in children characterized by infrequent, painful or hard-to-pass stools. Parents should contact a doctor if the condition lasts more than two weeks or affects the child's daily activities.

Several factors may cause children to become constipated, most of which are not dangerous. These may include a diet that is low in fiber or liquids, a lack of exercise and stress from a change of school or new routine.

When constipation is a problem

Another common cause of constipation is “withholding,” a behavior in which children postpone stooling or stop themselves from having bowel movements. Many children avoid toileting because they are busy with other activities or reluctant to use unfamiliar

toilets. Some children start withholding after a painful episode of constipation. Withholding behaviors, however they start, can cause a cycle of constipation that is difficult to break.

Once a child has been constipated for more than a few days, retained stool can fill up the large intestine, causing it to stretch. When stool enters the rectum and isn't eliminated right away, it becomes hard, dry and painful to pass, which may make the child more likely to avoid the toilet. Children in a cycle of withholding may experience severe abdominal pain and soiling, in which liquid stool resembling diarrhea leaks out of the child's rectum.

Treating constipation

Most constipation can be eliminated with exercise and dietary changes such as



incorporating more fiber and water into the child's diet. Exercise, especially about 15 minutes after a meal, also helps stimulate bowel movements. Over-the-counter stool softeners can help soften stools and make them easier to pass.

When to see a doctor

Constipation in children is not usually serious. Chronic constipation, however, may lead to complications or in rare cases signal an underlying condition. If your child soils him or herself by passing stool anywhere other than the toilet, your child may suffer from chronic constipation, and should be evaluated by a doctor and may require treatments.



Dr. Logan is a family medicine physician at the UCLA Health office in Redondo Beach, located at 514 N. Prospect Ave., and sees patients of all ages.

Signs and symptoms of constipation in children include:

- Two bowel movements or fewer in a two-week period
- Bowel movements that are hard, pebbly and difficult to pass
- Abdominal pain or pain during bowel movements
- Large stools that clog the toilet
- Poor appetite and crankiness
- Bleeding from the anus caused by passing hard stool

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Miller Children's & Women's Hospital Long Beach

2801 Atlantic Ave., Long Beach, CA 90806 • 562/933-KIDS • MCHLB.org

New "Normal" After a Diabetes Diagnosis?



Mario Brakin, MD
Medical Director,
Endocrin,
Diabetes &
Metabolic Center

Having a child diagnosed with diabetes is a major event, but it's important to keep everything in perspective. Managed properly, diabetes shouldn't prevent your child from doing anything other kids do.

Think ahead: Form a consistent schedule, and carry around diabetes supplies, such as snacks and treatments for low blood glucose.

Take an active role in their health care: Arrange for routine follow-up visits, call your child's doctor if you have questions and become an advocate for their health.

Stay organized: Put your child's diabetes routine on the refrigerator or carry around an organized kit, labeling the items inside, and keeping spares on hand.

Communicate: Develop a system to help you and your child remember when and who gave medicines. Determine ways of keeping in contact with your child, their school and other caregivers. Post emergency numbers in a visible location. It can be helpful to others caring for your child.

Take care of yourself: When possible, share the load and try to do things together (e.g. draw insulin, discuss solutions). Parents need time to themselves, so educate other caregivers, such as babysitters, grandparents and older siblings, so you don't have to be with your child at all times.

Living with diabetes can be scary, especially at first. Diabetes has been added, but nothing about your child has been taken away. Sometimes diabetes can even be a positive change. If everyone improves their diet and exercises, this can be a healthy change for your family.



Our specialists are the leaders in children's health care.

After receiving treatment at Miller Children's for diabetes, Marcelino Sr. recognized the same symptoms in his son: fatigue, excessive thirst and frequent urination. He took Marcelino Jr. to the emergency department at Miller Children's where he too was diagnosed with diabetes. Knowing the kind of care he would receive, Marcelino Sr. requested his son be seen by the care team at Miller Children's Endocrine, Diabetes & Metabolic Center. With diabetes now under control, Marcelino Jr. has time to play king of the castle!

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Our specialty:
Pediatric Diabetes

Marcelino's specialty:
King of the Castle



Marcelino Jr., 4-years-old, Miller Children's Diabetes Patient is supported by a strong foundation: **Marcelino Sr., his father**

Health Care Enrollment Help at BCHD



Dr. Lisa Santora
Chief Medical
Officer

Last year, millions of families enrolled in health care coverage through Covered California™, the state's implementation of the Affordable Care Act. As a result, millions of previously uninsured Californians now have access to health care coverage, and the uninsured rate in our state dropped from 22 percent to 11 percent.

Open enrollment for Covered California launches November 15, 2014. During this period, families and individuals can explore their health care options and renew policies for 2015.

Health insurance coverage can be a very complex, however, you can cut through much of the clutter by reviewing your policy and asking the right questions.

- What is my network? Your insurance company gives you a list (or "network") of doctors and facilities you can choose from. You need to make sure your doctor and the facilities you use are in this network.
- What is my deductible? Your deductible is the amount you have to pay out-of-pocket before your health insurance plan kicks in. Be wary of high-deductible plans – the monthly premiums are lower, but your deductible is higher.
- What is my co-insurance? Your insurance may pay for only part of a service, so be sure to ask.
- What is my co-payment? This is how much you have to pay every time you see your doctor or fill a prescription.
- What is my out-of-pocket maximum? This is the maximum you are required to spend on your deductible and co-insurance before your health insurance covers 100%. The individual maximum will be \$6600 and the family maximum will be \$13,200 in 2015.

Beach Cities Health District is a certified Covered California enrollment site, which means we offer no-cost enrollment assistance to individuals and families in the Beach Cities. Call (310) 374-3426, ext. 256, to schedule an appointment.

