

School News

Education + Communication = A Better Nation



Covering The Redondo Beach Unified School District

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MARCH 2012

SUPERINTENDENT



Do You Miss the #2 Pencil Tests?

Schools across California are preparing for the California Standardized Testing And Reporting (STAR) program

Dr. Steven Keller

conducted each spring. This annual student performance measure is one of the many ways that schools can demonstrate academic achievement. These tests are considered high stakes for educators and parents alike. Even realtors look to these tests in hopes that high scores will produce more homes sold. At Redondo Beach Unified School District (RBUSD), we want our students to score well, and in addition we have deeper desires for their total well-being.

We want students to be academic rock stars—all schools do. The STAR testing program is the biggest

SEE SUPERINTENDENT • PAGE 15

STAR Testing



Adams MathCounts Team

*By Anthony Taranto, Principal
Adams Middle School*

Tests are a fact of life for all students. Tests help teachers gauge student progress, measure skills, determine grades, indicate areas for student growth, and evaluate instructional programs. Each spring, the Standardized Testing And Reporting (STAR) program is administered to measure how well students in California's public schools are achieving California content standards. English language arts and mathematics in grades two through 11 are the targets of these achievement tests. In addition, science and history/social studies are given in select grades.

While testing will not take place until May 2012, a valuable resource is available to help parents become familiar with the program. Visit <http://www.cde.ca.gov/ta/tg/sr/resources.asp> web site to find links for released test questions for your child's specific grade level and subject area and a

SEE ADAMS MIDDLE SCHOOL • PAGE 6

BOARD OF EDUCATION



Want to Be a School Board Member?

The city of Redondo Beach is a charter city, which means it is governed by a set of laws that the citizens have voted on. The School Board is governed by the

California Education Code. The California Education Code does not address term limits, so prior to the '90s some of the Redondo Beach School Board members were on the Board for multiple terms. When the Redondo Beach schools unified, it was determined by the vote of the

SEE BOARD OF EDUCATION PAGE 15

Jane Diehl
President

Fine Arts in Alternative Education



The drug-free mural is a multifaceted painting which celebrates alternative education students' pledge to live a drug-free life.
(Please see RBUSD Alternative Education page 5)

Live Well Tots



We like to try new foods.
(Please see South Bay Adult page 4)



Every Drop Counts



Brad Serkin
President

It's that time of year where RBEF reaches out to parents and asks you to make a contribution to keep Redondo schools on top.

RBEF is a 501(c)(3) nonprofit education foundation run completely by parent volunteers. We have parents run the Pier-to-Pier Walk, November Mixer and Poker Tournament events. We also have parents who produce the RBEF summer sessions for K-12 students who need a little help or want to get ahead. And we have parents who seek private funding and corporate sponsorships.

But the main core of the fund-raising we do as parents is the annual donor drive, which runs February through April. Unfortunately, a great public school education is not free. We ask for \$360 each year per family. That's it. And, you can give in monthly payments of \$30, if needed.

How do we help your children? We put technology such as tablet computers and SMART boards in the classrooms through our teacher grant program. We give cash grants to our schools. We give scholarships to RUHS seniors. We hire teachers back when needed. We add specialized science teachers for our elementary schools. We hire career liaison counselors for the high school.

We support the art, music, sports and anti-bullying programs. We save the programming and positions that get cut because of state budget changes.

So, we ask all parents to please contribute to the donor drive this year. No matter the amount, remember that every drop counts. Visit our website and keep Redondo schools great!

Unfortunately,
a great public school education
is not free.
We ask for \$360 each year per family.
That's it. And, you can give in
monthly payments of \$30, if needed.



Kay Coop
Founder / Publisher



Testing is on the minds of students, educators and parents. (I would venture a guess that thoughts of Spring vacation are occupying a bit of space as well.) This issue is full of advice to help students prepare for the testing process. Getting in shape both mind and body adds up to a formula for success.

Thank those of you who are following us on Twitter and have "liked" us on Facebook as we enter the world of Social Media. You can now launch our Web App to your Smart Phone from our web site to stay connected to *School News*.

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Covering the
REDONDO BEACH UNIFIED SCHOOL DISTRICT

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

Heading to Sacramento!



Polly Kinsinger
President

On March 18–20, two high school students, a chaperone and other adult delegates from Redondo Beach will be in Sacramento for the 33rd District Annual Sacramento Safari. They will be learning about advocacy and legislation as they pertain to schools and families in California through a series of trainings and learning conferences. Participants will have the opportunity to meet with their local legislators, attend legislative committee meetings, be present at general sessions of the Senate and Assembly, tour the capitol and meet with PTA legislative advocates.

