

**FREE**

# School News

*Education + Communication = A Better Nation*



**Covering the Redondo Beach Unified School District**

**VOLUME 5 ISSUE 41**

**MARCH 2011**

## **SUPERINTENDENT**



### **We Are An Arts Community and School District**

We want to ensure that every student, pre-K through twelfth grade, in the Redondo Beach Unified School

**Dr. Steven Keller**

District has the opportunity to participate in a quality, standards-based, sequential visual and performing arts program. With the ever-increasing emphasis placed on academic success and California State Standards, the arts are often either neglected in a child's education or simply relegated to the fight of sound educators in an attempt to create learning experiences for the whole child.

This year, thanks to additional support from the Los Angeles County Arts Commission, RBUSD's first and second grade students and teachers will once again work with artist residents from the Music Center Los Angeles. First graders will have ten weeks of dance while second graders will have either ten weeks of music or theater. All students will have a performance for parents at the end of their program.

Our third and fourth grades will continue to be taught by credentialed music teachers in our district-wide vocal music program. Fifth graders will have the option of participating in elementary band as they prepare to join the sixth through eighth grade instrumental music program. Other middle school students may choose to participate in visual art, theatre, and vocal music. Our high school students have a full range of courses available to them, including vocal music, guitar, band, percussion, jazz, ceramics, theatre arts, and visual art (including Advanced Placement Studio Art). RBUSD is

SEE SUPERINTENDENT • PAGE 15

## **Caring Counselors**



**Counselor Mrs. MacMillan leads a CJSF Toy Drive with students for needy families each year.**

*Dr. Lars Nygren, Principal  
Parras Middle School*

February 7-11th was National School Counseling Week, a time when we celebrated the unique contribution of professional school counselors within U.S. school systems.

At Parras, we are thrilled to have a Counseling Department that has a tremendous impact on the success of our students. Our counselors follow the ASCA National Model, and focus on three main domains: Academic, College and Career Planning, and Social and Emotional concerns. In order to meet the needs of students in these three areas, counselors work

SEE CARING COUNSELORS • PAGE 13

## **BOARD OF EDUCATION**



**Drew Gamet**  
*President*

We are now in a new semester and heading toward one of the seminal events for our school district, the California Standards Tests. While the Redondo Beach Unified School District is committed to educating the whole child, the CST is an important part of a child's education. The CST is an important part of accountability throughout our district. It insures that district administration is focused on student learning as it relates to the state curriculum. It provides information to teachers on a students' academic skills and provides a baseline for student growth throughout the school year. Parents are provided an annual measure of their student's learning progress. And, for better or worse, it is a measure used by the community as an indicator of the quality of its community schools.

As a parent, it is important to realize that it is never too early to start preparing a student for the CST. The CST will provide you with insight into how your child did during the school year. But to effectively prepare for the test, it is important to know how your student is doing NOW. Apart from a student's performance on report cards, it is important to check in periodically with your child's teacher(s) to get input on how things are going. Check how

SEE BOARD OF EDUCATION PAGE 15

## **Electives Inside:**

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School News Roll Call

# KAMPS FOR KIDZ

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**Have Fun!**

**Sign up on our website to have the RBUSD publication emailed to you!**

**www.schoolnewsrollcall.com**

New Online!

## Autism Certificate Program

This 18.5 quarter unit program includes 4 courses plus a practicum and meets the requirements of the California Commission on Teacher Credentialing for the Education Specialist Added Authorization ASD credential. Innovative courses that focus on current research and practical application are open to all, and may be of special interest to parents, mental health professionals, administrators and paraprofessionals.

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For more information contact Laura Harvey at [lharvey@uclaextension.edu](mailto:lharvey@uclaextension.edu) or (310) 825-4581.

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**Kay Coop**

Founder / Publisher



Happy Spring! So much is happening in the classrooms. Students are focused on testing...and Spring Break. It is time for parents to register their children for kindergarten and middle school students are already thinking about college.

As you will enjoy reading in this issue the arts are an important part of the district and the community as a whole. Educating the whole child is emphasized, which includes physical education and healthy lifestyle choices.

The RB Education Foundation message on page 4 stresses your involvement is important.

## School News

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**Covering the  
REDONDO BEACH UNIFIED SCHOOL DISTRICT**

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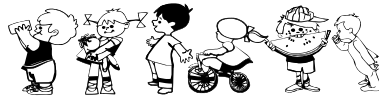
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## Getting Ready . . .



**Theresa Van Dusen**  
 Director

It may only be March but the Child Development Centers are already busy preparing for the future. It's time for us to register new students starting Kindergarten in the Fall 2011 and plan for a great fun summer program starting in June.

