

FREE

School News

Education + Communication = A Better Nation

Covering the Redondo Beach Unified School District



Volume 11, Issue 95

March 2017

Reaching for Greatness



Parras ASB students at their annual leadership conference in Pasadena. (please see page 14)

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Beach**

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between Beryl St. and
Diamond St.)

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Superintendent



Dr. Steven Keller

The Magic of Community

For the last ten years, the Redondo Beach Unified School District has remained focused on the Good to Great message. Good is not good enough for this learning community; that's why we constantly reach for greatness. To add to this chase, "No matter how dramatic the end result, the good-to-great transformation never happened in one fell

swoop... rather, the process resembled relentlessly pushing a giant heavy flywheel in one direction, turn upon turn, building momentum until a point of breakthrough, and beyond" (Good to Great, Jim Collins). This flywheel has become a metaphor for the urgency that RBUSD has pushed education forward through partnering with members of the community. This is indeed when the magic begins and ultimately happens.

RBUSD—a district of over 9,700 students—continues to boast a beautifully diverse population and is committed to ensuring student and staff safety, promoting excellence in teaching and learning, meeting the social, emotional, and physical needs of all students, maintaining high academic expectations for all students, enhancing partnerships with the larger community, and maintaining our modernized school facilities to provide model learning environments and athletic facilities. In addition to these district goals, RBUSD also uses several other assessments to track progress. While state testing results are certainly important to us, there are also other measures used to assess the performance of the district, such as: Advanced Placement, California Healthy Kids Survey, California Physical Fitness Test, student attendance, and the a-g high school completion rates. These alternative methods to evaluate the educational program at RBUSD assists with determining how to better meet the needs of the "whole" child.

Redondo Beach's culture is to share in the educational influence of its youth, thus, the magic of the community reaches to each citizen. The community must participate to assist in creating unique individuals who will reinforce positive awareness of the city and its schools. Through partnering with the City, Beach Cities Health District, and Sharefest, RBUSD is already creating a larger support system for its students that are beyond the boundaries of a school site. The district also invites the blurring of the school zone by inviting citizens to contribute through the Redondo Beach Educational Foundation (RBEF), a partnership with individuals, community businesses and corporations that seeks to provide the additional funding and resources needed to enhance the educational experience of all RBUSD children; and through the Parent Teacher Association (PTA), a student advocacy organization that provides leadership and teaming opportunities with school site staff. These are just a few opportunities to become involved in the enchantment of Redondo Beach schools. Please, help to continue to make magic happen in RBUSD and the larger Redondo Beach community.

Board of Education



Brad Serkin
Presiding Officer

We Walk the Walk

I have truly enjoyed and humbled to have served on the RBUSD board over the past four year. I have the privilege of working with some of the most incredible teachers, classified and administrators anywhere and it is my honor to be entrusted with this responsibility. We continue to excel in our district with awards and accomplishments and I couldn't be more proud.

We have accomplished a lot over the past years and have much more to do! Our district enrollment continues to rise as we are a destination district. Technology advancements are ongoing, college going culture continues to inspire our kids but most importantly, the safety and security of the students and staff are always first and foremost!

Parental involvement on our campuses continue to help supplement our excellent staff. PTA is a vital component in our district and something we cannot live without. Our PTA boards and volunteers gives countless hours each and every day to ensure that our children have the best opportunities on campus.

The Watch Dog program is alive and well on our Elementary Campuses. Dads, if you have never participated in this program, I strongly encourage you to do so. Your son/daughter appreciate it more than you know and the kids really love having dads on campus, especially at recess. I have been a watch dog many times and it is invaluable.

RBEF is also another vital component of our district and we thank our tremendous volunteers for their service to our schools and the community. Consider volunteering, donating to RBEF or attending one of their events.

Our community and parents should be very proud of what we have and what our district stands for and represents. When we say, we are "reaching for greatness", we really are! We walk the walk. Our kids are our greatest asset and our future and will continue to advocate for our kids and our district. Thank you to everyone who has volunteered and given so much to our community!

Special education programs are authorized by federal and state laws.

These laws require that a free and appropriate public education shall be offered in the least restrictive environment to all students identified as disabled. Through the District's Student Study Team process and other procedures, a continuous effort is made to locate and identify individuals who might qualify for special education services.



The law also provides that parents may initiate a request to have their child assessed to determine eligibility for special education and/or related services.

This request should be in writing and submitted to:

The Office of Special Education
1401 Inglewood Ave., Redondo Beach, CA 90278



Kay Coop
Founder/Publisher



Neta Madison
Netragrednik

School News

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www.schoolnewsrollcall.com
Covering the
REDONDO BEACH UNIFIED SCHOOL DISTRICT

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Dr. Keller writes in his message on page 3 about the importance of community involvement. In this issue you will also read about art and music in the classroom, animal safety, keeping healthy, stress management and coping skills and so much more...