This year will be additionally informative thanks to the backing by California State PTA of the Our Children, Our Future statewide education initiative. PTA believes that out of all of the initiatives being put forward by various organizations, this initiative has the best chance of transforming our public schools by generating a substantial amount of new revenues for K–12 schools and early childhood education. Because PTA is backing this initiative, Sacramento Safari participants will have a rare opportunity to hear how initiatives like this one come to being and get on ballots, and then will be able to follow the initiative through the electoral process.

Both the Redondo Union High School PTSA and the Redondo Beach Council PTA fund this program for these student and adult participants.

Vitality City

Jens Brandt, One Sea Hawk Way, Redondo Beach, CA 90277 • 310/798-8665
Lauren Nakano, 514 N. Prospect Ave, Redondo Beach, CA 90277 • 310/374-3426x115 www.vitalitycity.com

Very Well, Indeed!



Jens Brandt
RUHS Assistant
Principal /
Vitality City Liaison



Lauren Nakano
BCHD Vitality
City Program
Manager

Alliance for a Healthier Generation is helping the city of Redondo Beach work toward being a Vitality City! Along with Beach Cities Health District, RBUSD staff and parents have been gaining momentum on this great initiative for our community. The dedicated Wellness Council at Beryl Heights Elementary is currently in the process of applying for a Bronze Award from the William J. Clinton Foundation. Special thanks to Karen Mohr, Linda Buck and Leah Petrey for their efforts!

Just as exciting is the news that all schools in the district have assembled their Wellness Council leaders for their respective school sites. It is going to be an exciting year, and we would love all the support we can get. Please contact Jens Brandt at jbrandt@rbusd.org for more information.

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www.rbusd.org/specialeducation/

Options for All



Frank DeSena
Asst.
Superintendent
Student Services

Dr. Aaron Benton
Director Special
Education

In an effort to meet the needs of all of our students, a wide variety of program options are provided in the Redondo Beach Unified School District (RBUSD), some of which may be helpful for you and your child.

Because we know that comprehensive high school is not a good fit for some of our students, alternative education is available at Redondo Shores Continuation High School, Redondo Beach Learning Academy Community Day School, Redondo Union High School (RUHS) Independent Study Program, and the RUHS CyberHigh Learning Center. These programs provide valuable alternatives for students with specific concerns affecting their attendance and success in traditional high schools.

The needs of students with significant health issues affecting their education are met through Health Care Plans (HCP) and Home Hospital Instruction (HHI). These confidential plans are developed and implemented by our school nurses, in cooperation with the students' parents and with input from the students' physicians. HCPs provide for modified instruction or address specific health needs which may affect a student during the school day, such as diabetes or seizure disorders. Home Hospital Instruction is provided for students who, due to medical or mental health reasons, are not able to attend school. When we are notified by a physician or mental health professional that a student cannot attend school, RBUSD sends a teacher to the student's home for one hour per day, five days per week, in order to prevent missed instruction, assignments, or assessments and to help the student stay on par with her or her peers.

Our substance abuse prevention programs serves all of our schools. This school year, our kindergarten through fifth-grade students are receiving instruction in the MindUp learning program, which is delivered by our elementary counselors. This is not a specific substance abuse program but focuses on empathy, awareness, optimism, health, and focus/attention. Our middle school students receive their substance abuse instruction from our Project Alert program, which is delivered by the Beach Cities Health District staff. Our high school students have access to a counselor from the Thelma McMillen Center for Chemical Dependency. The counselor sees students on campus who have self referred or been referred by staff or parents. We have scheduled a Substance Abuse Parent Information Night on March 22 at Parras Middle School from 6 to 8 p.m. This is for parents of all district students. Please save the date.

If you have questions about any of these programs, please contact our Student Services Department.

Substance Abuse
Parent Information Night
March 22 at Parras Middle School
from 6 to 8 p.m.
This is for parents of all
district students.
Please save the date.

South Bay Adult School

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



Healthy Choices

live well tots



Vivian Ibarra
Director

Parent and Me is one of the largest programs at the South Bay Adult School (SBAS). Families with children from birth through kindergarten can find classes that are fun for both children and parents. Teachers blend parenting information with a developmentally appropriate preschool program. Many families who meet at the SBAS parent education program form friendships for life, as they learn together in our great preschool classes.

This spring we are proud to be the pilot center for a new program with Beach Cities Health District (BCHD) called LiveWell Tots, a childhood obesity prevention program for preschool-aged children. LiveWell Tots aims to improve the knowledge, attitude and social-emotional behaviors of preschoolers as related to nutrition and well-being. This program builds upon BCHD's successful LiveWell Kids program, which continues to reduce levels of childhood obesity in local elementary schools.



Preschool classes exercise to stay healthy.



