

Health News

by Ronald Tsao, MD

What do I need to know about the flu?

Children under age 5 are more likely to be hospitalized from influenza complications than those in other age groups. Annual flu shots are the best way to protect your child and family from this potentially serious illness.

Seasonal Influenza

Seasonal influenza is a contagious, but preventable, respiratory illness that can be very dangerous for young children. Every year, approximately 20,000 children under age 5 are hospitalized because of flu complications. Some develop serious health problems from it, including pneumonia or bacterial infections. Although deaths are rare, dozens of children die from flu complications each season.

While influenza and the common cold are caused by respiratory viruses, flu symptoms are considerably more severe. Both illnesses can cause congestion, runny noses and coughs, but flu symptoms often include high fevers (over 102), body aches, headaches, sore throats and sometimes even vomiting and diarrhea.

Prevention

Handwashing, using hand sanitizers and covering coughs can help stop the virus from spreading, but the best way to prevent the flu is by getting an annual flu shot. Flu vaccines are needed yearly because the flu virus arrives in different strains each season and the vaccine is formulated to match the predicted strain.

Every member of the household, not just children, should get a flu shot to ensure maximum protection. It takes about two weeks for the immune system to develop antibodies against the predicted strain, so early October is the ideal time to get vaccinated.

Children who get the flu should not return to school until at least 24 hours after they no longer have a fever or other symptoms. If children are at higher risk of developing complications because they have asthma,

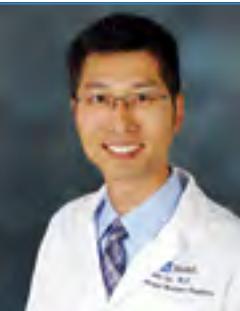


Benefits of flu vaccination:

- Produces antibodies to protect against virus
- Reduces the risk of getting the flu
- Reduces the risk of associated complications and hospitalization
- Reduces illness severity if you do get sick
- Protects others around you who may be vulnerable to serious illness

for example, or are experiencing severe flu symptoms, they should be seen by their doctor. They may receive anti-viral medications such as Tamiflu.

Dr. Ronald Tsao is a board-certified pediatrician and internal and sports medicine specialist at UCLA Health's Redondo Beach medical practice, 514 N. Prospect Ave, suite 103. Visit uclahealth.org/RedondoBeach or call (310) 937-8555.



When to Vaccinate

Flu season typically occurs between late October and March. Children – and adults – should receive the flu vaccine soon after it becomes available because it takes about two weeks to develop flu-fighting antibodies. UCLA Health-Redondo Beach offers flu shots for children and adults. Side effects are rare and may include soreness at the injection site, hoarseness, red eyes, cough or mild fever for a day or two.

Superintendent



Dr. Steven Keller

Successes

The 2018–2019 school year is in full gear now. It's time to share some great news.

In the 2018 California Healthy Kids Survey, 92 percent of our students surveyed stated that "there is a teacher or someone (at my school) who cares about me." In addition, 95 percent of our students surveyed stated they "feel connected to school." This

information is powerful for two reasons. First, our Redondo Beach Unified School District (RBUSD) staff members genuinely care about the students we serve. Second, school connectedness is one of the most important variables in a student's academic success, not to mention his or her social-emotional well-being. This data speaks volumes.

Over the past two years, the RBUSD has installed nearly 250 classroom cooling systems. What's most amazing is that our Board of Education approved a three-phase classroom cooling plan just 18 months ago. We have already completed phases one and two! This means that the RBUSD is on its way to being the first South Bay school district to equip every classroom with energy-efficient cooling. Talk to any teacher experiencing these cooler classrooms on hot days, and they will tell you learning and student engagement are enhanced. Please note that because the RBUSD has experienced growth, the state is providing us with matching bond dollars, which will likely offset the current and future classroom cooling installation costs.

If you have yet to see the five new classrooms at Redondo Union High School (RUHS), you have to take a peek. They are truly stunning classrooms. The natural lighting, the impressive technology, and the new dynamic furniture create a model of what the future holds for teaching and learning.

Speaking of RUHS, the A–G graduating class completion rate is 66 percent. The A–G completion rate essentially highlights our students' four-year college readiness. Although we do not yet have statistics for the class of 2018, we believe this percentage will continue to rise.

Regarding our 2018 California Assessment of Student Performance and Progress (CAASPP) data, elementary and middle school student achievement continues to climb in the RBUSD. Approximately 77 percent of our students met or exceeded standards in English language arts and 72 percent in math. This is indeed impressive.

Perhaps the most impressive data, which has received plenty of television, print, and online press, is the Body Mass Index (BMI) decrease in our students. In 2007, about 20 percent of our students had an elevated BMI rating. In 2018, this number dropped to a remarkable 6.4 percent. This data has directly challenged the national and statewide obesity trends. The bottom line is that plenty

Board of Education



Anita Avrick
Vice President

We are now in full swing for our 2018–2019 school year. We have already had the privilege of attending Back to School nights at the Elementary schools, Middle Schools, RUHS and Shores. It was terrific to see how excited everyone (teachers, parents, students and administrators) was to be back and to hear what was going to be taught in the classes this year. Chrome books have been distributed and students are excited to have them back. Most of the classrooms have cooling systems which makes studying during those hot days a little more comfortable.