### Fly Into Summer

The summer program at the CDC is a fun and exciting time for everyone. Our teachers do a great job planning fun and educational experiences for their students. Each teacher plans their own summer curriculum and arranges field trips as well as enriching activities on site to help support their weekly themes. Some past trips have included The Jet Propulsion Laboratory in Pasadena, The Queen Mary and Griffith Observatory, just to name a few.

### Kindergarten Registration

March is Kindergarten registration for the Redondo Beach School District elementary schools as well as the Child Development Centers. All Children who turn five on or before December 2, 2011 can register for Kindergarten.

The CDC Kindergarten program is designed to meet the needs of our working families. We are open from 6:30 a.m. until 6:00 p.m. even on some holidays and school vacations. Our kinder students are walked to school and picked up directly from their kindergarten class. Our Child Development Center teachers spend time on homework, and provide enrichment activities to reinforce the kindergarten curriculum and to help support school readiness.

We are very excited to welcome our summer families as well as the new Kindergarten students that will be starting in the fall. Come and visit our Child Development Centers and see all the great things that are happening.



**Ms. Ruvalcaba demonstrates an art activity.**



**Homework Time!**

**Redondo Beach Unified School District**  
**Kindergarten Enrollment**  
**STARTS: MARCH 1, 2011**

Enrollment for  
 children who plan to enter  
 kindergarten for the  
 2011/2012 school year  
 will be held at all  
 district elementary schools  
 starting Tuesday, March 1, 2011.

For more information  
 please contact your local school.

Child Development Centers  
 Redondo Beach Unified School District  
 310-798-8683 ext 1312

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**Important**  
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 separate from Elementary School  
 Registration

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**Open Registration Ends March 31, 2011**

## Join Forces & Make a Difference



**Brad Serkin**  
President

Schools across California are expected to plan for the worst this month. No one knows what the budget from the state will be for public schools next year.

The prediction is that hundreds of teachers statewide will be issued preliminary layoff notices by the mandatory date of March 15. Because of this unknown—the question we are all thinking—how many teachers could we lose next year?

If the governor's proposal to seek tax extensions ends up on the June ballot, school districts will not know until later that month whether they can rescind layoff notices or not. What happens if the tax extension is not approved? With the tax extensions extended, the loss to the district would be \$19/student. Without the tax extension, the lost would amount to \$350 per each student in the district. This amounts to funding levels from almost 10 years ago wiping away all cost of living expenses and more!



**Skechers/Friendship Walk shows their support for RBEF.**

For our Redondo schools, it would mean a \$2.7 million deficit. Also, this time around, there will be no federal stimulus money to help ease the red ink. Our students would experience less teachers, program elimination, larger class sizes and instructional materials not being purchased.

The time is NOW for us as parents to join forces and make a difference for our students! How you ask? By getting the vote out and through the RBEF's annual donor drive. One involves our inherit right as citizen's to flex our voting power and the other is our privilege to live in a country where for \$30 a month, we can afford to give our students an excellent education.

Please show your support for the tax extension vote in June and support our schools and teachers with a \$360 tax deductible donation to the current donor campaign running through April 1st. Any donation helps and supports our students!

To donate or for further information about the tax extension ballot measure, go to [www.rbef.org](http://www.rbef.org).

## South Bay Adult School

3401 Inglewood Ave., Redondo Beach, CA 90278 • 310/937-3340 • [www.southbayadult.org](http://www.southbayadult.org)

## Fitness Before Fitness Was Cool



**Megan Cassette**  
Director

Instructor Ralph Ford has been teaching fitness for adults in the South Bay even before it was considered cool to be fit. With the unglamorous name of Fitness Through Cardiovascular Exercise, aka CV, this popular class is the grand daddy of South Bay Adult School classes. Continuously offered for over 25 years, CV has maintained a steady following, due in large part to students' loyalty toward and appreciation of Ralph Ford. In 1987 Ralph moved from CV student to CV teacher. A middle school science teacher at the time, Ralph believed that he could combine his knowledge of scientific principles with his love of physical activity to create a winning philosophy of fitness. He was absolutely right. Offered three days per week, CV focuses on three elements: flexibility, strength, and cardio.

"My classes are not judgmental. Everyone is welcome, regardless of their fitness level. I think one of the reasons my students like my class is that I am not a typical jock. I enjoy the benefits of good health and fitness and enjoy sharing that with my students," states Ralph.

One of Ralph's long time students recently gave up the class upon reaching his 90th birthday, but another, Orlene, is still going strong after 25 years. After retirement from full-time teaching, Ralph created another popular class, Fitness for Mature Adults. With its dedicated core of seniors, this class meets two mornings per week at Edison Center for an hour-long workout.

South Bay Adult School salutes Ralph Ford for his dedication to modeling and building life-long habits of good health in our South Bay community!