We are pleased to introduce our newest student columnist, Sophie. She will be writing book reviews and her first column is on page 16.

We had a record number of entries in our February issue contests with a few more days remaining until the March 15 deadline. The new word search is on page 18 just in time for the lacrosse season.

Parents and students will not want to miss the Beach Cities Health Article on page 5 about the importance of not being constantly connected to electronic devices. Personally, I am saddened by the sight of families in restaurants all sitting at one table and each one engrossed in an electronic device. Not to mention driving behind those same people to get to the restaurant with the driver on his cell phone. I suppose that problem will soon be solved with self-driving cars....another subject for another time. Thank you for reading this issue on the printed page — also available digitally!

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Hanh Archer
President

Whole Child Culture

Music and arts programs are vital components of student learning and success. Research consistently proves that exposure to arts and music physically simulates the brain and change it for the better. Through the generous support of our families, community and business partners, 3, 962 students enjoy Arts and Music education in our school district. Over the years, RBEF dollars have helped to fund:

1st and 2nd Grades Music Center Teaching Artist Residency Program: This program brings in professional dance, music and theatre teachers into 66 primary grade classrooms for a quality performing arts experience for students.

3rd and 4th Grades Music Teachers: Having a consistent music program in place for a student during their years in elementary school allows teachers to really develop and build upon prior learning and prepares them for introduction to musical instruments in 5th grade.

5th Grade Band Music Teachers: The band program continues to be very popular with our students. They receive more appropriate small group instructions when needed along with whole group support from talented credentialed band teachers. The sign-up for middle school band has increased each year and our high school band program continues to expand.

Middle Schools Vocal Music Class: Because our elementary schools and high school continue to provide a music program, the offering of middle school vocal music class was the right thing to do to support our aspiring music students.

Redondo Union High School Band: Dozens of students annually borrow aging district-owned instruments. We never want a student to miss out on the opportunity to participate in high school band because we don't have instruments for them to borrow and play. In partnership with RBUSD and Band Parent Booster, thousands of dollars were spent replacing old instruments.

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

Give 'Busy' a Break



Ali Steward, MPH
Director
Youth Services

In our fast-paced, information-overloaded society, it's easy to get distracted. With technology at our fingertips, we rarely allow a minute to pass without reaching for that electronic fix. But giving in to this micro-boredom can be bad for our relationships, and bad for our health.

Still reading?

When we're not fighting incessant distractions, we're battling another time tapeworm. Ask almost anyone you know — your coworkers, your child, your significant other — how their day was, and the answer is usually the same: "busy."

I've caught myself more than a few times exclaiming this exact phrase in response to polite inquiries from colleagues about how I'm settling into my new role as the Director of Youth Services. Though I've been at Beach Cities Health District (BCHD) since 2013, the challenges and excitement of new responsibilities make it easy to fall into that "busy" trap.

An expression I heard several years ago has stuck with me when I feel I'm sliding into the business of being busy or spending too much time glued to a screen: "the main thing is to keep the main thing the main thing." So ask yourself, "What's my main thing?" Many will answer "family." But it's up to us to keep the "main thing" as our biggest priority.

If your entire family needs a little help hitting the reset button, join BCHD and South Bay Families Connected for a family education session on Supporting Mindfulness at Home on March 15, from 7-8:30 p.m. at Pages bookstore in Manhattan Beach.

In the meantime, our Youth Services team will be busy supporting our Redondo Beach schools in growing a generation of mindful, healthy and productive students.

We'll just be doing it one thing at a time

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Redondo Beach Council PTA



Raymur Sweeney
President

Environmental Health and Safety

PTA's mission is to make every child's potential a reality by engaging and empowering families and communities to advocate for all children.

Since its founding 120 years ago, National PTA has worked to secure adequate laws for the care and protection of children and youth. Over the years, National PTA has recognized the growing importance of environmental issues and the impact they have on the health and welfare of children and their families. PTA members have a responsibility to promote environmental health and safety, and to help protect our world's finite natural resources.

National PTA urges its members at all levels to monitor, support, and advocate for laws, regulations, and programs that

- Promote environmental education programs in pre-Kindergarten through higher education.
- Eliminate environmental pollutants and prevent new hazards.
- Protect children from health risks by testing for specific hazards in and around homes and schools and, if hazards are found, by limiting exposure and addressing remedies.
- Use protection and management strategies that take into account the geographic, economic, ethnic, cultural, and other societal factors that influence the incidence, exposure, and effects of environmental health hazards.
- Require comprehensive right-to-know and public information provisions in environmental laws and policies.
- Encourage the use of renewable, sustainable energy and technologies, as well as environmentally healthy land-use policies to reduce greenhouse gases and manage hazards to minimize further health problems.
- Promote "reduce, re-use, and recycle" policies and support incentives for pollution prevention and natural resource conservation activities.
- Improve the quality of our physical environment by securing and monitoring the enforcement of stricter health and safety standards for contaminants and pollutants.
- Minimize the production of hazardous waste, and enforce strict compliance with rules that require the safe transportation, storage, management, and disposal of hazardous waste.
- Support research and data collection about environmental hazards and health risks.