The Local Control Funding Formula (LCFF) was a historic opportunity to invest in our children's future. Arts Education aligns with LCFF goals and nurtures a set of unique skills for students that help them succeed in school and in life. Educating the whole child has always been an important part of the RBUSD policy. Common core standards include the arts as essential. We have learned that arts education increases graduation rates and fosters critical thinking and collaboration.

Once again it reminds me how extremely lucky I am to have the privilege of serving on the Redondo Beach Unified School Board. It is an incredible honor and something I do not take lightly. We have an awesome school district with amazing teachers and administrators, not to mention our great volunteers, parents and remarkable students. We are very lucky to have very active PTAs as well as valued partners in the community such as Beach Cities Health District, the Redondo Beach Education Foundation and city leaders.

of school districts talk about educating the whole child, whereas in the RBUSD, we do the heavy lifting to make it happen. With the support of the Beach Cities Health District, Team RBUSD's relentless focus on the social, emotional, and physical well-being of each and every student is emphasized in this remarkable data.

Finally, what truly measures our success is the fact there are more and more parents with young children moving to Redondo Beach. Also, we continue to receive plenty of requests for permits into our district. In spite of a declining percentage of students on permits over the last several years, our enrollment has increased from 8,074 in 2008 to 10,080 currently. The strong brand that is the RBUSD is obviously a magnet, and folks are moving into the city to become a part of our success. What a great problem to have!

The outcomes and data above highlight the facts—the RBUSD is thriving, and we couldn't realize these successes without your support. Thank you!



Kay Coop
Founder/Publisher

Fall is in the air. This is a fun time of year with the crispness in the air.

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Neta Madison
Netragrednik

We are fortunate in SoCal to have mild change of seasons, which allows for the choice to enjoy outside activities including walking to school. In Dr. Keller's message on page 3 he writes about the RBUSD successful efforts for focusing on the social, emotional, and physical well-being of each and every student, which includes exercise. I am always inspired and motivated with his messages.

Our next issue is November 7.



Happy Halloween

School News

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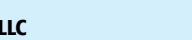
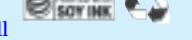
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16007 Crenshaw Boulevard, Torrance, CA 90506

Beach Cities Health District

514 N. Prospect Ave., Redondo Beach, CA 90277 • 310/374-3426 • www.bchd.org



Walk to School with Us on Oct. 10

Redondo Beach averages 280 days of sunshine per year, and there are 175 days of the school year – which means there is good chance the sun will shine on International Walk to School Day on Oct. 10 ... and nearly every other day that you decide to walk your kids to school.

It's a great problem to have – just ask an Oregonian.

Aside from enjoying the SoCal sunshine, Walk to School Day is a chance for the community to demonstrate support for "Streets for All" and active transportation – a fun, healthy and safe way for students to travel to class. Last year, more than 3,000 Beach Cities students participated in the annual event.

An added bonus will be the opportunity to walk with the principal at your child's school. They'll be lacing up



their sneakers alongside Beach Cities Health District (BCHD) staff, local elected officials and the Redondo Beach Police Department to help escort students safely to school.

Those extra steps have contributed to a decline in childhood obesity – from 20% in 2007 to 6.4% in 2018 – but they've also provided an opportunity for students to build self-esteem and increase social connections.

We hope you enjoy Walk to School Day so much that you make it a regular part of your family's routine – like on "Walking Wednesdays," a day each week devoted to families lacing up their sneakers and taking the active route to school.

Learn more about active transportation and BCHD's Streets for All initiative at www.bchd.org.

PARENT EVENTS

Families Connected Speaker Series

"Blowing Smoke: What Parents Need to Know About Vaping"



**Thursday, Oct. 25,
6:30 – 8 p.m.**

Redondo Union High School
(School Auditorium)
1 Sea Hawk Way,
Redondo Beach

Small-Group Workshops

Each workshop will be led by a local expert and expand on topics discussed during the Families Connected Speaker Series events, including cyber safety, vaping and anxiety.

Instagram

**Monday, Oct. 15
9 – 10 a.m.**

Beach Cities
Health District
1200 Del Amo St.,
Redondo Beach

Snapchat

**Tuesday, Oct. 16
1 – 2 p.m.**

Beach Cities
Health District
1200 Del Amo St.,
Redondo Beach

YouTube

**Thursday, Oct. 18
4 – 5 p.m.**

Beach Cities Health District
(Beach Cities Room)
514 N. Prospect Ave., Redondo Beach

For more details and to register, visit
southbayfamiliesconnected.org

Parent Connection Groups

These informal walking groups give parents an opportunity to connect with other parents on a range of topics. Groups are led by parent volunteers.

Wednesday, Oct. 24

Wednesday, Nov. 28

9 – 10 a.m.