**Ralph Ford with one of his long time students.**

## RBUSD Student Services / Special Education

Student Services: 1401 Inglewood Ave., Redondo Beach, CA 90278 • 310/937-1231  
Special Education: 1107 Vincent St, Redondo Beach, CA 90277 • 310/798-8683 ext. 1301  
www.rbusd.org/specialeducation/

# Drug and Alcohol Issues



**Frank DeSena**  
Asst.  
Superintendent  
Student Services

**Dr. Aaron Benton**  
Director Special  
Education

RBUSD has created a Drug and Alcohol Community Task Force. The Task Force has been in existence for over two years. The Task Force has developed a Strategic Plan to guide the School District and community members in developing recommendations to reduce substance use/abuse among the youth in Redondo Beach. The Task Force will continue to meet during the 2010-11 school year and subsequent years. Task force members will monitor the progress of the current Strategic Plan recommendations as well as develop new recommendations. Task Force members consist of students, parents, law enforcement, community agency representatives, and RBUSD staff.

Unfortunately we do have students in our District who use drugs and/or alcohol. Drug and alcohol use is not unique to RBUSD, and most likely exists in all secondary schools throughout the country. However, as a District we will not just accept drug and alcohol use among our students and not take some actions to address the problem. Our Task Force exists to “reduce substance use/abuse among youth at school and in the community by promoting healthy lifestyle choices, implementing effective programs/strategies, and identifying students at risk.”

There is a Drug and Alcohol Community Task Force section on the District website under Student Services. There is information on the website about new programs that have been initiated by the Task Force. There is a Safe Space Agreement and Voluntary Drug Testing programs that are now in place at RUHS. Please go to the District website [www.rbusd.org](http://www.rbusd.org) to learn more about these programs.

Task Force members have also helped initiate a parent training program. We will have a Substance Abuse Parent Training on March 24th from 6:00-8:00 at Perras Middle School. A similar training was very well attended and received by parents last year. A flyer will be sent out soon to give you more information about this important event. Remember it is not always the other kids that have the problems and please educate yourself regarding substance use and what you can do as a parent.

## RBUSD Alternative Education

1000 Del Amo St, Redondo Beach, CA 90277 • 310/798-8690 • [www.rbusd.org/shores/](http://www.rbusd.org/shores/)

# Hands on Art for Shores



**Stephen Edmunds**  
Principal

Each of our students is unique. Each has talent and a gift. In Alternative Education we try to tap into that talent and use it as hook to help students succeed and successfully graduate from high school. The arts are a key element in providing a “voice” for students who have struggled in traditional settings with their studies.

Electives in creative writing, film studies and fine art classes in drawing and painting, ceramics, mixed media are open to all students. One unique feature of Shores is the “Senior Tile.” Each senior creates their own tile that is then added to the tile border that circles the entire campus. Additionally, staff members when they depart Shores also add a tile to the collection. One of our

greatest joys is that our tile border is now repeating as our graduation percentage climbs and we try to serve more and more students successfully.

Sarah Horton, one of our seniors, is this year’s student representative to the South Bay Hands on Art for Shores. Unlike elementary schools where parent docents lead the activities, at Shores, our students become the instructors and return to class and

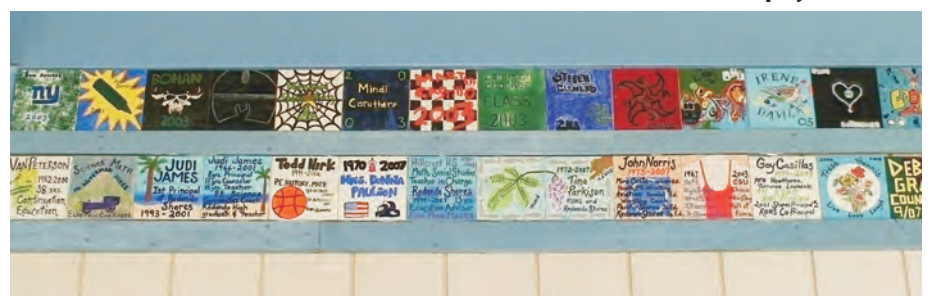
lead five to six periods in the activity. Ms. Kirts our art teacher says somewhat humorously, “The great thing about Hands on Art is that the student gets to experience not only learning about the project but the ‘joy of teaching’ their peers which usually leads to a greater appreciation for the role of the teacher.”