Redondo Beach is fortunate to collaborate with our schools to help create an eco-friendly environment and will continue to support conservation efforts.

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Identifying When a Stomachache is Serious



Barry Steinmetz, M.D.

associate medical director, Pediatric Gastroenterology, Hepatology & Nutrition Center, Miller Children's & Women's Hospital Long Beach



When a child experiences a stomachache, it's important for parents to be able to distinguish normal abdominal pain from a serious problem.

There are several reasons kids may experience stomachaches:

Constipation

Stool may be hard and difficult to pass leading to stomach pains. Poor diet and insufficient water intake are frequent causes.

Diarrhea

Diarrhea is runny, loose bowel movements. It's often caused by food that upset the stomach, but if diarrhea persists it may be a sign of an infection.

2801 Atlantic Ave., Long Beach, CA 90806
800-MEMORIAL MillerChildrens.org/GI

Stomach Flu

The "stomach flu" is not actually a type of flu but inflammation in the lining of the intestines usually caused by a virus, called gastroenteritis. Symptoms can include diarrhea, stomach pains, vomiting, headache, fever and chills. Most people recover without treatment.

GERD

A common childhood condition is gastroesophageal reflux disease, which is a chronic disease that occurs when stomach acid or contents flows back into the food pipe. Symptoms include a burning sensation in the chest, chest pain, difficulty swallowing and dry cough.

Unless your child has a serious infection or condition, stomachaches will usually go away with time. However, if your child experiences frequent abdominal pains, bloating, diarrhea or constipation, talk to your child's pediatrician about an improved diet or consultation with a gastroenterologist.

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RBUSD Alternative Education



Anthony Bridi
Principal

Portraits from the Heart

The Smile Project originated through the vision of Redondo Shores High School art teacher Unique Campa, who sought an opportunity to give back to a deserving population while simultaneously teaching her students to be mindful of others who are less fortunate. As part of a partnership with various orphanages in the Ensenada, Baja California area, Redondo Shores students received photos of individual children, which the students used to create stencil portraits to give back to these same children. Ms. Campa has facilitated this experience with a dual purpose in mind: instilling philanthropic values in the students while allowing them to utilize natural and learned skills from their art courses and providing orphans with special, personalized gifts for the holiday season.

Thirty Shores students participated in the project, creating 40 individualized portraits for the children prior to the holiday break in December. Although they have never met the children whose faces they portrayed, the Shores artists were able to capture the spirit and energy of every individual child. According to Ms. Campa, "From the beginning of this project, students were invested in the final outcome because they genuinely cared about how their work would be received."



Dylan Roa (12): "When I was drawing the pictures, I was thinking of the smile on their faces when they would receive them." **Ruben Hernandez (12):** "I thought it would be really awesome to make a portrait for someone who would really appreciate it and put a big smile on their face." **Dylan Uyumura (11):** "I learned that when the kids are adopted, they can bring only one of their belongings, which is their portrait. Being able to give that to them, is a huge blessing."

To sum up the experience, 12th-grade student Daisy Aguilar explained, "Being able to share my love through my art and for those children to receive it...is special to me."

1000 Del Amo St., Redondo Beach, CA 90277
310/798-8690 • <https://rshs-rbusd-ca.schoolloop.com>

RBUSD Child Development

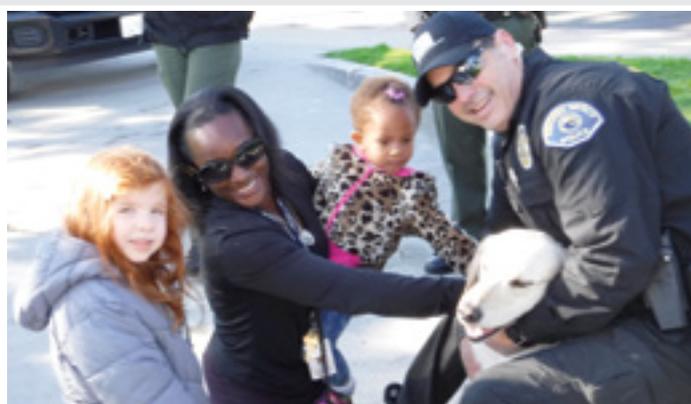


Theresa Van Dusen
Director

Animal Safety

By Sonoya Wynne, Site Supervisor

In a world of animals wild and tame, students need to know about their safety and care. In January, Redondo Beach Animal Control and an RBPD K-9 unit taught Tulita preschoolers about pet ownership and animal safety. Officer Marco Garcia discussed pet ownership and taking care of our furry friends by giving them food, water, shelter and love, and how pet licensing helps the officers protect them. Children lined up next to Officer Dave Arnold to pet Bolton, a golden lab trained to sniff out explosives.