Aviation Park

1935 Manhattan Beach Blvd.,
Redondo Beach

No registration necessary



Register at
southbayfamiliesconnected.org

For mental health referrals,
go to bchd.org/resources

What is Irritable Bowel Syndrome?



**Barry Steinmetz,
M.D.**

pediatric
gastroenterologist,
MemorialCare
Miller Children's &
Women's Hospital
Long Beach

Irritable bowel syndrome (IBS) is a common digestive disorder that involves normal gut contractions that are interpreted as abnormal, resulting a collection of symptoms, such as abdominal pain, bloating and unpredictable bowel movements.

What are the Causes?

While the specific cause in children is not clear, there are several factors that may cause an increase in IBS symptoms.

- Symptoms can occur before or after a stressful event, such as a big test at school
- Diet can be a factor, but foods that trigger symptoms will vary in each child

Symptoms of Irritable Bowel Syndrome

- Abdominal pain or cramping
- Bloating
- Constipation or diarrhea (or both)
- Gas



2801 Atlantic Ave., Long Beach, CA 90806
1.800.MEMORIAL • millerchildrens.org/GI

Treatments for Irritable Bowel Syndrome

Specific treatment of IBS will be determined by your child's doctor. However, common treatment can include lifestyle changes, such as:

- Eating more fiber
- Drinking plenty of fluids
- Eating less fat
- Setting aside time for bowel movements each day
- Finding ways to reduce stress in your child's life

What Can I Do?

- Encourage your child to maintain a healthy diet
- Learn which foods your child should avoid. Keeping a diary of what your child eats and how they react will help you identifying foods that trigger IBS
- If your child has ongoing symptoms that can't be managed at home, they may need a referral to a pediatric gastroenterologist

MemorialCare Miller Children's & Women's Hospital Long Beach has outpatient specialty centers from the South Bay to South Orange County, allowing a child with gastrointestinal conditions, like IBS, to be treated by a specialist close to home.

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Being a leader in children's health care means we know how to get the job done. Partnering with more than 40 pediatric specialties, Miller Children's lets patients and families in on calling the shots.

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Redondo Beach Educational Foundation

409 N. P.C.H., #310, Redondo Beach, CA 90277 • 310/954-2004 • www.rbef.org



Your Dollars at Work for Our Kids

With the generous support of our families, community and business partners, the Redondo Beach Educational Foundation was able to give back to our fine school district and students a record-breaking grant of \$1,011,000.00 for the 2018-19 school year.

Hanh Archer
President

This grant will fund the following programs that support "Whole Child" development and College and Career Readiness: Credentialled Physical Education Teachers at all elementary schools, 5th Grade Band Teachers, 1st – 4th Grade Vocal Music Teachers, a Math Coaching Model at our middle schools, 8th Grade trip to the Museum of Tolerance, PSAT exams for 8th, 10th & 11th, Robotics Teams at Elementary, Middle and High Schools, College Field Trips for 4th, 9th, 10th Grade and AVID, RUHS Band Instruments, STEM, PLTW and Career Technical Education and Responsible Social Media Workshops at RUHS, Professional Performance Experience for Shores students, and Teachers Grants.

You invested in our kids and made all of this possible! We can do so much more when you commit to investing more! Please invest at www.rbef.org.

Lynn Collins, M.Ed., ET/P

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www.southbayadult.org

RBUSD Alternative Education

1000 Del Amo St., Redondo Beach, CA 90277 • 310/798-8690 • rshs.rbusd.org



Reflect, Refine, and Develop

We love the start of a new school-year! It is a jumping point of hope, fueled with new, youthful energy. Yes, there are football and the visual change of fall colors that are appealing; however, these seasonal aspects are not what thrill us the most.

Anthony Bridi
Principal

The new school-year is exciting because of...wait for it...students! Let's be real—it is refreshing to hear the change of student perspectives, the shift of their short- and long-term goals, and their new purposes and passions that have evolved over the summer. This excitement exists because we have a personal connection and investment with each student. Our mission is to nurture and assist students to develop specific and tangible goals for the school year and beyond. As a school community, we strive to continuously support our students' aspirations academically, emotionally and professionally. We take the dream, scaffold realistic benchmarks, monitor progress, and then adjust as needed to facilitate success.

Through this process of self-discovery, students will have opportunities to advance their skills and abilities in various aspects of their lives. Our shared

goal is to develop patience, stamina and resiliency to pursue and follow through with their objectives. The alternative-education staff lives vicariously through the cycle of student reflection, refinement and development. The anticipation is in this journey and hence makes fall an exciting time of year for us!

Your success begins today!



Redondo Shores students beginning the journey of a new school year.

RBUSD Child Development

1401 Inglewood Ave., Redondo Beach, CA 90278 • 310/798-8683x1312, 1321 • www.rbusd.org



Theresa Van Dusen
Director

No Way Like Music!

*By Kimberly Quon,
Pre-K Teacher, Lincoln CDC*

For our preschool and prekindergarten students, we have an amazing music-enrichment program! Mrs. Axton goes to all four of our school sites and teaches our children to fall in love with music in a fun and loving way.



CDC making music.