Thanksgiving Health Unstuffed



Jens Brandt
RUHS Assistant
Principal /
Blue Zones
Project Liaison



Dr. Denise Bevly
BCHD-
Youth Services
Senior Manager

By Dr. Denise Bevly, BCHD Youth Services Senior Manager

Parents, overstuff your turkey this Thanksgiving... but not your children. On November 27, families across the country will gather together to share fond memories and time-honored foods, but overindulgence doesn't need to be on the menu this holiday.

So in the spirit of a healthy and delicious holiday season, here are five tips to consider when planning your Thanksgiving meal.

- Think 80% Rule. Blue Zones Project teaches us to eat until we are 80% full – stopping when we feel satisfied, not stuffed. Model this approach for your kids.
- Go Green. Make sure your Thanksgiving turkey is surrounded by plenty of vegetable sides like green beans, broccoli, winter squash and salad. Encourage your kids to try a little bit of everything on the table.
- Savor the Moment. Eat slowly, savor eat bite and socialize with your family and friends at the table. Eating slowly allows your stomach to better recognize when it's full.
- Do the Turkey Trot. Before and after dinner, get your kids moving with backyard football, a family walk on the Strand or a quick bike ride.
- Spread the Wealth. Send leftovers home with your guests so they aren't tempting your family for weeks after.

Most importantly, take the emphasis off of food this Thanksgiving and instead spotlight what really matters: family, friends and feelings of love and gratitude. Happy Thanksgiving!

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Strengthening Our Roots



Dr. Annette Alpern
Deputy
Superintendent,
Educational
Services

Thanks to a generous \$50,000 donation from a national oil company, all eight RBUSD elementary schools now have the opportunity this fall to compete in the international “FIRST Lego League” robotics program.

Starting out with a small band of committed parents just a few years ago, our program has now grown to 15 organized teams and over 150 fourth- and fifth-grade students. Worldwide, there are over 265,000 children from 80 countries who will be taking on this year’s challenge of, “What is the future of learning?”

The teams meet weekly after school with our parent- and teacher-mentors serving as guides. They strategize their team’s approach to the challenge question, program an autonomous robot in order to score points on a themed playing field, and work under the FIRST Lego League’s core values.

Specifically, these values state: “We are a team. We do the work to find solutions with guidance from our coaches and mentors. We know our coaches and mentors don’t have all the answers; we learn together. We honor the spirit of friendly competition. What we discover is more important than what we win. We share our experiences with others. We display gracious professionalism and cooperation in everything we do. And, we have fun!”

As you can see, our students are indeed preparing themselves for their futures. They are learning important skills and having fun!



The early stages of sorting through the Lego start-up kits.



Dolphinator team members from Jefferson Elementary conducting a trial run of their robot.

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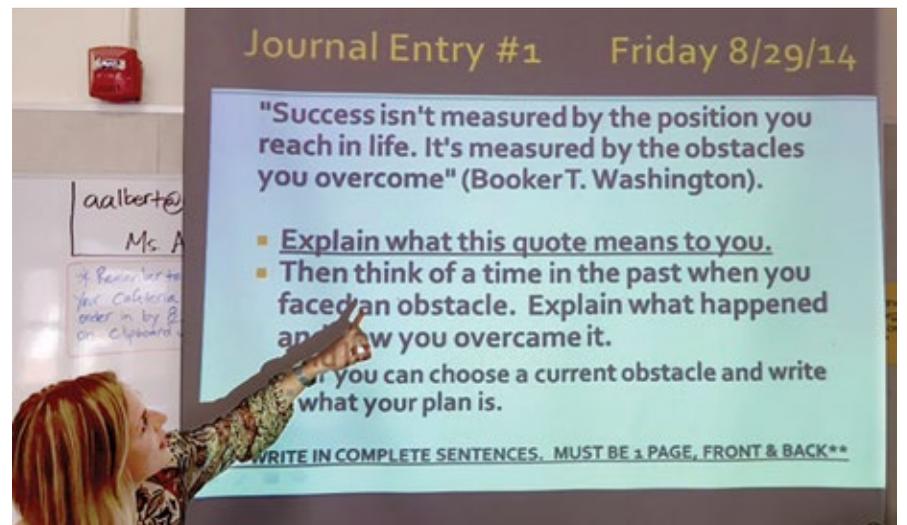


Sue Hall
Principal

Teacher Alayna Albert is raising the bar and challenging her Redondo Beach Learning Academy students to reach for greatness.

Ms. Albert is developing a relevant and rigorous curriculum by utilizing engaging instructional tools and technology. Committed to supporting her students’ social and emotional growth, she has also created many opportunities for them to bolster their self-confidence and give back to the community. Her lessons are aligned with the Common Core State Standards and focus on interpretation, analysis and application.

Examples include examining world news and linking it to historical events; writing to demonstrate comprehension and analysis of text; and using in-depth discussions to apply knowledge to real life. Ms. Albert also values student input, and will ask for her students’ ideas throughout the year. Recently she assigned a poetry reading and response poem, and her class is now planning a “poetry slam” for the students, parents and staff to enjoy.



Ms. Albert likes to incorporate music and art into the curriculum to encourage self-expression. To help build self-awareness, she uses journaling to track her students’ progress on personal goals. To build self-esteem and encourage healthy living, the RBLA has also partnered with the CLARE Foundation and the Beach Cities Health District. The students have started a life skills group, as well as several community projects like growing a vegetable garden and helping with the transition and preschool programs. They already finished reading their first novel and have shared their interpretations with the class.



RBLA students reading a novel.