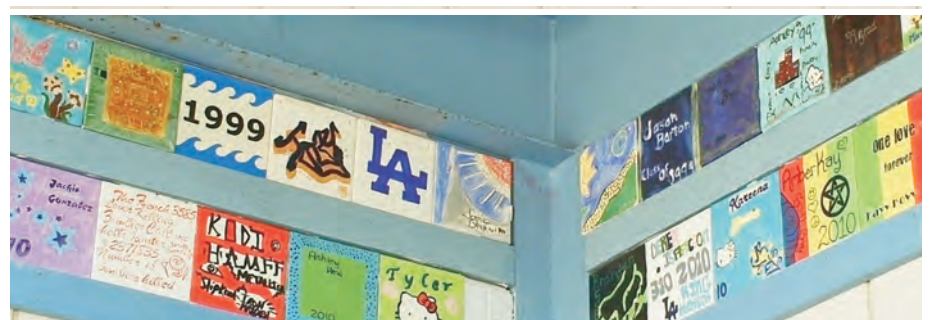
**Sarah Horton instructing.**



**Ms. Flin Kirts works with Shores students in art on a 3 dimensional art project.**



**Faculty tiles reflect the long tradition of service to RBUSD—many 30 plus year staff members!**



**Senior tiles are now circling the campus for a second time!**

# Adams *Middle School (6-8)*

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



**Dr. Nicole Wesley**  
*Principal*

## It's Not Too Early to Think About College!

By Linsey Gotanda, Counselor/TOSA

Parents often wonder, "When should we start thinking about college?" The answer is...middle school! Although college seems far away, middle school is the perfect time for students to begin thinking about their post secondary options and building skills they will use later in life.

This year, Adams Middle School is working hard to increase high school and post secondary awareness. Our 7th and 8th graders are creating academic plans (7th-12th grade plans) to guide their curricular choices before they enter high school. This way, students are able to enter high school with a clear idea of college eligibility requirements and take action to meet their goals. Eighth grade students created a "Getting Ready for High School" video that was shown to all 8th graders in their Advisement class, in order to aid their peers with information about the differences between high school graduation and college admission requirements. Our goal is for our students to leave Adams with a clear understanding of the a-g college requirements, so they are fully aware of their options and are proactive as they prepare for life after high school.

This year Adams adopted Naviance, an online college and career planner for all students as they search for career options, college possibilities and begin to develop an awareness of their strengths and values. Students will complete college searches, goal setting and career planning with this invaluable tool.

The Adams Eagles are thrilled about the college buzz on campus. We are so excited to share the wealth of knowledge and information regarding post secondary planning with our students and families! To view a high school planning PowerPoint and the Six Year Plan worksheet, please visit [www.adamsmiddle.org](http://www.adamsmiddle.org).



**Sixth grade students learn about various colleges in the nation as they explore the Adams College & Career Center.**



**All 8th graders will create their four-year plans created before entering high school and their plans will be sent electronically to RUHS before they leave Adams.**

# Alta Vista *Elementary (K-5)*

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



**Anthony Taranto**  
*Principal*

## The Importance of Healthy Eating and Exercise

According to [kidshealth.org](http://kidshealth.org), one out of three children in America is overweight or obese. In order to reduce this number, children need to learn the importance of eating healthy and exercising at an early age so that healthy eating habits and regular exercise will become second nature to them.

Children have a higher metabolic rate which requires more caloric intake than adults, but it is vital that these calories consumed are nutritious. If children are allowed to select the foods they eat, they will naturally opt for food with high fat, sugar or salt. A healthy diet on the other hand includes a range of food choices. Aiming for 5 fruits and vegetables per day gives children a variety of vitamins, minerals, and fibers that facilitate healthy growth. Switching to whole grain and cooking more meals at home are additional ways to build healthy eating habits. To help facilitate this change, taking children to the grocer and getting them involved in the shopping decisions will make them excited about what they eat and get them to take charge of their health.

Equally important to healthy eating is exercise. Whether it is indoors or outdoors children need an hour of exercise a day. Indoors children can stretch, perform step-ups on the stairs or walk up and down, or work out to exercise videos specifically made for children. Outdoors children can ride their bikes, skates or scooters, walk, run, and even gardening is a great form of physical activity.

Healthy, well-nourished kids are better prepared mentally and physically to take on the day. Good nutrition begins at home, so talk to your child about making healthy food and beverage choices and of course, model those healthy behaviors yourself.



**Student performing their daily morning exercises.**



**Families picking up their produce box.**

# Beryl Heights *Elementary (K-5)*

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



**Karen Mohr**  
Principal

## STAR Testing Tips for Success

This May second through fifth grade students will be taking the standardized testing. To help your child do well on their testing, please make sure your child gets a good night's sleep before each day starts. Also, make sure that you provide a light, healthy breakfast and have your child dress comfortably and arrive at school on time. Most importantly, send your child off to school with confidence, building words of praise and support like "You'll do great! Believe in yourself! I love you!" A positive interaction before testing always helps motivate students to do their best and gives them a feeling of self-worth and confidence. Suggest that your child breathe deeply to relax before and during the test and remind your child to read directions carefully and look at all the answers before choosing one. Tell your child to check his or her answers before turning in the test and remind them to take their time; it is not a timed test. Please do not schedule trips, dental or medical appointments, or early pickups for testing days. Most of all, remember that it is just one indicator of how a child is doing and communication throughout the year with your child's teacher is always the best way to determine your child's success.