Every week, our students receive a half-hour lesson about which types of musicality, musical terms, multicultural music and stories, reading music notation, and variety of instruments to play are offered with songs and movement. In our preschool and

pre-K programs, our children learn to sing in different tones and volumes, expand on concepts of speed, shape their awareness, use gross-motor movement to copy and create a beat, and learn how to take care of, hold, play, and name musical instruments. Our music program enhances our curriculum by giving our children the chance to practice listening, following directions, turn taking and patience.

This all helps my children in the classroom to be ready for not only learning about music but also for academics in a new and inventive way. Mrs. Axton is always a pleasure to have in my classroom, and we love to watch and experience the joy and love the children have for her each week.



Group interaction with the drums!

RBUSD Educational Services

1401 Inglewood Ave., Redondo Beach, CA 90278 • 310/937-1221 • www.rbusd.org



Dr. Annette Alpern
Deputy
Superintendent,
Educational
Services

Music: Building a Foundation

By Erik Elward, Executive Director

What do Beyoncé, Elton John, Drake, and Madonna have in common? True, they all have music in common. But as music practitioners, they also share what the Backstreet Boys stated are the benefits of practicing music: "Practicing music reinforces teamwork, communication skills, self-discipline, and creativity."

In addition to building life-necessary skills such as communication, the benefits of music extend or transfer to other areas of our children's lives. Participating in a music program provides immediate results with school success. Research has linked music participation to improved reading comprehension, math reasoning, and listening skills, among other benefits. Studies have also shown that students with two or three years of music experience had better results on college readiness exams, such as the Scholastic Aptitude Test (SAT), than their non-musical counterparts.

Walk through an elementary school in our district on any given day, and you will hear children singing in first

through fourth grades and children playing instrumental music in fifth grade. Through the generous donation of the Redondo Beach Educational Foundation (RBEF), the district is able to provide a music program to each child in first through fifth grades. Vocal music is offered to students in first through fourth grades, while band is offered to fifth-grade students.

The success of the elementary school music program is evidenced by an extremely high student participation rate in music in our middle schools and at Redondo Union High School.

The RBEF helps support the district in providing a robust, professional quality music program which connects our elementary schools with our middle and high school programs. At both Adams and Parras Middle Schools, there are high-quality, award-winning band and music programs. When students go to RUHS, they have the continued opportunity to play in an outstanding and well-recognized band and music program.

Whether or not your child one day graces the stage of The Forum or Carnegie Hall, the Redondo Beach elementary school music program provides children with benefits for the rest of their lives.

South Bay Adult School

3401 Inglewood Ave., Redondo Beach, CA 90278 • 310/937-3340 • www.southbayadult.org



**Dr. Anthony
Taranto**
Director

Keep Educating Yourself!

English as a second language (ESL) is one of the largest programs at South Bay Adult School (SBAS). Our English Language (EL) programs are designed to help those who are new to the United States and others who have not yet fully developed proficiency in English to acquire the basic knowledge and skills they need to function effectively as parents, in the workforce, in post-secondary schools, and in society.

At SBAS, we offer the following levels of ESL instruction:

- Low Beginning ESL with Burlington English: Using Everyday English, low beginning EL student will engage in activities that focus on topics from everyday life, while acquiring essential language skills through listening, speaking, reading, writing, and grammar.

Low Beginning ESL: In this course students will practice listening, speaking, reading, writing and grammar activities to improve communication in social and work situations while building a foundation for additional levels of ESL.

High Beginning ESL: This course builds upon skills learned in Low Beginning. The focus is on communication skills in reading, writing, speaking and listening for reaching their academic and employment goals as well as everyday communication. Students will learn to communicate in different settings such as work, health, and housing.

Low Intermediate ESL: This course facilitates active and contextualized learning within life-skills settings that will lead students toward greater community involvement as well as career and higher academic pathways.

High Intermediate ESL: This course continues to provide learners with the foundations and tools needed to achieve success in life, college, and career with a strong emphasis on skill development such as writing a business letter, completing a job application, and filling out a college application.

Advanced ESL: Develop excellent tools for transitioning to college, vocational training or achieving career goals. The course focuses on improving reading, writing verbal and critical thinking skills necessary for advancement in career and education. Students enrolled in this course will also prepare for the GED Test and learn workforce prep skills through the Blueprint for Workplace Success curriculum.

Becoming bilingual is more important than ever. Clearly parents who become fluent in English and familiar with other cultures will have distinct advantages in their careers and their personal lives as well. More importantly, parents can establish a home environment to support the education of their children.

The winter term starts on December 10, 2018. Registration will be held on Wednesday, November 28, 2018 from 8:00am – 10:00am and 4:00pm -6:00pm here at South Bay Adult School.

Adams Middle School (6–8)

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



Engaging in the Arts

By Brianne Nakayama, Assistant Principal

Choosing an elective class is an exciting rite of passage for middle school students. At Adams, we strive to offer arts courses that allow students in the sixth, seventh and eighth grades to have a positive, hands-on experience as they engage in arts courses while learning to use a variety of mediums.