CDC Students Meet Bolton

Officer Arnold told the children how animals assist them in daily tasks and special assignments, which animals we shouldn't pet, how to treat unfamiliar animals, and whom to call in an animal emergency.

Our school community has rallied to collect blankets, food and toys for the shelter. What an effective lesson about character!

For more information, visit http://www.humanesociety.org/parents_educators.

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



Animal Control Visits CDC

RBUSD Educational Services



Dr. Annette Alpern
Deputy
Superintendent,
Educational
Services

It's a Bird! It's a Plane!

*By Shawn Lemmer and Kari Hammerschmitt,
Teachers on Special Assignment*

Finches have descended upon the Redondo Beach Unified School District. Finch Robots, that is! Last summer we wrote and were awarded a grant to borrow 30 Finch Robots from January through June of this school year.

The Finch is a small robot designed to inspire and motivate students to learn computer science by providing them with a tangible and physical representation of their coding. They can be used by children as young as five, as well as adults. The students work in pairs to program the Finch to move in several directions. It can make sounds, speak words, and light up its beak in a variety of different colors.

As the students become adept at using and understanding coding, they have challenged themselves to code the Finch to “dance,” go through a maze, and even draw shapes on paper or whiteboard desks.

The company that produces the Finch has a teacher-loan program that usually provides eight to 15 Finches at a time for a period of one to two months. However, we were able to persuade them to loan us 30 Finches for six months with the goal of utilizing them in our elementary, middle,



Finch Robots in Action

and high school classrooms. This winter, classrooms throughout our school district have been conducting coding lessons and are successfully utilizing their Finches.

Click on the link below to watch Mr. Joel Gara's students at Jefferson Elementary School show off their latest coding skills! <https://youtu.be/viex2dsOxL0>.

1401 Inglewood Ave., Redondo Beach, CA 90278
310/937-1221

South Bay Adult School



Dr. Anthony Taranto
Director

RBUSD Special Day Adult Education

The Redondo Beach Unified School District (RBUSD) provides a continuum of support for students with disabilities who reside within the boundaries of Redondo Beach. Students 18 to 22 years of age are eligible to attend the Special Day Adult Education Transition Program, which is housed at the South Bay Adult School (SBAS).

Students in this program participate in a wide variety of activities that incorporate functional academics; recreation and leisure activities, including dances, field trips, and a prom; curriculum integration of work-readiness skills; vocational training; and work-based learning experience. The school-based component includes elements that are commonly part of the school curriculum and the educational delivery system. Vocational and work-based learning programs and services help link school and work-based learning opportunities or provide strategies to connect the classroom to work.

A great example of all of this is Connie's Café. Students in Ms. Perry's class have created a coffee stand, which provides the opportunity to further practice their vocational and work-based learning. Connie's Café proudly serves our SBAS community with fresh coffee and morning



Students at Connie's Café Coffee Stand

treats on a monthly basis. Students display their customer service skills, attention to detail, personality, and their multi-tasking abilities in an authentic real-world situation.

Our Adult Education Transition Program team works diligently with local community resources and state agencies to help prepare our adult students for the transition to life after attending RBUSD.

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

Adams Middle School (6–8)

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



Lisa Veal
Principal

Keep It Moving!

The Adams Middle School community recognizes the importance of moving on a daily basis and strives to lead healthy, fit lives. This is accomplished through an excellent physical education program and affording students and staff a multitude of opportunities both in and outside of the classroom to engage in activities that promote good health and wellness.

Adams students participate in physical education classes three times a week. On any given day, you will see students enjoying aerobic exercise and strength training in the fitness center utilizing state-of-the-art equipment. You will see them engaged in outdoor activities, such as soccer and lacrosse, on the brand-new turf field. You will see them enjoying the top-notch gym and participating in games such as basketball and volleyball.

Students also learn the importance of eating healthy, and it is not uncommon to see them conducting research on their netbooks to better understand how the body works and the benefits of eating healthy. The staff, too, is encouraged to stay active, and Zumba Thursdays are just one of the ways we enjoy each other's company while staying active.