As always, at Beryl we strive to be the best we can be and with your help and support, our students will be successful in all that they do.

Our 20th Annual Jog-a-thon and 3rd Annual Walk on the Wild Side parent party and silent auction will once again be hosted on the same weekend. Jog on the Wild Side will take place on Friday May 20th, 2011 at school on the field during regular school hours. Pledge forms will be distributed at the end of April. A Walk on the Wild Side will be at The Elk's Lodge in Redondo Beach on Saturday May 21st, 2011 at 6:00 pm.



A parent auctioning off a classroom project at Beryl's Walk on the Wild Side Live Auction for Parents.

# Birney *Elementary (K-5)*

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



**Jacqueline O'Sullivan**  
Principal

## Educating the Whole Child

The Birney School staff prides itself on educating the whole child, especially in the areas of physical education and healthy lifestyle choices. Together with Beach Cities Health District, staff is able to approach this goal in a variety of ways. Every morning, all 400 Bobcats gather for our eight minute morning exercises led by a different teacher each morning. Students and staff and sometimes even parents, run through a routine set to music and end with some restful yoga poses.

On a rotating schedule throughout the year, every student at Birney receives PE instruction with Mr. Mike Morlock, our Beach Cities PE teacher. This program, called Moving Children, is standards based and helps teachers reach the state goal of 200 minutes of PE every two weeks. Students learn a variety of engaging activities and teachers learn techniques to run a successful PE program. Training is provided throughout the year for interested staff.

Another fantastic program sponsored by Beach Cities Health District is LiveWell Kids, which fights childhood obesity by installing a school garden and providing nutrition classes taught by parent docents, as well as the eight minute morning exercises. Our new garden, located right outside the library off of Grant Ave and Green Lane is in full swing this year planting and harvesting a variety of fruits and vegetables that our students will enjoy during harvest celebrations. Children will also have an opportunity to plant and watch the garden grow each year thanks to our garden mom, Laurie Stimpfig!

Birney students are learning that eating healthy and exercising can be fun. Our goal is to incorporate a healthy attitude that will last a lifetime.



Sofia enjoys some quiet time in the Birney garden.



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Camps & Fun Activities

# KAMPS FOR KIDZ

BY SUSAN PETERSON

*Noted author of the comprehensive guidebook:*

*"Fun & Educational Places to go with Kids & Adults in Southern California."*

**THE WORD "SUMMER"** brings to mind a myriad of images from my childhood — *going to the beach, reading a good book, eating popsicles, building a treehouse, and hanging out with my friends.*

Those are great memories. I also remember getting bored. And I remember sharing this information, persistently, with my mom — *I think she referred to it as WHINING.*

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## Magic Book Garden Family Reading Time



**Rozanne Lanczak Williams**

Would you set aside just 20 minutes a day for a special family activity if you knew this would greatly increase your child's reading skills and overall enjoyment of reading? A friend of mine, Lisa, is a second grade teacher and she and her high school teacher husband have a kindergartner and a second grader. Lisa was concerned because she couldn't get her son, the second grader, to read on his own. So she and her husband decided to begin Family Reading Time, a quiet time for each family member to read something of their own choosing. Since both parents work full-time and the kids have lots of activities, this was no easy feat. But Lisa, being a teacher herself, understands the power of modeling in the learning process.

**The rules are simple:** Turn everything off! That means no telephone calls, TV, iPods, electronic games, etc. Everyone in the family chooses something to read. Even pre-readers can enjoy a book by looking at the pictures. That's what Lisa's kindergartner did before she started to bring little books home from school that she could actually read on her own. Don't be concerned if your child picks books that you think are too easy. Practice with easy books will increase confidence and improve fluency.

Set a timer to begin. 20 minutes is a good start, but you can adjust the time that fits your schedule. You might have your kids help you make a sign for your front door that says, Shhhh! Family Reading Time is in Progress.

Relax and enjoy your reading time! As a parent, this might be the only time you get to read the newspaper or an actual novel.

Remember, Family Reading Time should not replace Read-Aloud Time. This is the irreplaceable warm and fuzzy time, usually around bedtime, when you read to your children, typically from books slightly harder than their reading level.

Family Reading Time models your interest and love of reading. And because you value reading, your children will too.