Sixth-grade students are provided an opportunity to engage in formal styles of art in the Art 6 elective wheel course. Students in this course are introduced to the arts and are encouraged to explore the process of creating art. They discover multiple elements of art as they create landscape paintings, paper cutouts, sculptures, perspective drawings, texture rubbings and more.

Students in the seventh and eighth grades can continue to develop their artistic skills with the Art 7/8 elective course. Students in this course participate in projects such as stenciling and printmaking, paper collage and tile mosaics, abstract paintings, sculptures with palm fronds and clay, still life, portraits and grid drawings. They also

have an opportunity to work together to design and paint murals that are later displayed in the Adams library.

Arts electives also provide opportunities for students to learn about video arts, photography and digital arts in our AMS News and Yearbook/Journalism electives. Students who are looking to get in front of or behind the camera shine in our AMS News elective course. Students in these classes learn about video production, interviewing and broadcasting skills, and lighting and audio techniques. They must work collaboratively to produce and air the Adams monthly schoolwide broadcast, "AMS News."

For the student looking to leave a legacy at Adams, our Yearbook/Journalism elective is the perfect fit! Our students are the authors, designers and creators of the annual Ebb Tide school yearbook. In addition, these seventh- and eighth-grade students also write, design and produce the "Eagle Eye," an electronic newsletter that is published quarterly on the Adams website.

At Adams, we recognize that each student has unique interests and skills, and we are proud of our arts program, which allows students to share their talents with the school community.

Alta Vista Elementary (K–5)

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



Our Physical Education Coaches

Why are coaches important to athletes? Coaches provide the instruction and support that allow athletes to develop to their fullest potential. In addition, for parents and teachers, coaches are meaningful people in an athlete's life who play a vital role in the athletic experience. Coaches help our student athletes to develop healthy lifestyles,



First graders getting set to play "Capture the Flag."

which include ongoing physical activity. They can also help students to identify athletic passions and interest in individual sports for future pursuits.

Redondo Beach Unified School District and Alta Vista Elementary School are thrilled to welcome back our certificated physical education coaches for the 2018–2019 school year. Geralyn Yantz, Chase Sramek, and Noreen Ito work directly with students every week to provide enriching physical activities that not only reflect the California standards but also help students to develop the skills needed to engage in a variety of sports and fitness activities.



RBUSD physical education teachers coaching first grade students.

Beryl Heights Elementary (K-5)

920 Beryl St., Redondo Beach, CA 90277 • 310/798-8611 • beryl.rbusd.org



Reaching for Lifelong Learning

As we continue our journey as a Beryl community, it is our collective vision that we will continue to reach for greatness by creating an atmosphere where we all become lifelong learners. We are a Gold Ribbon and a Gold Alliance School, one of only 14 schools in the nation that have met this challenge.

Throughout the year, we will reiterate our philosophy and our vision of success, and we will reassure all parents that the idea of a village raising a child is the key to students' success in school and in their lives. This translates into making positive connections with staff and becoming an integral part of your children's learning and education. We realize the importance of having a positive outlook on life, and our staff incorporates this outlook into our daily routines. We also recognize that educating the whole child leads to success in life, and this idea will be a central theme throughout the school year.

Karen Mohr
Principal

The legendary coach John Wooden, when commenting on working together, said, "We can become great in the eyes of others, but we will never become successful when we compromise our character." Character development is taught daily at Beryl, and we will continue to recognize students for respect, responsibility, caring, fairness, trustworthiness and great citizenship. We also realize we need to grow as teachers and people in order to reach greatness because when we do, we affect our students' lives in a positive way: academically, socially and emotionally. Therefore, our staff will continue to learn and support one another throughout the year, and we will support all efforts to teach students and reward them for their accomplishments.

Greatness comes from learning to rise to every occasion, giving our best effort, and making those around us better as we do it. Let's make this year the greatest year ever!

Birney Elementary (K-5)

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



Watch D.O.G.S. are Back!

In our endeavor to continue to go from good to great, we recognize the opportunity to get father figures involved in education. Birney is getting ready to kick-start another year of our wonder Watch D.O.G.S. (Dads of Great Students) program. This amazing program is a school-based father-involvement program that works to support education and safety. For the last few years, our Birney Bobcat fathers, grandfathers, uncles and other father figures responded to our request by volunteering one day a year to support students.

The Watch D.O.G.S. volunteers participated in many areas throughout their time on campus. They were in classrooms reading with students; on the yard playing football, basketball or chatting with children; working our valet line; or just lending a helping hand around campus. They enjoyed lunch with their children. The Watch D.O.G.S. have been an important part of the Birney community and will continue to be so in the 2018–19 school year.

Birney will once again embrace this wonderful program on campus in our continuing effort to realize greatness. We will have a breakfast kick-off event followed by valuable information about this program when dads and other father figures will get to hear all about the research behind

Mira Baskaron
Principal



**A Watch DOG joins a morning meeting
in a second grade classroom.**

its success. This event will also be a time when dads and father figures will get to select one day to volunteer their time at Birney.