Ms. Albert is impressed by what she has seen so far. She is confident that when her students leave RBLA they will be prepared to integrate back into the comprehensive high school setting. They are clearly dedicated to both learning and meeting high expectations. In fact, many of Ms. Albert’s students are now planning to continue their education and attend college. Now that is good news!



Keep Learning!



Vivian Ibarra
Director

Henry Ford said, "Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."

Have you ever thought that, "I want to learn how to...?" Well, the South Bay Adult School (SBAS) may be the place for you. Since 1918 the SBAS has been offering a wide variety of classes to adults of all ages. Our classes can help you learn a language, cook a meal, exercise your body or brain, paint a picture, buy a house, play an instrument, or much more.

Adults who need to learn English or gain their high school diploma can also come to SBAS and further their education. This fall we even started a new online learning program with over 200 classes. Now we have everything from SAT test-prep to digital scrapbooking and travel writing.

Some of our most popular classes are the parent education programs. Here families with children from birth to age five can sign up for parent-child classes. We also have classes during the day and at night for working parents. The adults make lifelong friends and the children get a great preschool experience.

So come learn, enjoy yourself, and meet new people. You can develop new talents or refine your skills. We invite you to take advantage of the wonderful resources available to you, and learn why so many people take classes at SBAS each term. Our teachers are exceptional, our classes are interesting, and our prices are affordable.

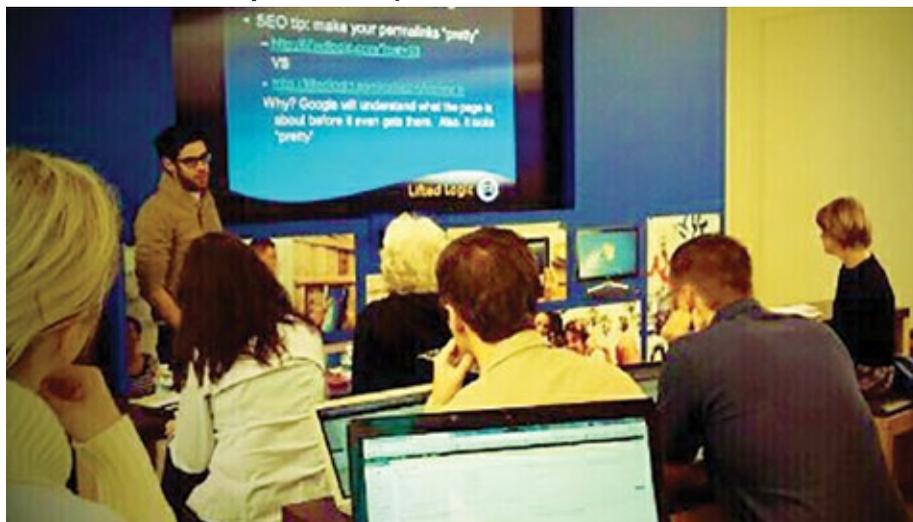
Registration for any old favorites or new additions is easy. Just log on to www.southbayadult.org and sign up. Like us on Facebook at www.facebook.com/SouthBayAdultSchool and receive early updates or special offers about classes. The winter term starts on January 5, 2015.



Art Class at SBAS!



Brain HQ class helps with memory.



Learning how to use wordpress websites.

Zebra On the Plains

By Co-Chairs Alicia Rubio & Sue-Anne Silkes

Black and white stripes were seen in Redondo Beach classrooms as students learn to draw Zebra's. Zebra on the Plains, a project inspired by English painter George Stubbs and contemporary Kenyan artist Paul Kimotho, taught students how to break down an image into simple shapes to accomplish their artistic goal of painting a Zebra. The art of line drawing, backlighting, the concept of negative space as well as different pencil techniques were also presented. The final result was one of the most recognizable black and white subjects, the Zebra.

Next month, a lesson in French impressionism with the creation of Fields of Lavender!



Sean Clancy, a 1st grader in Mr. Hodder and Ms. Meyers class at Alta Vista Elementary uses a white prism color pencil to create his Zebra



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Making Music



Theresa Van Dusen
Director

Research shows that music improves a child's memory, cognitive development, learning skills, and ability to express emotion. Music makes a child a better learner, teaches self-control, improves coordination, enhances creativity, and inspires a lifetime appreciation of music and movement.

—Gretchen Axton



Singing using egg shakers.

Adams Middle School (6–8)

2600 Ripley Ave., Redondo Beach, CA 90278 • 310/798-8636 • <http://www.adamsmiddle.org>



Anthony Taranto
Principal

Meeting Emotional Intelligence

Art, poetry, and music are vehicles by which children can express themselves. But research shows that the arts are also closely linked to academic achievement, social and emotional development, civic engagement, and equitable opportunity (Smith, 2014).

According to the National Assembly of State Arts Agencies (NASAA, 2006), there are certain academic, basic, and comprehensive benefits associated with student learning experiences in the arts. Reading and language development, and mathematics, can thus benefit from student participation. For example, reading readiness in young children is developed through dance. The study of music has also provided a context for teaching language skills (NASAA, 2006).

Spatial-temporal reasoning has been known to be developed through certain types of music instruction. In fact, a meta-analysis of multiple studies confirmed that students who are involved in orchestra or band during the middle and high school years actually perform better at math in the twelfth grade.

The arts also contribute to the development of student creativity, problem solving, expression, self-confidence, persistence, and engagement at school. Music, dance or the visual arts can play a key role in forming a student's self-perceptions and social relationships.

The arts also help to create a positive learning environment. By providing a complete and well-rounded education, the arts educate the whole child.