We also believe in having fun at Adams, and our Where Everybody Belongs (WEB) leaders do a fabulous job of hosting tournaments over the course of the year to encourage physical activity and making connections. We kick off the school year with a corn-hole tournament, which is followed by Minute to Win It. As we move into the new year, students and staff enjoy dodgeball, followed by a March Madness basketball tournament. The year is rounded off with bumper ball soccer. There is never a dull or inactive moment at Adams!

Adams is 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.



Students enjoying a game of bumper soccer.

Alta Vista Elementary (K–5)

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



Susan Wildes
Principal

Realizing Greatness

Six years ago, the staff of Alta Vista Elementary School (AV) welcomed a new class of kindergarteners. Over the years, we have had the pleasure of watching them grow physically, emotionally, socially, and academically to become upper-grade students who serve the rest of the student population.

Through various leadership programs overseen by our counselor, Dr. Joyce Stout, students develop their leadership skills, mentor younger students, and provide academic support. The AV student leadership program allows students to demonstrate early leadership qualities as they interview for their positions and then work with a variety of school-wide programs, including our Big Cat Sister School Program. The AV Wildcat Patrol helps to provide positive behavioral models, works to support playground expectations, and encourages conflict-resolution strategies. Finally, the Alta Vista Reading Works Program pairs struggling young readers with leaders who build connections in weekly tutoring sessions.

The value that these programs add to Alta Vista allows our students to continually realize greatness.



Fifth grade student Ryan Pak mentors first grade student.



Student Leaders participate in a Skype call with National Geographic conservationist Luke Dollar.

Beryl Heights Elementary (K-5)

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



Karen Mohr
Principal

Greatness from Reaching

At Beryl, we encourage trying new things and openness to new opportunities. This year, in partnership with a music center, it's music and the arts. Outstanding teachers will provide hip-hop dance to our first-

graders and vocal music to our second-graders, with culminating performances in May or June.

Our Hands on Art program is led by trained parent docents who come into our classrooms and teach about artists and art genres. Students also create their own masterpieces. We thank our PTA for providing this wonderful program!



Hands on Art in 2nd grade

In the district's philosophy of developing the whole child, we encourage development through art and music. Greatness comes from learning to rise to every occasion, giving our best effort, and learning new and exciting things daily. Let's make this year the greatest year ever by continuing to grow and learn together.



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Birney *Elementary (K-5)*

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



Mira Baskaron
Principal

Loving Life through Art and Music

Art and music are extremely popular at Birney, as well as a critical part of our students' education. We are very fortunate to have many dedicated Hands-on Art volunteers who teach lessons to our K-5 students. Our students and teachers love Hands-on Art!

We are so fortunate to have the PTA fund our art lessons, and the RBEF our music instruction. Every month our students engage in art lessons where they learn about the different artists and even create some masterpieces of their own. They can hardly contain their excitement when engaging in an art lesson that includes learning about the artist and his or her style.

Music instruction is also provided to students in grades K-5. The RBEF funds the instruction for students in the first five grades, and the PTA funds it for the kindergarten students.

Music of course helps the body and mind work together. The lower-grade students enjoy listening to music while learning about the various cultures and dance moves within that culture. The students in the third and fourth

grades receive vocal music lessons that culminate with a special concert at the end of their session. The students in the fifth grade play musical instruments led by our two wonderful music teachers.

We know the importance of the visual and performing arts for our students, and the link between instruction in those areas and a boost in academic performance. We are proud that our Birney students at every grade level are able to be active learners within the arts and music, and will continue to develop and grow within the whole-child education approach.



Kindergarten students enjoying their, PTA funded, music instruction.

Jefferson *Elementary (K-5)*

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



Jeff Winckler
Principal

Setting Our Sights

At Jefferson, we are fortunate to have a variety of programs which are adding an extra degree to our students' education. Through classroom lessons, Hands-on-Art, Artists in Residence from LA Arts, the Mind-Up curriculum, and credentialed RBUSD teachers, our students can enjoy frequent experiences in the arts, social-emotional wellness, and physical education.

Jefferson students have also engaged in an enriching science education as well. Over the past few years, with the support of the RBEF, the lab science program has provided weekly "hands-on" lessons to our students in the fourth and fifth grades. The instruction comes from a fully credentialed science teacher who leads students through inquiry based science investigations. The

lab science teacher also supports with several other RBUSD schools in addition to Jefferson. This year our third-grade students have also been added to the program.

In addition to the lab science program, all of our Jefferson students this year will have the chance to participate in a school-wide science event in the spring. Here students will have an opportunity to bring in a science project from home, with the kindergarten and first-grade students bringing in a collection, the second and third-graders bringing in a model, and the fourth and fifth-graders bringing in an experiment which follows the scientific method. The kick-off to the Fair will be a set of grade-level-specific "how to" assemblies that will explain what our students need to do for the event.