The Birney Bobcat staff and students have loved having the Watch D.O.G.S. on campus. Students continue to show big smiles when giving a Watch D.O.G. a high-five or greeting them in passing. Staff also value the volunteer time Watch D.O.G.S. dedicate to our Birney community. We are truly looking forward to another successful year of Watch D.O.G.S. implementation at Birney!

Jefferson Elementary (K-5)

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



Jeff Winckler
Principal

Walking and Running for a Difference

With September already on the books, the arrival of October means that the school year kicks into full gear.

The fall season is marked with a number of full five-day weeks that will allow for a consistent pace at school. During this time, two significant community events are on the calendar. Both involve having physical activity making a difference in the lives of our students and community.

The first event is the Pier to Pier Walk which takes place on Sunday, October 28. Registration dollars from the event go directly to Jefferson through the RBEF, and to our special needs students. The second event is the Jefferson PTA's Jog-a-Thon, which will be held on Friday, November 2.



**Members of Team Jefferson
at the Pier to Pier Walk**



Jefferson Students at the Jog-a-Thon

The Jog-a-Thon is our PTA's marquee fundraiser of the year. While both of these events are close together, supporting each of them is important for Jefferson, as they provide resources for our school and opportunities for our students.

Lincoln Elementary (K-5)

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



Jason Johnson
Principal

Realizing Great Growth

This summer I listened to a lot of Oprah. Oprah? Yes, Oprah has a podcast where she interviews famous personalities about how they arrive at their best selves. Oprah believes that the path to greatness is through self-reflection and social-emotional learning. At Lincoln Elementary School, we believe the same.

Part of the journey toward realizing greatness—our school district's motto—is helping students explore areas beyond academics. Social-emotional learning is a key component to Lincoln's greatness, and we want to dig deeper this year. Last year, our teachers met together and discussed the need to support students with growth mindset and resilience. While we strive for rigor and excellence, we prioritize individual growth and healthy living.

This year, our teachers will incorporate more social-emotional learning in the classroom. This includes MindUp, a series of lessons on personal growth topics such as mindful awareness, how to focus, and the power of optimism. We will also continue to rely on support from

our 10-year veteran counselor, Ms. Puentes. Ms. Puentes supports students through counseling, peer-to-peer groups, conflict management activities, such as Kelso's Choice, and school-wide activities, such as Yellow Ribbon Week and Spirit Week.

To realize greatness, our staff has adopted a growth mindset theme this year. We want to practice what we preach. So, as we tackle the challenge of two new curriculums in math and science, we will be using a growth mindset approach with ourselves and our students, focusing on where we want to be and how to get there. We recognize that challenges and setbacks are opportunities to learn and grow. During the first weeks of math instruction, we incorporated a growth mindset curriculum called *A Week of Inspirational Math*. This weaves together rigorous math instruction and productive struggle to pave the way toward learning and academic success. To sustain our students through that struggle, we are nurturing their internal resilience with helpful habits of mind, such as the power of positive thinking and learning from mistakes.

While it may not be a new car, Oprah has given us a lot to think about this year.

Madison Elementary (K-5)

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



Volunteering Counts

Letting your child know that their education is an important part of your family's life is a vital component of the learning process. Aside from taking time out of your day to say this to your child, why not also volunteer at school?

Volunteering shows your child that the work they do every day matters so much to

you, and that you too are willing to provide support to help make their daily experiences even better. While volunteering is not something that many of us can do on a daily basis, it is important to find some time to volunteer, even if just for a little bit each month!

The main entity supporting volunteerism at our school is the Madison Parent Teacher Association, led by PTA President Wendy Cerhit. Together with an executive board of highly dedicated parents, the PTA works tirelessly to

provide our students with the kind of opportunities and services that they might not otherwise have.

Various assemblies and programs like LiveWell Kids, Hands on Art, and STAR Reading would not be possible without our volunteers taking time out of the day to make sure they happen. Daily activities like Morning Valet also would not work smoothly without our parents making sure that all of our children can have a safe and timely drop-off spot in the morning.

It is also so important to mention the Watch D.O.G.S. program. We are signing up our Madison dads right now to volunteer for just one whole day to help assist Madison students. The support of our Watch D.O.G.S. volunteers truly lasts in the memories of our students!

If you are interested in volunteering, please go to <http://madison.rbusd.org/>. As Margaret Mead once said, "Never doubt that a small group of thoughtful, committed citizens can change the world." We ask that you start by volunteering at Madison Elementary!

Parras Middle School (6-8)

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



Spring Play Day

On Thursday, August 23, our school's WEB Leaders hosted "Camp Parras" as a welcoming event for all of our new students. WEB stands for "Where Everyone

Belongs," and the goal of the WEB program is to help our new students feel comfortable and connected to our campus and student activities.

WEB Leaders apply in the spring of the seventh grade. They are selected to attend a program preview training known as "WEB Spring Play Day." These WEB students commit to two days of training in the summer. This year the training was led by Rachel Andrews, one of our amazing counselors here at Parras. In this training, they learned how to connect with, mentor, and guide our new students through conversation, games, and campus tours. This is exactly what Camp Parras is all about!