Alta Vista Elementary (K–5)

815 Knob Ave., Redondo Beach, CA 90277 • 310/798-8650 • <http://altavista.rbusd.org>



Susan Wildes
Principal

Bringing the Arts to Life

Six times a year, the Alta Vista Elementary School cafeteria fills with parents from all over the South Bay and Redondo Beach areas, and the work of local artists comes to life. Wildlife sketches, impressionistic paintings, watercolors and multimedia materials spring to life from the paper. Inspired by artists such as Paul Kimotho, Claude Monet and Jordana Klein, the South Bay Hands On Art program reaches more than 8,000 students by bringing art education into our schools.

Hands On Art is a non-profit program funded through fundraising and donations by the Redondo Beach Art Group and local PTAs. Led and operated by volunteer docents, parents attend six workshops per year to be trained in artist-inspired learning projects that they in turn deliver to our students. Classrooms as young as preschool and extending into middle school are provided with the opportunity to explore their creative side and express themselves through the various art mediums and techniques.

As our students study and learn the techniques and the history of local, as well as famous artists, they are able to experiment themselves and develop their own artistic styles. The materials and mediums may vary between projects and the inspirations may range, but we see our students being able to connect to each project in their own unique way. This opportunity to engage in self-expression is priceless for our students, and bringing parents in to work in the classroom increases the value and the depth the experience provides.



Happy Thanksgiving

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Beryl Heights *Elementary (K-5)*

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Karen Mohr
Principal

Keeping Physically Fit

Childhood obesity rates are at an all-time high: today nearly one in three children and teens in the United States is obese or overweight. We know that physical activity produces overall physical, psychological, and social benefits and that inactive children are likely to become inactive adults. It is Beryl Heights Elementary School's mission to get our students up and moving and educated about their physical, mental, and emotional well-being in order to change these detrimental statistics.

In the morning our eight-minute exercises before instruction begins are just one way to get our students moving. We also have four amazing Walking School Bus routes, where more than 50 students walk to school with each other, socialize, and get exercise to start the day. Our running club takes place three times a week, where students run around the field and keep track of their miles throughout the year in order to reach the 100-mile goal. Beryl also offers several after-school programs that engage students in exercise: tennis, basketball, and soccer.

We believe that incorporating these practices into our daily routines will help our students become more active and will encourage them to participate in their own nutrition and healthy living. We want all 478 of our students to get moving, get involved in exercise, and make healthy choices for the rest of their lives.



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TRYOUTS AT MIRALETE INTERMEDIATE SCHOOL:

U8 Girls...	Dec 8 th & Jan 12 th	4:30-5:45pm
U8 Boys...	Dec 9 th & Jan 13 th	4:30-5:45pm
U9 Girls...	Dec 8 th & Jan 12 th	5:45-7:00pm
U9 Boys...	Dec 9 th & Jan 13 th	5:45-7:00pm

TRYOUTS AT PALOS VERDES INTERMEDIATE SCHOOL:

U8 Girls...	Dec 11 th & Jan 15 th	4:30-5:45pm
U8 Boys...	Dec 10 th & Jan 14 th	4:30-5:45pm
U9 Girls...	Dec 11 th & Jan 15 th	5:45-7:00pm
U9 Boys...	Dec 10 th & Jan 14 th	5:45-7:00pm

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Birney *Elementary (K-5)*

1600 Green Ln., Redondo Beach, CA 90278 • 310/798-8626 • <http://birney.rbusd.org>



Lisa Johnson
Principal

Let's Get Moving!

At Birney, we recognize the benefits of exercise and healthy living. On a daily basis, our students and staff are afforded opportunities to engage in physical activities and make wise lifestyle choices.

The Birney PTA hosts an annual Jog-a-thon that provides our entire student body an opportunity to participate in a daylong event that promotes good health and being physically active. Our families raise funds to sustain school programs such as Hands-On Art, Hands-On Science, and enriching field trip opportunities.

These fund-raising efforts are celebrated in a day of fun and exercise. Birney's students ran a total of 850 laps last year, and they are determined to increase that number this year!



Birney's Weekly Running Club.

Birney's community also benefits greatly from its partnership with Beach Cities Health District. Through their LiveWell Kids program, students are moving on a daily basis during morning exercises. It is a wonderful sight to see the entire school body beginning their day by participating in eight-minute morning exercises that invigorate the body and mind and ensure that Birney's population starts their day with exercise and fresh air.

BCHD is also supporting the fight against childhood obesity. Garden and nutrition docents assist with the planting and maintenance of school gardens, and students are encouraged to play an active role in their cultivation and enjoy the fruits of their labor. Through parent-led garden and nutrition programs, Birney's students learn lifelong healthy eating habits.

Birney's efforts to develop and sustain programs that promote healthy living have resulted in our receiving the National Healthy Schools Bronze Award from the Alliance for a Healthier Generation in addition to being recognized as a Let's Move! Active Schools National Recognition Award winner!



Students "Cherry Picking" during PE.

At Birney, we are dedicated to creating a vibrant, healthy environment where students and staff can flourish and develop good habits that will help them lead long, healthy lives.

Jefferson *Elementary (K-6)*

600 Harkness Ln., Redondo Beach, CA 90278 • 310/798-8631 • <http://jefferson.rbusd.org>



Dr. Oryla Wiedoef
Principal

We're Physically Fit!

In September, Jefferson students, families and staff were joined by RBUSD board members and Superintendent Keller for the much-anticipated opening of our beautiful new track and field. The ribbon-cutting ceremony was highlighted by speeches delivered by Jefferson's top student runners, Lucas Livingston and Haley Bloch. Hundreds of Jefferson students took to the track for the start of Running Club the moment the ribbon was cut to commemorate the opening. It was an exciting and fun event for all who attended!