It is clear that through the lab science program, along with classroom instruction and school-wide events, our Jefferson students are building the necessary science skills they need to become successful in their education and beyond.



Jefferson students in search of Silicon Dioxide.

Lincoln *Elementary (K-5)*

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



Jane Tasker
Principal

Music in Schools

When I was a fourth-grader growing up in Missouri, I joined the Rountree Elementary School instrumental music program. Clarinet was my instrument of choice, and I eventually made it to “third chair” in the middle school band. It has been years since I’ve played an instrument, but the experience was one that has made a lasting impression in my life.

My musical training provided me with an appreciation for the arts. It also taught me self-discipline, as I practiced and set goals for improvement. I value my past experiences, but it is important to get input from the professionals who bring music to life for our youngest students.

I recently had the opportunity to interview one of the RBUSD elementary band teachers, Yvonne Zoetewey, to get her ideas on why music is important in schools. I think you will find her words that follow inspirational!

“Wow! Look at what music does,” she told me. “Music engages the heart and the mind. When one plays an instrument, many skills are employed. The student must hold the instrument properly, have good posture, breath correctly, blow correctly, read the notes, finger the notes, produce a sound, and play in rhythm all at the same time. What a student receives from being in band is confidence, a sense of accomplishment, teamwork, and the ability to understand what it takes to make music.”

“Music surrounds us everywhere we go,” she added. “It is empowering for students to have an understanding of what music is comprised of, and have the ability to perform music on their own.”

One of my favorite quotes that captures what I feel about music is from Plato. He states, “Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything.”



Elementary band teachers demonstrate instruments for 5th grade students at Lincoln

Madison *Elementary (K-5)*

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



Drew Gamet
Principal

Keeping Healthy

With a successful Jog-a-Thon behind us, and the Jump Rope for Heart event in front of us, there has been a big shift in how we now fund-raise at Madison. No longer do we sell cookie dough or boxed candies, thus sending the message to our students that the only way to help improve the programs at our school is by encouraging habits and behaviors that have led to some of the most shocking statistics that surround our children’s health. Such as:

Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. The percentage of children aged six to 11 years in the United States who were obese increased from 7 percent in 1980 to nearly 18 percent in 2012. Similarly, the percentage of adolescents aged 12 to 19 years who were obese increased from 5 percent to nearly 21 percent over the same time period.

In 2012, more than one third of children and adolescents were overweight or obese. Obese youth are more likely to have risk factors for cardiovascular disease like high

cholesterol or high blood pressure. In a population-based sample of five- to 17-year-old youth, 70 percent of them had at least one risk factor for cardiovascular disease. Obese adolescents are also more likely to have pre-diabetes, a condition in which blood glucose levels indicate a high risk for development of diabetes.

Children and adolescents who are obese are also at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem. (source: www.cdc.gov)

The changes that we have made over the last few years have focused on supporting community events such as our Redondo Beach 5K/10K race, which now features a special 1K race for our students. We also now feature a curriculum that is designed to specifically support student wellness, like the MindUp program and LiveWell Kids, both of which are made possible by the support of the Beach Cities Health District.

We highly encourage you to make sure that we continue these trends at home to plan fun and exciting activities with your children, ones that involve being outside and physically active in the warm California sun!

Parras Middle School (6–8)

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



Dr. Lars Nygren
Principal

Reaching for Greatness

Our new mission statement will help guide our school to further levels of greatness. Our fundamental mission is “to ensure continual growth in our students’ learning and academic achievement while promoting responsible citizenship.” To help realize this mission, our school has organized itself into teacher teams consisting of a teacher of language arts, science and social studies.

The teams share the same students, so they can work together to help students achieve at their highest levels. Teams also help parents receive help from teachers when their children have problems. When teachers have common conference periods, parents can meet any day with all three teachers during their conference period to discuss their concerns.

Parras has also instituted 30-minute twice-weekly tutorial periods on Tuesdays and Thursdays. During tutorial period, students can go to any of their teachers’ classrooms for additional help with a

subject they may be struggling with. Teachers can also hold a closed tutorial and select students who they feel need extra instruction. Students not needing support can use the time to complete assigned homework. Tutorial periods have actually resulted in higher grades and homework completion.

Parras Middle School has also made more electronic resources accessible to students. Students can go to the “Resource Center” page on our homepage and find numerous links to resources that will help them with

reports and projects. One exciting resource is the GALE Student Resource Center. This valuable tool allows students to access a wealth of information when conducting research. I recommend that all parents check out the Resource Center and the GALE Student Resource Center. Our library also has hundreds of books available online at the eLibrary to download to tablets. After two weeks, the downloaded books are automatically returned to the library for others to check out.

At Parras Middle School, we’re always reaching for greatness!