However, not everything about Parras can be learned in a day, and so our WEB Leaders continued to support the school throughout the first week. They were easy to find wearing their bright blue shirts and smiles as they helped



Parras WEB Leaders Nicole, Lino, and Nathan welcoming new students to Parras MS!

the children with everything from finding a classroom to accessing a locker. Even beyond this first week, WEB Leaders throughout the year will continue to provide tutoring support, as well as help with orchestrating events for the benefit of our Parras sixth-graders.

Our WEB Leaders demonstrate something so important about leadership — that it can be simple, yet effective. Sometimes the most powerful thing a leader can do is just be welcoming and responsive. Our WEB Leaders exemplify this, and they do so at that most crucial moment when many students are getting their first impressions of a new school. We want to thank them for this wonderful service, and thank the many staff members and families who also support this program!

Redondo Union High School

One Sea Hawk Way, Redondo Beach, CA 90277 • 310/798-8665 • www.redondounion.org



Jens Brandt
Principal

Preparing Critical Thinkers

“RU” ready for the 21st century? This is actually a very difficult question to answer, because it is not entirely clear what the rest of the century will look like. However, there are certain learning and innovation skills that researchers agree are more important than ever before. Nonprofits like www.p21.org are committed to supporting schools in creating programs that develop these skills, which are commonly referred to as the 4Cs:n critical thinking, communication, collaboration and creativity.

Just as with the social-emotional learning standards, as laid out on the CASEL website at <https://casel.org/what-is-sel/>, we have polled parents about which of the 4Cs students need the most support in. The majority chose critical thinking. This fits well with our focus this year on checking for understanding and gradual release of responsibility. Teachers are asking more questions and asking higher-rigor questions. This serves to both raise student engagement and to continuously assess and adjust instruction to maximize student mastery. Teachers are also decreasing lecture time while increasing cooperative group time, giving greater ownership of learning to each student.



Students in Ms. Graffio's French class are engaging in collaborative learning groups throughout the lesson

All of these efforts increase critical-thinking abilities, which is a top priority for RUHS in preparing students for success in the 21st Century.

Interested in learning more about the 4Cs and 21st-Century learning? In addition to www.p21.org, Edutopia has a great article that can be found at <https://www.edutopia.org/discussion/10-hallmarks-21st-century-teaching-and-learning>.

Whatever critical issues we may face this century, RUHS graduates will have the skills necessary to succeed!

Tulita Elementary (K-5)

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



Reaching for Greatness

Team Tulita

Elementary School has many wonderful support staff members as part of our team. One of those support staff members is Ms. Arielle Pittlück, our speech and language pathologist. Ms. Pittlück is a valuable member of the Tulita team and always goes above and beyond to serve our community.

Ms. Pittlück always knew she wanted to work in a field where she could help others. She comes from a family of educators and considered many different types of careers where she could help people. She was drawn to the field of speech and language pathology because she loved that she could work across the lifespan of a person and that it combined many of her interests, including



Ms. Pittlück helping our youngest students in TK to participate in sensory activities.

teaching, helping others, and serving individuals with disabilities. Through her work in speech and language therapy, she has developed a passion for helping others to communicate. Ms. Pittlück said, “I truly believe it is the foundation for meaningful participation in our society.”

Ms. Pittlück has been a speech and language pathologist in Redondo Beach Unified School District for five years. As a resident of the South Bay, Ms. Pittlück is happy to serve the community she grew up in. She loves working at Tulita because of the school’s strong sense of community.

Tulita is proud to have support from staff members like Ms. Pittlück, and we thank her for her dedication to our students!

Washington Elementary (K-5)

1100 Lilenthal Ln., Redondo Beach, CA 90278 • 310/798-8641 • washington.rbusd.org



Promoting Healthy Lifestyles

Physical education in Redondo Beach Unified School District (RBUSD) promotes healthy learners in and out of the classroom. Research shows that students who practice healthy lifestyles tend to perform better academically, attend school more regularly, and model positive behaviors with their peers. With this research in mind, RBUSD elementary schools view physical education as part of a holistic approach, which includes exercise, healthy eating habits, and horticulture at the core of the program.

Washington Elementary School is thrilled to once again announce that our students will participate in the American Heart Association-sponsored Jump Rope for Heart and the PTA-sponsored Jog-a-Thon. These engaging events are not only special for students, but they are also an opportunity for parents and the community to connect with our school by making donations, which go directly to the core of our school: students and teachers!

The Jump Rope for Heart encourages physical activity



Ms. Bittick participates in the Jog-A-Thon with students.

while creating awareness of the primary cause of death in the United States: heart disease. Students participate in various jumping challenges, all in the name of a healthy heart. Through the solicitations of pledges, students also earn prizes for their efforts and make connections with the community at large.

The Jog-a-Thon not only gets the blood flowing, but it is traditionally Washington's biggest fund-raiser. The money generated by this event goes directly back to students. Hands on Art, parent-education evenings, and Science, Technology, Engineering, and Math (STEM) activities and lessons are, in part, due to the work of this PTA-sponsored event.