Running Club Ribbon Cutting Ceremony.

Running Club has been in place at Jefferson for 10 years. It is open to all students, parents and staff. We run every day as part of encouraging a healthy lifestyle. Running Club is entirely organized thanks to the effort of dedicated parent and teacher volunteers. Research shows that exercise before learning helps students increase their ability to focus and retain information.

School News



Education+Communication=A Better Nation

We are excited to announce our format will change beginning with our February issue. We are converting to booklet size, glossy cover.

Please note I have been an avid recycler since 1964 (back in the day when newspapers were all we could recycle). I am pleased to say the printer I have used for 16 years is environmentally conscious. The company has consistently exceeded the government's guidelines on post-consumer paper use. They use only soy ink, which is environmentally friendly and makes recycling the paper easier. With the new technology no harmful emissions are emitted. Any waste ink is reclaimed and shipped back to the manufacturer for reuse.

We appreciate you including *School News* among your paper reading materials and want you to know we do not take our responsibility lightly.

Kay Coop
Founder/Publisher

Lincoln *Elementary (K-5)*

2223 Plant Ave., Redondo Beach, CA 90278 • 310/798-8646 • <http://lincoln.rbusd.org>



Jeff Winckler
Principal

Chromebooks are Here

Google Chromebooks have arrived in RBUSD! In the final days of September, Lincoln students in grades 3 through 5 were fortunate enough to be the very first students in the school district to receive this remarkable piece of instructional technology.

During the initial rollout period, students received their own Chromebook, which was checked-out to them much as with a book from the library. Following checkout, students were immediately given their first Chromebook lesson on digital citizenship and responsible use. From there, students were able to log in for the first time and begin getting acquainted with what will be one of many tools that will be used to engage our new Common Core Standards and better prepare students to be 21st-century learners.



Lincoln 5th graders receive their first Chromebook lesson.

As a school community, we are thrilled to be taking this huge step for students, thanks to the voters of Redondo Beach through the 2012 Measure Q Bond.

Madison *Elementary (K-5)*

2200 MacKay Ln., Redondo Beach, CA 90278 • 310/798-8623 • <http://madison.rbusd.org>



Drew Gamet
Principal

Above-Standard Practice!

This year, everyone is hearing about how your classroom teachers are implementing Common Core Standards. Most of the time, such as during Back to School Night, you are hearing about how teachers are changing the way they are teaching English, mathematics, social studies and science. However, you may not realize how our music teachers in the district are teaching Common Core standards in their classroom. Here are a few examples:

Students are required to work in collaborative groups and engage in discussions to solve problems within their musical section or ensemble. (SL.5.1.a and SL.5.1.b)

Students will perform, which is similar to giving a report, taking musical ideas for multiple sections in the ensemble and emphasize the primary musical themes at a clear and understandable pace. (SL.5.4)

Students will have to find patterns in harmonic and melodic sequences, all of which occur in mathematical sequences, in order to clearly perform a piece of music. (Standard for Mathematical Practice #8)

This is obviously just a small sample of how our music curriculum is a vibrant part of Common Core. It also supports the fact that our music students are more highly engaged in school and perform better academically as a whole. Thanks to the music-program funding from the Redondo Beach Education Foundation, our students will be far ahead of other students from surrounding district.

Parras *Middle School (6-8)*

200 N. Lucia Ave., Redondo Beach, CA 90277 • 310/798-8616 • <http://www.parrasmiddle.org>



Dr. Lars Nygren
Principal

A 21st-Century Education

Whether it's a video game console, computer, smart phone, or portable music player, children are fascinated with technology. At Parras Middle School, we are capitalizing on our students' desire to use technology in order to improve their education. Redondo Beach Unified School District recently implemented a 1-to-1 netbook program across the school district. Now every student at Parras brings a netbook to school to use in the classroom. To better help students in their education, our school, with the support of our PTSA, has invested in online resources. Students

have better access to safe and reliable databases to conduct their research for papers and projects. When students go to our school Web page at www.parrasmiddle.org, they can access our research databases. Students can also log in and view thousands of safe educational videos on our Web site such as Bill Nye, the Science Guy and Ken Burns' Civil War series. Our language arts and math textbooks are also available for online access. If students are looking for a good book to read, they can access hundreds of novels at our online eLibrary, where they simply log in and check out books to download to their netbooks, electronic readers or electronic tablets.



Students at Parras Middle School use their Chromebooks in class everyday.

Technology has also helped parents. Infinite Campus gives parents and students the ability to have up-to-date information related to assignments, grades and attendance. Parents and students can access this program from their desktop computers or by using the application on their smartphones. Access information can be found on our school Web page.

With the help of Measure Q, the technology bond that was passed by our community, Parras Middle School is well prepared to educate our students in the 21st century!

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Redondo Union *High School*

631 Vincent Park, Redondo Beach, CA 90277 • 310/798-8665 • <http://www.redondounion.org>



Dr. Nicole Wesley
Principal

Oorah!

By "Gunner" Willoughby, Senior Marine Instructor

The Redondo Union High School MCJROTC unit thrives on being active in our local community. During the 2013–14 school year, RUHS' MCJROTC cadets and Color Guard proudly participated in 85 different school and community-service events, including the Torrance Armed Forces Day Parade, Redondo Beach 5K/10K, several Veterans Day ceremonies, Tree Lighting ceremony, Elementary Flag Day ceremonies, and the State of the City Address. Our MCJROTC cadets received congressional recognition by Congresswoman Janice Hahn for service to our community and school. She noted that RUHS has an excellent program in which students learn and exhibit leadership skills.