Rozanne Lanczak Williams, a former teacher, is the author of more than 200 books for beginning readers, parents and teachers. Visit her Web site: [www.magicbookgarden.com](http://www.magicbookgarden.com)

# Baseball Terms Word Search Contest



**NEW 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 is the word you email to: [Kay@schoolnewsrollcall.com](mailto:Kay@schoolnewsrollcall.com) (Please put "Contest RBUSD" in the subject line)

**Entries must be received by March 20, 2011**

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

- |         |            |           |             |
|---------|------------|-----------|-------------|
| Balk    | Curve ball | Home run  | Second base |
| Ball    | Donnybrook | Infield   | Short stop  |
| Baseman | Dugout     | Manager   | Sinker      |
| Batter  | Error      | Out       | Strike      |
| Bench   | Fielder    | Outfield  | Third base  |
| Bullpen | First base | Pitcher   | Umpire      |
| Catcher | Floater    | Rhubarb   | Walk        |
| Coach   | Foul       | Runs      |             |
| Crowd   | Home plate | Screwball |             |



**Congratulations to Andrea Smith  
 Winner of the February Contest!**

E	R	I	P	M	U	F	U	H	K	P	I	Y	H	A
B	S	H	O	R	T	S	T	O	P	R	N	F	C	F
U	O	A	K	L	I	T	O	M	F	E	F	O	A	E
L	L	A	B	N	R	R	U	E	I	H	I	U	O	I
L	A	E	K	D	B	E	A	P	R	C	E	L	C	A
P	L	E	R	Y	N	R	S	L	S	T	L	R	X	L
E	R	A	N	R	H	O	E	A	T	A	D	E	B	J
N	Y	N	B	U	O	S	C	T	B	C	M	D	P	C
B	O	B	B	W	M	R	N	E	A	D	N	L	I	E
D	B	A	T	T	E	R	V	D	S	O	R	E	T	K
W	R	G	F	G	R	R	K	X	E	X	L	I	C	I
B	K	L	A	B	U	Z	C	I	M	C	L	F	H	R
C	L	N	H	C	N	E	B	S	A	I	E	T	E	T
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## Note-ables

### Swimming in Noodles



Kate Karp

Jim Cosgrove is a lot of fun. He's a daddy who treats his children and yours as well to silly songs set to foot-tapping styles and genres that ramble from acoustic to zydeco. His "Stinky Feet" has been requested so often that it's earned him the dubious moniker Mr. Stinky Feet, but Mr. Cosgrove doesn't seem to mind.

No stinky feet, though, on his latest offering, *Swimming in Noodles*, probably because there are too many songs about food on the collection "Cookie Time," "Spaghetti and Goofballs" and "Chips and Salsa" are side dishes to friendship and task breaks. There are cozy family songs, such as the Cajun-flavored "Cool Daddy," which recalls the New Orleans classic "Iko Iko." Others can be used for science, personal development and social studies, like "We're Electrons," "Nobody Does It like You" and "Just Like You." In the whimsical "Hang On Mama," Mom disappears under a load of laundry, not exactly the way she does in real life but she'll relate, and we're guests in the otherworld of a child who protects a mysterious animal from the zookeeper. Listen for the surprise ending.

The recording was produced using live musicians and in collaboration with Grammy award-nominated producer Tor Hyams, who founded Kidzapalooza, the children's musical version of the annual Lollapalooza music festival. The CD jacket is peppered—there's that food theme again—with fun facts relating to the songs. Bet you didn't know that electrons are smaller than a freckle on a fly or that salsa is the number-one condiment in the United States. *Swimming in Noodles* will be a tasty accompaniment to car trips, playtime and classroom hands-on time.

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



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# Jefferson *Elementary (K-6)*

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



**Kara Heinrich**  
Principal

## Preparing to do Our Best

Beginning May 2nd students will be in STAR testing mode. It is never too early to prepare the STAR test! As Henry Ford states, "Before everything else, getting ready is the secret to success." At home preparation begins with being conscientious and ensuring your student arrives to school everyday, on time. Students should arrive to school well-rested and have eaten a healthy breakfast to prepare their minds and bodies for a day of work. During the testing period we encourage daily "Quiet Hours" to allow for a quiet, focused testing period.

Preparing our students for tests and assessments doesn't mean absolute skill and drill activities, nor does it mean preparing just weeks prior to the test, it means everyday quality instruction. Students prepare throughout the year to become well-rounded learners. Kindergarten through sixth learn explicit connections between best test-taking practices and universal-learning practices, ensuring students have the skills needed to do their best in the classroom, assessments, and do their best to become lifelong learners. Teachers use standards-based curriculum to prepare students in conjunction with differentiated

instruction, progress monitoring and on-going classroom assessment. Student success and all around progress leads to the outcome of academic proficiency, social-emotional growth and physical well-being. Assessment becomes key factor in determining student learning, growth, and areas of focus. Jefferson's goal is to educate the whole child and ensure students have the best strategies and skills in life to do well both on any



**Fifth grade students learning study skills.**



**Mrs. Gray's class engaged in a Newbery Honor book, studying American literature.**

# Lincoln *Elementary (K-5)*

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



**Jeff Winckler**  
Principal

## STAR Testing: Preparing for Success

Each spring our 2nd through 5th grade students participate in the statewide STAR (Standardized Testing and Reporting) Program. Testing occurs in

May and focuses on Language Art and Mathematics for all grades, as well as Science for 5th graders. STAR testing is an important measure as the results give valuable information on individual student standards mastery and how our school is performing overall.