Parras ASB students at their annual leadership conference in Pasadena.

Redondo Union High School

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



Jens Brandt
Principal

What’s Your Passion?

By the RUHS Counseling Team

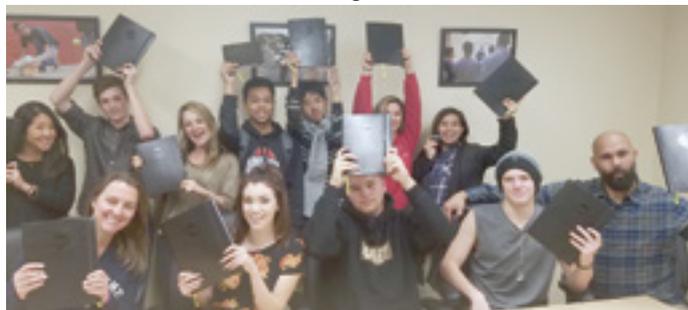
Have you planned for your passion today? At RUHS, we have seen that stress management and coping skills are topics of reoccurring discussions among students, teachers and counselors. It is vital for students to learn ways to manage stress in order to be successful adults. A survey by psychologist/self-help author Robert Epstein indicated that 28 percent of our happiness hinges on how well we’re able to manage stress. So, how can we help to reduce stress in our students?

The stress-management technique that works best according to Mr. Epstein’s survey: planning—in his words, “fighting stress before it even starts, planning things rather than letting them happen. That means planning your day, your year and your life so that stress is minimized.” How are we supporting this highly effectively technique? Passion Planners!

RUHS is promoting the life skill of planning through the use of Passion Planners. The RUHS counseling team distributed Passion Planners at no cost to all students and teachers at the beginning of the second semester. Additionally, the counseling team in conjunction with

teachers will be promoting the practical and productive use of the planners during Sustained Silent Reading (SSR). Of course, something like a planner can only be useful when consistently used. We encourage parents to discuss the planner with students, asking them what they’re planning for this week and what they have been reflecting on. And of course, most importantly, what they are developing a passion for. Where there is passion, there is potential for greatness!

So, as you start or continue your journey, remember these impassioned words from Harriet Tubman: “Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world.”



Students and counselors show off their new Passion Planners!

Tulita Elementary (K-5)

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



Dr. Tanaz Bruna
Principal

Science, Technology, Engineering and Math—Oh, My!

In January, our PTA organized Family STEM Night with the help of over 50 parent volunteers and volunteer students from RUHS.

Students were given a Station Card to be punched at each station so that they could experience all the experiments. Students and parents rotated through Ghostly Bubbles—dry ice enclosed in a bubble;



Thanks to our volunteers – parents and RUHS AP Chemistry students!

Glow-in-the-Dark Art, using zinc sulfide; Instant Snow, using sodium polyacrylate and water; Ultraviolet Bracelets, using color-changing glowing beads; Flubber, using glue, water and starch; Neon Slime, using a PVA solution, atomic glow dye and borax solution; and Giant Fluffy Stuff, using glue, color, soap, shaving cream, eye drops and baking soda. During the great Family STEM challenge, families built a cup tower in less than one minute!

This great event was a kickoff to our April Science Fair. We hope this evening of STEM activities gave our students great experiment ideas and enhanced their knowledge of how awesome science is!



Tulita student showing off her "Ghostly Bubble" with dry ice.

Washington Elementary (K-5)

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



Kristen Holm
Principal

Top DOGS

Washington Elementary School's WATCH Dads of Great Students (DOGS) program started in the fall of 2015. Since then, it has been a big success with fathers, grandpas, and uncles, who have logged more than 2,000 hours on campus!

It is because of our school community's commitment to the program, Eric Snow, the president of WATCH DOGS, and George

Hicker, a Los Angeles businessman and philanthropist, visited Washington to gain insight on how to grow the WATCH DOGS program across Los Angeles County. Mr. Snow and Mr. Hicker met with Meleesa Smith, coordinator of the WATCH DOGS program, along with three WATCH DOGS, Mr. Baird, Mr. Jamrog, and Mr. Jones. They heard firsthand how the program at Washington operates and the difference it has made in the lives of the students.

"You've done an amazing job with your WATCH DOGS program!" Mr. Snow said. "The educational environment

you've created at Washington is obviously top notch, and I'm not surprised to see the WATCH DOGS program thrive. I learned a lot during our visit, and I really appreciate the insight of the Washington staff and dads. As we grow the WATCH DOGS program across the county, Washington Elementary will certainly serve as the gold standard for future WATCH DOGS schools."



George Hicker, Kristen Holm, Meleesa Smith, Zach Baird, and Eric Snow thank the Washington community for embracing the WD program.