RUHS cadets excel beyond their involvement in ROTC. Many engage in numerous activities and clubs on campus and perform well academically, receiving many honors and awards. Out of 21 graduating seniors from the class of 2014, 12 went to college and five enlisted in the military. The 2013–14 Drill Teams competed at four separate drill competitions, receiving 10 trophies. The Color Guard competed at six drill competitions, receiving three trophies. The Youth Physical Fitness Team competed once, receiving three trophies. ROTC competed in the Cyber Patriot competition, and the 2014 team advanced to the second round. Several cadets participated in a Basic Leadership Camp in Rialto, and many of those cadets participated in a Senior Leadership Camp in Idyllwild.

Overall, the 2013–14 school year was a successful year and the RUHS MCJROTC cadets look forward to another positive year. The cadets gain a sense of pride, dedication to duty, and unit cohesiveness. Meanwhile, the instructors fostered a superb learning environment, service to something other than self, prompt obedience to orders, and a great deal of motivation. As a result, MCJROTC has received national recognition as a Naval Honor School for the fifth consecutive year.

Tulita *Elementary (K–5)*

1520 Prospect Ave., Redondo Beach, CA 90277 • 310/798-8628 • <http://tulita.rbusd.org>



Dr. Tanaz Farzad
Principal

The Arts are Alive!

We are pleased to have several programs at Tulita Elementary School to cultivate our students' interests and talents in the arts. With PTA's generous support, all students are participating in another year of Hands On Art. Students have fun creating their own masterpieces, with the guidance of the parent docents. The "Art Makes Everything Awesome" theme this year has captured the interest of all our young artists.

Thanks to the support of Redondo Beach Unified School District and the Redondo Beach Educational Foundation, our first- through fifth-grade students have access to additional music and art education. First- and second-grade students are enjoying visual and performing arts lessons presented by artists in residence from the music center. Tulita third- and fourth-grade students will receive weekly music instruction from a credentialed music teacher. Fifth-grade students have the opportunity to participate in instrumental music; over 70 percent of our fifth-grade students have chosen to learn to play an instrument this year.



Fifth grade students receive instrumental instruction.

We are proud of our Tidalwave talent, and we are pleased to see our students developing an appreciation for the arts. Thank you to everyone in the school and city community who supports these programs.

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Washington *Elementary (K-5)*

1100 Lilienthal Ln., Redondo Beach, CA 90278 • 310/798-8641 • <http://washington.rbusd.org>



Kristen Holm
Principal

Keep It Moving

The Washington Elementary School Explorers understand the importance to get moving every day. Students are encouraged to make wise lifestyle choices that promote healthy living with help from the wonderful school staff, PTA, and Beach Cities Health District.

Each day the students participate in eight minutes of exercises to get the day off to the right start. Once a week students learn a dance to get their hearts pumping and toes tapping. Students have enjoyed dancing the Cupid Shuffle, the Cha Cha Slide, and even square dancing.

Students take part in a standards-based Physical Education (PE) taught once a week by certificated PE teachers. They work with students in first through fifth grades on teamwork, cooperation, and physical activity.

Our wonderful PTA also plays a part in keeping our students active. You can find them every Wednesday and Friday out on our field with our Washington Elementary Running Club. It provides a positive and healthy opportunity for our students to develop a routine of physical exercise. Students, parents, teachers, and siblings run or walk as many laps as they can and earn “feet” to add to their running club necklaces. Last year, runners (not including parents, of course) tallied



Washington students dancing the Cha Cha Slide together.



Washington students are jumping for a healthy heart during morning exercises.

up a grand total of 18,764 laps. That is approximately 3,753 miles, only a few miles short of a complete trek to the North Pole! This year we are already 200 runners strong! Keep running, Explorers!

Lastly, Washington’s Walking School Bus “runs” two times per week on two routes, saving gas and helping to relieve the crowded parking lot during drop-off times. The Walking School Bus is sponsored by our partners at Beach Cities Health District and is just one more way students and parents can stay active together.

Washington Explorers are receiving a well-balanced physical fitness education, creating healthy habits, and having fun at the same time. Keep it moving, Explorers!

child's play toys

Imaginative Toys for Creative Kids

**Santa visits
Child's Play Toys**

**Saturday, November 29th
11:00 a.m. – 2:00 p.m.**

Free Pictures, Crafts & Goodies!

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visit our website at childsplaytoys.net

Open 7 Days

31st Annual
Holiday *Festival*

DECEMBER 2-7, 2014

Located in the parking lot at Medical Center Dr. and Skypark Dr.

Enjoy this one-of-a-kind event that includes beautifully decorated holiday trees, boutique, food court and local entertainment. Funds raised by the Holiday Festival support the new Lundquist Tower.

Public Exhibit and Boutique Shopping Hours

- Tuesday, December 2.....1:30 - 3:30 p.m.
- Wednesday, December 3.....10 a.m. - 9 p.m.
- “Senior Day #1” – Free admission to seniors 10 a.m. - 2 p.m.
- Thursday, December 4.....10 a.m. - 9 p.m.
- “Senior Day #2” – Free admission to seniors 10 a.m. - 2 p.m.
- Community Service Group Night – Special Rate \$2..... 4 p.m. - 9 p.m.
- Friday, December 5 – **Closed to the Public**
- Saturday, December 6 10 a.m. - 9 p.m.
- Community Appreciation Day / Free admission
- Sunday, December 7 10 a.m. - 4 p.m.

\$5 General Admission – Children 2 and under are free.

Special Event – Reservation Required

Santa Lunch – \$10 per person – Sunday, December 7, 11 a.m. - 1 p.m.