Many times parents will ask how they can best prepare students to do well on the tests. Since the tests are cumulative, covering grade level standards taught through the year, putting in long hours of studying in the days that lead up to the test or during the test is not necessarily the best way to be ready for success.

In order for students to do their best during testing it's important to follow some basics:

- Get a good night's sleep the night before testing.
- Have a complete breakfast the day of testing as well as a complete dinner the night before.
- Come to school on time the day of testing.
- Exercise each day during the testing window.
- Students and parents should talk about the importance of testing and stress the value of trying their best without putting too much pressure on the student.

Our goal is to make the testing period as smooth and stress free for our students as possible. With your support I know that we can achieve it! Thank you



**Ms. Mullens working with students.**



**Ms. Gillette with students.**



**Ms. Rodriguez-Duffy with students.**

# Parras *Middle School (6-8)*

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



**Dr. Lars Nygren**  
Principal

## CARING COUNSELORS • FROM PAGE 1

with students individually, in small groups, in the classroom, and in collaboration with teachers, support staff, and parents.

School-wide programs include Safe School Ambassadors, Red Ribbon Week guidance activities, Career Day, and Yourspace. Yourspace is a weekly lunch-time program offered to all students who are interested in joining counselors for a fun-filled lunch time experience, giving them the opportunity to make new friends in a supported environment. Parras has a zero tolerance policy for bullying, therefore, counselors work closely with students trained

through the Safe School Ambassadors Program and administration to prevent and address mistreatment and to improve the school climate.

In the classroom, counselors teach guidance curriculum focusing on such topics as: active listening skills, strategies for achieving academic success, college and career planning, and the transition into and out of Parras Middle School, to name only a few. Counselors also support students in the AVID (Advancement via Individual Determination) program by providing both academic and social/emotional counseling services to ensure success.

Parras Middle School has an active CJSF (California Junior Scholarship Federation) population. Students must meet rigorous academic standards, and must apply to be a member. The primary focus of CJSF is for students to maintain a high level of academic performance, to expose students to universities, as well as to encourage students to give back through community service opportunities.

In addition to providing services to all students, counselors work closely with those who are at-risk academically, and emotionally. Students are given targeted support through referrals, coordinated collaboration between the school and home, and through

academic program planning. In order to expand our services, Parras is a training site for counseling interns who are attending local area graduate programs in the field of school counseling.

Our counselors serve on the Violence Prevention Action Committee, Drug and Alcohol Abuse Prevention Task Force, School Site Council, SST Committee, IEP Team, and the AVID School Site Team. Parras Middle School's Counseling Program played a key role in earning us the California Distinguished School Award. The Parras Counseling team has also been given the "Best in the West" award for having a superior SPARC (Support Personnel Account Report Card).

For more information on the counseling program, please visit [www.parrasmiddle.org/counseling](http://www.parrasmiddle.org/counseling)



**Counseling intern Mrs. Kono informs students about RUHS**



**Counselor Mrs. Andrews teaching 8th grade students about important high school requirements**

# Madison *Elementary (K-5)*

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



**Joseph Ledoux**  
Principal

## Forever Young

You're only as old as you feel, or so the saying goes. Here at Madison, we know physical fitness is the key to keeping your mind, body and soul in shape. Each morning our students are led through an eight-minute workout routine, which includes: warm-up exercises, calisthenics, and yoga. On Wednesday mornings, Mike Morlock from the Beach Cities Health District, leads the morning exercises demonstrating perfect yoga form.



**Dalton Gardner, Madison's leading runner**

Another example of our commitment to fitness can be seen in Madison's Milers' Club. One of Cometville's most dedicated parents, Cynthia Burgess, meets the students each morning before school to record how many laps each student completes in 15 minutes (7 laps = 1 mile). The way the club works is that our primary students (K-2) earn a foot-shaped charm, which goes on a necklace, for every 5 miles they run. Our upper grade students (3-5) work a little harder to earn their rewards, they need to run 10 miles (9,500 yards). Dalton Gardner, a Madison fifth grade student, has run an amazing 604 laps or 86 miles so far this year! As a school, we have challenged every student to run at least 10 miles this school year. Go Comets!