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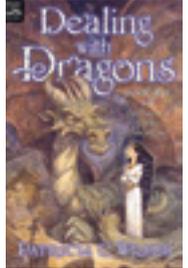
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Sophie's Choice



The Magic Adventure

Dealing with Dragons, by Patricia Wrede, is an adventure about a princess named Cimorene. But Cimorene wasn't a typical princess. She didn't want fancy things and girliness. Instead, she wanted



adventure and the chance to make her own decisions.

Cimorene's parents wanted her to marry a prince, so they tried to trick her into a marriage, but one of the maids helped Cimorene escape to the garden. There she met a talking frog, who invited her to the Enchanted Forest. The forest was filled with caves and dragons, including Kazul, a kind dragon who asked Cimorene to become a dragon princess. Being a dragon princess gave Cimorene the freedom she wanted. She even got to scare off the wizards and fight off the knights who tried to rescue her!

I would give this book 8 out of 10 stars because there was so much adventure and so many cliffhangers!

Sophie is a 4th grader who is a lover of all books, loves to bake, act, draw, sew and play soccer.

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For more information, please visit www.rbusd.org

South Bay Hands On Art

By Co-Chairs *Gina Clancy & Erika Snow Robinson*
Happy 30th Anniversary South Bay Hands on Art!

We will be celebrating the 30th Anniversary of this amazing program at our "Color Celebration Gala" on Saturday, March 4th, 2017. For more information please go to our website at www.Southbayhandsonart.com

We would like to take the opportunity to thank ALL the volunteers who have made ART in our schools a tremendous success over all these years. This program was started by a couple of ladies in a living room who cared about the art education of our students. It's an amazing accomplishment what we can do when we come together as volunteers. So it's time to celebrate and thank everyone who has made this all possible!



Ethan Lakandula 3rd Grade Alta Vista student creating his Colorful Chaos.

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Alana's Book Review



Alana F.

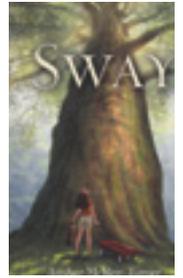
SWAY

Cass Nordenhauer is a young girl whose ultimate dream is to be a volunteer for the Southern Mobile Aid Response Team alongside her mom, Toodi.

So when Toodi finally returns home from a rescue mission, Cass is ecstatic to see her again. But after a confusing conversation with Cass' dad, Toodi drives away in tears and Cass' dream is seemingly squashed. Afterwards, Cass' dad decides that he and Cass should go on an adventure together, and the pair hit the road to explore the countryside. Along the way, Cass' dad introduces her to Sway, a seemingly magical power which can change the way that one thinks in a matter of seconds. With the power of Sway, can Cass find a way for her family to be reunited, or will any memories of a stable life be forever lost to the wind?

I enjoyed this book immensely and would give it five out of five stars because I really appreciate how countless youth nowadays could relate to Cass and her home situation.

Alana is a student columnist. When she doesn't have a book in her hands, she enjoys playing video games and writing fiction. She rates books on a scale of 1-5 with 5 being the highest.



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Lacrosse—Word Search Contest

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)

Word Search by Kai Coop

Rules! Entries must be received by April 1, 2017
 From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

| | | |
|-------------|---------|------------|
| ATTACK | HEAD | RULES |
| CLEATS | HELMETS | SCORE |
| COACH | MIDDIES | SHAFT |
| CREASE | MOUTH | SIDE LINES |
| DEFENSE | GUARD | STICK |
| FIELD | NET | TEAMS |
| GOAL KEEPER | PLAYERS | UNIFORMS |

You still have until March 15 to enter the contests in the February issue.



Lucy's Book Review

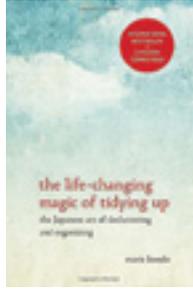


Lucy Davis

The Life-Changing Magic of Tidying Up

Author: Marie Kondo

Imagine a life that is simple and uncluttered. In wake of the ever-popular minimalist movement, I read a book that inspired me tremendously. This eye opening book explains how



to purge the unnecessary, and how it can affect your life. She covers every area of thought (and maybe more!) from how to decide what to keep, to understanding what it means to be a minimalist.

In just 224 pages, Marie explains how to take the first few steps in creating that lifestyle.

We live in a world with too much stuff. You only need what makes you happy, like Marie often says. It's time to start living clean, my friends!

I really loved this book, because it explains one of the simplest things in life: how to live simply. With five out of five bookworms, you should really give it a read.

Lucy is a fifth grade student that enjoys theater, playing guitar and singing. She's a Harry Potter fanatic and hopes to one day publish a series of her own. Lucy will rate the books 1 to 5 bookworms with 5 being the best.

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