**TORRANCE MEMORIAL
MEDICAL CENTER**

3330 Lomita Blvd., Torrance, CA 90505 • www.TorranceMemorial.org/HolidayFestival • 310.517.4606

Redondo Beach Council PTA

1401 Inglewood Ave., Redondo Beach, CA 90278 • www.rbusd.org

PTA Scholarships



Lisa Christensen
President

Did you know that our Redondo Beach PTAs offer alumni scholarships? Redondo Beach PTA Council works hard to provide alumni scholarships from our elementary, middle and high school sites. It's just one way we give back to those who have supported PTA here in Redondo Beach. If you have a graduating RUHS senior, have them contact "The Nest" in the RUHS Career Center for more information on scholarships available to them from our local PTAs.

California State PTA also offers scholarships to encourage PTA members to continue their education and pursue studies in higher education in California. The Continuing Education Scholarship Program recognizes volunteer service by providing funds for PTA members to register for courses at accredited colleges, universities, and trade and technical schools in the state. Scholarships are available each year for PTA volunteers, credentialed classroom teachers and counselors, and school nurses. For more details on California State PTA scholarships, contact <http://www.capta.org/sections/programs/scholarships.cfm>.

BOARD OF EDUCATION • From Page 1



Anita Avrick
Presiding Officer

children learning to eat in response to hunger and could teach children to prefer unhealthy foods. Foods like candy and cookies are often used as rewards, and this can lead to health problems for children. Schools and families together have the very important job of helping all children stay healthy.

All Redondo Beach Schools are part of Blue Zones, and we work to help each child choose a healthy lifestyle. You can choose rewards at home that help your children stay healthy and promote great behavior. Sit together as a family and talk about what you want to do to recognize outstanding achievement. You can take a trip to the zoo, cook a meal together, rent a family movie, or have a game night. Rewarding children can also be as easy as special pencils, extra computer time, or new toys or books. Get creative and have fun together. Help Redondo Beach be healthy and start with a healthy lifestyle in your home.

Board of Education



Brad Serkin
President



Michael R. Christensen
Vice President



Anita Avrick
Presiding Officer



Laura Emdee
Member



Brad Waller
Member

Board of Education Regular Meeting Schedule

2014			
November 18	December 9		
2015			
January 13	February 24	April 14	May 26
January 27	March 10	April 28	June 9
February 10	March 24	May 12	June 23
	(April 14 – Organizational Meeting)		

Bicycle Parts–Word Search Contest

Rules!!! One word in the list is NOT in the word search.
When you have completed the word search, one word will be left and that word you email to: Kay@schoolnewsrollcall.com (Please put RBUSD in subject line)

Entries must be received by Dec 15, 2014

From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

BASKET	FRAME	LIGHT
BRAKES	GLOVES	PEDALS
CHAIN	GOOSENECK	REFLECTOR
CHAIN GUARD	GRIPS	SEAT
CRANK	HANDLEBARS	SPOKES
FENDERS	HELMET	TIRES
FORK	KICKSTAND	WHEELS

H	A	N	D	L	E	B	A	R	S	K	M	X	S	A
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A	E	K	P	C	W	A	I	S	G	G	I	G	G	H
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L	P	W	S	E	R	I	T	B	R	R	R	W	K	Y

Road Trips!



Charlene Ashendorf

Road trips! I remember when winter breaks and summer vacations meant it was time for...road trips. The family would “pile” into the blond beauty. She was a 1960 Pontiac Bonneville Safari, and this station wagon was the envy of the neighborhood! These were the days: pre-color tvs or pre- car audio/stereo surround sound and there were no noise canceling headphones. There were no hand held games, tablets or even cell phones to be preoccupied with.

We would travel long distances from the Midwest to exotic locations with singing about bottles of beer on the walls or Frere Jacques sung in rounds. We would pass the time away endless road trip games. There was “I Spy” and 20 Questions. We would shout out license plates from the United States. And my all time favorite was the The Alphabet Game! Using road signs, billboards, shop names and any reading material outside the window would qualify as long as it’s spotted on your side of the car. I remember looking for every letter of the alphabet, in alphabetical order. It was a great game of shouting out loud!

It was a 20 hour drive from Chicago to Miami. Visiting the grandparents meant an overnigher in Tennessee or Georgia. We would pull into a motor lodge with an outdoor pool and felt we were living the high life. After an incredible breakfast at a local diner where hominy grits and soft boiled eggs were served with white toast, the last leg of our road trip would commence. Every winter it was the same destination with new stops along the way. I have a recollection of having dinner one night in a fancy restaurant with red leather booths and velvet walls. I was 10 years old and, it was somewhere outside of Nashville when I was introduced to my first Shirley Temple. (complete with a straw and cherry)!

The summer I turned 14 years old, our road trip covered nearly 2,300 from Chicago to Acapulco Mexico. The blond beauty was showing her age, but she was always up for a road trip. There would never be enough songs to sing or rest stops to recuperate at in this journey that would take us nearly five days. Spending a week with my aunt who lived in the beautiful village of Morelia, Michoacan was memorable; there were parades and horses to ride and endless chores on the ranch. While the drive would not go on record that was set in 1907 in the Paris to Peking intercontinental motor race of 9,300 miles; it was life changing for our family, nonetheless if for no other reason than we survived.

Unfortunately, modern day road trips involved the appropriate gear and electronics with DVD players and pacifying the kids. Some say it has become an art form. Technology has changed the way we travel. Gone are the Rand McNally maps. They have been replaced by GPS systems, digital mapping programs and our Smartphones.

Over the years road trips have been glorified in books and movies. From Kerouac to Steinbeck, “Easy Rider” to “Thelma and Louise”, the adventures of the open road seem to call each of us in the course of a lifetime. But I remember when, the road trips were simple and pure.