**Kate Cunningham and Hana Benson**




**Jacob Alther, Nick Ono, Katie Bracewell, Alena Smith**

**"May the saddest day of your future be no worse than the happiest day of your past."**



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**Happy St. Patrick's Day**



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# Redondo Union *High School*

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**Mary Little**  
Principal

## Are you a Gleek?

If you are, RUHS is the place to get your Glee fix. This semester, the choral program has assembled its very own Glee Club. All students, even those who are not currently enrolled in a vocal ensemble, were asked to join the craze. Our current Glee Club members are preparing to present a medley of songs from the musical "Hairspray" coming to you this spring. Awing us with their vocal talents and strutting their stuff with amazing dance moves, the Glee Club's performance in this year's Pop Concert is sure to be a hit.

The Glee Club isn't the only thing to sing about. The RUHS choirs will dazzle audiences with two spring performances: The Festival Concert on Tuesday, March 29 and the Choral Pops Concert on Tuesday, May 24 both at 7 PM in the RUHS auditorium. Under the direction of Dr. Philemon Theodorou, our choirs are soaring to new levels. With a challenging repertoire from a diverse range of styles and historical periods, the performances are sure to be music to our ears. Don't miss out on the opportunity to see the talented students who make up to choral program at Redondo Union High School. You never know... the next American Idol could be among us.



Redondo Union High School Choir

# Tulita *Elementary (K-5)*

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



**Danielle Allphin**  
Principal

## Science is Fun!

By Danielle Allphin

Tulita students were treated to a week of science fun with Professor Gizmo in February. Professor Gizmo is a veteran educator with many years of science teaching experience and honors including multiple teacher of the year awards in his home state of Wisconsin. He is an active member and leader in the science education field and we are fortunate that PTA brought him to Tulita for Science Week.

Professor Gizmo taught students science concepts including air pressure, the science of sound, states of matter, scientific method, and laws of motion through entertaining and engaging assemblies and class presentations. He frequently got caught in a chanting cycle with students, shouting "Science! Fun! Science! Fun!" and the students loved it! The best part—in all the fun and entertainment, students learned a whole lot of science.



Kindergartener, Mia, demonstrates the power of air pressure.



First grader, Lincoln, prepares to use air pressure to launch a rocket over the crowd.

# School News

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# Washington *Elementary (K-5)*

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



**Vivian Ibarra**  
Principal

## Plans for The future

The staff, students, and parents of the Washington Elementary School community work together to build a strong academic and social foundation for our life long learners.

That mission of Washington School was recently developed at a meeting where we had a special opportunity to plan for our future. Teachers, staff, parents, and administrators all met and developed a three year strategic plan for Washington school. We started by listing all of the school strengths. Everyone was excited to talk about our friendly environment, community feeling, academic focus, committed staff, kind students, special programs, and other strengths. Together we listed 82 strengths of Washington School and we still left some out. Our accomplishments covered the front wall but of course to build a strong plan we also had to talk about our weaknesses. We talked about the challenges facing our students, and the needs we have towards improving our school. It was a much smaller list but it helped us to develop three year goals for our school.

Our goals include:

- Improve the community's perception of Washington Elementary School
- Maintain a physically and emotionally safe environment for student learning
- Increase instructional time with students
- Increase parental involvement
- Improve student's achievement as reflected in standardized tests and assessments

For each goal we set six month strategic objectives to help us meet that goal.

As a team we will meet again this summer and review our goals and add new objectives for the next year. Please visit our website at <http://washington.rbusd.org/> to see our complete strategic plan.

Washington School is moving forward and we invite you to visit us and become part of the Washington community.

Go Explorers!



**Parents are an Important Part of Our School.**



**Morning Exercises Keep Us Physically Fit.**

## SUPERINTENDENT • FROM PAGE 1



**Dr. Steven Keller**

grateful for the strong parent and community support for the arts in our school district, as well as the Board of Education's commitment to a quality arts education. It is the belief in Redondo Beach that art—embedded into the core curriculum—is an essential component to a child's discovery of self and in turn, achievement in a learning community. The District will continue to collaborate with many community art organizations, tapping into the city's valuable resources provided by its very own citizens. RBUSD applauds the support of Redondo Beach's art community!

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## BOARD OF EDUCATION • FROM PAGE 1



**Drew Gamet**  
President

your child is doing on homework (which they should have almost every day if not every day). When you have concerns about your child's learning, act immediately. Teachers are working with students at an incredibly fast pace. If a student misses a concept in class, it could severely hurt their ability to learn new material.

Ultimately, success on the CST should be a very rewarding accomplishment to a student. The good news is that as a district, RBUSD students have increased scores across the district by 50 points since 2005. There are less than 50 school days until testing, so make sure your child is ready!!!

## Redondo Beach Unified School District Board of Education



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