Finally, the district's holistic approach to physical education includes promoting health eating habits. In partnership with Beach Cities Health District, docent volunteers teach elementary students about nutrition and some of the intricacies of horticulture.

Washington Elementary strives to walk (or jog) the walk when it comes to physical education and promoting healthy lifestyles!

Kitchen Items—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 the subject line.

Entries must be received by November 15, 2018

From the correct entries one name will be drawn to win a GAZUMP card/dice game - fun for all ages!

TIMER	PLATES
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CUPBOARD	ROLLING PIN
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PANS	



The September Word Search deadline is October 15 so you still have time to enter.
www.schoolnewsrollcall.com



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Note-ables



Kate Karp

Zoom a Little Zoom

With all the changes around the planet, it brings you down to earth—like gravity—how basic science remains the same. Snowflakes still form through crystallization, lightning still comes from electrical charges, and that ol' gravity will still bring ya down! But fear not—the inherent lightness in *Zoom a Little Zoom* will have everyone up, moving, and learning about science at lightning speed!

The songs were selected from *Ballads for the Age of Science*, a forward-thinking collection of vinyl LPs produced in 1961. They featured original songs performed by folk and pop-music artists active in the mid-20th century, including Tom Glazer of "On Top of Spaghetti Fame."



The project aimed to make basic science enjoyable and understandable to children. Now, Cathy Fink and Marcy Marxer, two longtime busker-type musical artists, have brought these songs into the STEAM-science present with *Zoom*, swapping one musical style for another—the duo does a great Andrews Sisters!—but retaining the lyrics

Nature, space, energy and weather are all renewed. "Vibration" uses stringed instruments in the best way possible; "Why Does the Sun Shine?" is a sea chanty that talks about how far, how big and how important our Mother Star is to life; and "We Know the Air Is There" suggests a neat experiment and is enhanced with fiddle solos and banjo plucking. Speaking of experiments, a downloadable PDF with science activities comes with the CD.

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

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The Greatness of PTA

There are many parent groups, but there is only one PTA, the Parent Teacher Association. Connecting families, schools, and communities for almost 120 years, the PTA is the largest children's advocacy association in the country, and the defining organization for family engagement. We address topics that are important to parents and administrators alike.

We fight for full education funding, quality teachers, and effective programs and policies that are in the best interests of all children in our community.

Each local PTA at a school site is autonomous. But they are supported by a robust regional, state, and national structure that provides resources, training, and guidance.

Involved parents understand the challenges schools face, and become part of the solution. When parents develop a closer relationship with the school, student achievement improves, and the school also develops a positive reputation in the community. Research shows that

children do better when their families are involved. Grades are better, graduation rates increase, test scores improve, and school attendance increases, which all leads to more students being college- and career-ready. Our PTAs plays a role in this success by focusing on what's best for children and connecting to other groups to focus on student success.

Thanks to support from the national PTA, our local school units have access to ready-made, easy-to-use programs with proven results. From health and safety topics to collaborating with teachers and community members, and fundraising efforts, these programs get results. As members of the PTA, our leaders have opportunities to network and collaborate with each other to share ideas locally, regionally, and throughout the state and the country.

The PTA organizes, trains, and provides resources for our hard-working, dedicated volunteers. Parents are ready to work as partners for student success. Want to learn more about the PTA? Just ask at your school site. Membership is open to each and every one of you. The more members we have, the more voices we add to amplify the chorus that calls out to Sacramento and Washington, D.C. on behalf of children everywhere.



South Bay Hands On Art

Hands on Art Announces Lineup of Lessons

By Co-Chairs Sandi Arthur and Karen Ford Cull

Every school year Hands on Art chooses six lessons that bring meaningful art experiences to the children. This year's picks:

Lesson 1 "Screaming Orange Skies" students will use oil pastels and tempera paint using Edvard Munch's famous painting "The Scream" as inspiration. 2: "Repousse South Bay" students will learn metal relief engraving to create a form of Haitian art - South Bay style! 3: "Shade and Shadow Bowls" students will learn how to create a realistic illusion of light falling on an object using pastels. 4: Catalina Island: a lesson in charcoal illustrations. 5: "Peaceful Sunflower" Is an acrylic painting with a surreal hidden picture. 6: "Gargoyles: monsters in stone" students can create their own gargoyle from clay.



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Common Sense Media

Sharing on Social Media

How can I make sure my kid isn't sharing too much on Facebook or Instagram?

Take a two-pronged approach. First, probe a bit to find out if your kids might be at risk for oversharing. Reserve judgment until you've heard your kids out; a heavy-handed approach can lead to them shutting you out. Ask about what types of things they and their friends share. Make sure they're not feeling pressured to post things they're uncomfortable with. And discuss the risks of oversharing, which include damage to one's reputation and regrets about sharing personal information.

Second, check in about privacy settings. Kids don't always think through the consequences of their actions. That's when privacy settings really matter. Even if kids do think before they post, if their privacy settings aren't enabled (or aren't strict) they may be sharing more than they mean to.

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