Charlene remembers growing up in Chicago with hot and humid summers, leaves that turned colors in the fall and endless winters. Active in her community and church, she advocates for seniors, affordable housing, literacy and libraries. Her hobbies include reading, writing and visiting art galleries. Charlene resides in Costa Mesa with her husband, Dennis who is a teacher in the Newport Mesa Unified School District. <http://about.me/cmash>



Avoid Holiday Stress



Jodie Lynn

Make plans now if you’ll be traveling for the holidays. If flying, mail your gifts early; shop online and have them shipped directly to the recipients or perhaps complete small gift buying once you reach your destination. If online shopping is preferred, be sure to read the fine print before making final decisions as many include handling fees. Additionally, be sure to check out other important terms like their return policy. Try to come up with a reasonable budget and stick to it. Look for in-house specials at various stores and check to see if online coupons and specific deals can also be used during sale dates at the physical storefront.

Save time by organizing a gift list by colors, sizes, manufacturer names and even the names of stores. Avoid last minute shopping as it can lead to poorly thought out purchases that neither you nor the recipient will appreciate.

Keep and file every receipt since we never know what will happen once a product is in the hands of a child.

Mail your holiday cards early to ensure they arrive before the holiday, rather than after. Get the kids to help address envelopes and put on stamps. Depending on how many you are mailing, it might be best to do this in steps so the kids will view it as a kind of holiday game instead of a chore.

Always plan your dinner ahead of time by going to the store with either the recipe or a list of the exact items needed for each dish. If it’s one that uses heavy cream or other fat-laden ingredients, scan a conversion chart for healthier substitutes or check the internet to find more information.

Doing a little each day will help alleviate stress for yourself and your family.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. Her column Parent to Parent™ (www.ParentToParent.com) has been successful for more than 15 years. She is a regular contributor to several sites and has written four books and contributed to three others, one of which was featured on the Oprah Winfrey Show. She has authored several books including *Mom CEO (Chief Everything Officer)*, *Having Doing*, and *Surviving it All!* and *Syndication Secret—What No One Will Tell You!* Check www.ParentToParent.com for details on new radio talk show, Inside Parenting Success.

Note-ables

Love Bug



Kate Karp

Are you a Beluga Grad? If Raffi was part of your childhood, you are. You dug into the meaning of “Baby Beluga” and had a great time singing “Down by the Bay.” And if you’re not one, here’s your chance to get a midlife diploma and mentor the children in your life.

Raffi Cavoukian, known by his first name, is bridging the near generation gap he created by not issuing a children’s CD in the last 12 years. *Love Bug* honors children and the world they live in; the collection is an extension of Raffi’s social-change movement, Child Honoring, as well as his desire to create environmental awareness and action as a team of humans. Worldly wise and socially and environmentally conscious, *Love Bug* pays lip service to causes only through what comes out between Raffi’s own lips.

All songs are meaningful and tuneful; they’re instructive for children and therapeutic for adults. “Mama Loves It” sings about teamwork beginning in the home. The instrumental “Pete’s Banjo” honors Pete Seeger, one of Raffi’s social inspirations. “Seeing the Heart,” like a Zen parable, is interpretable through intuition only, and “Water in the Well”—well, surely a teachable moment for our drought-parched state.

And “Turn This World Around” brings it all together. Raffi’s music is gentle and at the same time serious about the planet, both in leaving it for children and for children doing their part to preserve it. They, too, will be adults someday.

Discover Raffi’s Child Honoring philosophy at www.raffinews.com/.

Kate Karp is an editor for *School News Roll Call* and a freelance writer and editor.

AdventureCamp

Keep your kids active during school breaks!

9am–4pm Ages 4–12

There's no need to change your daily schedule when your kids are on break. Treat them to as little as a day or up to a week of AdventureCamp. Then relax knowing your child is safe and having a blast in the play structure, rock climbing, learning new games in the Sports Court, enjoying arts and crafts time and so much more.

Camp Calendar

Veteran's Day Camp: Nov. 10–11

Fall Camp: Nov. 24–28

Winter Camp Week 1: Dec. 22–26

Winter Camp Week 2: Dec. 29–Jan. 2

No camp on Christmas Day and New Year's Day

SPORTS
COURT
GAMES

ARTS & CRAFTS

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AGES 8+
5-LEVEL PLAY
STRUCTURE

ROCK
WALL

AGES 5+



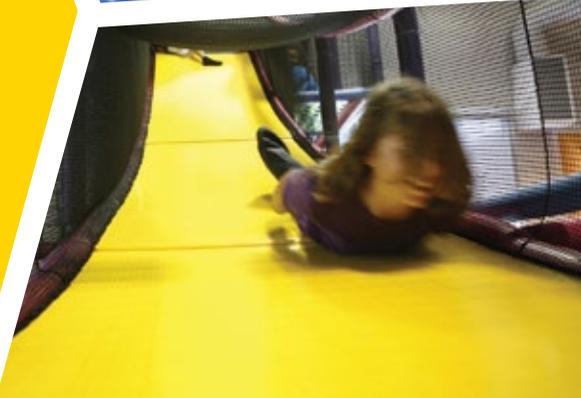
COST:
\$50/day
\$195/week

EXTENDED CARE:
Need more time? Your child can start enjoying AdventureCamp as early as 7am and stay as late as 6pm with the optional extended care, available for an additional \$10/day or \$40 for the week.

LUNCH OPTION:
It's easy to give your child a healthy lunch every day—let AdventurePlex do the work for you for just \$6/day or \$25 for the week.

Register at
AdventurePlex.org

Space is
filling up
ENROLL NOW!



A Beach Cities Health District Program