Children like to try new food.

Using mindful learning techniques, trained teaching staff will not only help children learn why it's important to eat unprocessed whole foods closest to nature's source, but how utilizing their senses, focusing on self-awareness, being open to optimism and perspective taking, and showing appreciation for food can actually improve their relationship with food and modify eating behaviors. Parents will also receive information to help them make positive changes in the home.

Please join the South Bay Adult School and Beach Cities Health District in welcoming LiveWell Tots to our community and improving the well-being of children, staff, and families. Stop by our programs and ask about this exciting new partnership.

Redondo Beach Unified School District

Kindergarten Enrollment

STARTS: MARCH 1, 2012

Enrollment for children who plan to enter kindergarten for the 2012/2013 school year will be held at all district elementary schools starting Thursday, March 1, 2012.

For more information, please visit www.rbusd.org



Maestros in the Making



Theresa Van Dusen
Director

By Gretchen Axton, Music Wonders Instructor

Bells are ringing, sticks are tapping and children are singing! The Child Development Center preschool children at Alta Vista, Tulita, Washington and Lincoln Schools have been creating music with Music Wonders. This program integrates the study of music through various rhythmic activities that involve whole body movement, fine motor skills and cognitive awareness.

Through these exercises, the children have been exposed to a wide variety of music with international folk songs, classical selections, instrument play, excerpts for listening and musical games.

The younger CDC music classes combine music with expressive language and imagination play as the underlining concept. The preschooler plays an active role in making choices and expressing ideas while singing, exploring rhythm instruments, moving, and participating in pretend-play to music.



Ms. Gretchen and her maestros.

The older preschool classes experience an early introduction to reading and writing music, too! At 4? to 5 years the children are ready to learn very basic music fundamentals. These lessons involve rhythm concepts, singing, rhythm instrument play, notation, and music vocabulary such as, crescendo and diminuendo, accelerando and ritardando, pianissimo and forte, and staccato and legato.

The musical activities that our CDC children are experiencing will help develop a foundation for them to later understand the basic fundamentals of music. It will provide them with a sense of self-confidence, creativity, cooperation and a joyful appreciation for music.



Fine Arts in Alternative Education



Dr. Erin Simon
Principal

Redondo Shores High School offers a mixed media engaging and comprehensive arts program which nurtures the creative talents and aspirations of our students. Within this program, art teacher Mrs. Flin Kirts provides an all-encompassing and sequenced program of study, in which students are exposed to core art concepts and are encouraged to infuse their own artistic insights into their projects through critical thinking. Students have the chance to develop skills in drawing, painting, printmaking, ceramics, and sculpture and are introduced to key elements, such as perspective, portraiture, landscape and three-dimensional design.



Students Jacob Chronister, Wayne Head, and Gabriel Matamoros sketching an initial backdrop for The Music Man play.

Our students' skills are exhibited in their major community arts projects. A travelling mural, painted on a large piece of a canvas panel at Redondo Shores, will be installed as the background set for Adams Middle School's performances of "The Music Man."

The inaugural yearbook, entitled "A Moment in Time," will highlight activities which occurred on campus, community and school events, and extracurricular activities.

The drug-free mural is a multifaceted painting which celebrates alternative education students' pledge to live a drug-free life. This culminating activity seeks to inspire, invite collaboration, and reveal to people of all ages the importance of community and sacrifice. It is intended as a tribute and a challenge.

Our students have and will continue to demonstrate a mastery of defined skills, which will enable them to be productive, self-directed, lifelong learners who appreciate and respect the arts.

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Adams *Middle School (6-8)*

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STAR TESTING • FROM PAGE 1

parent guide to the STAR program. Check out www.starsample-questions.org for examples of released test questions.

No matter how big or how small the test, testing can be stressful for our students. Here are some helpful hints to better prepare your child for testing. Please make sure your child gets to bed early the night before testing and is well rested. Ensure that your child eats a healthy breakfast and avoids heavy foods that may make him or her groggy or high sugar foods that may cause hyperactivity. Arrive at school on time and prepared. Keep a positive attitude about the test.

In addition, students and parents should talk about the importance of testing and stress the value of doing one's 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 for your ongoing commitment to all of our Adams Middle School students.



Students using iPads in the classroom.

Alta Vista *Elementary (K-5)*

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



Never Too Early

The California STAR testing is still months away, and for most Redondo Beach families it is probably not even on the radar. But for all of our families with second- through fifth-graders who will be taking the reading sub-test in the spring, there are critical habits that you can help reinforce in your students so that they will become ingrained by test time.

Habit No. 1 is to read, read, and then read some more. We as parents hear this all the time, but research tells us that reading in school and for pleasure is the prime indicator for success on standardized tests.

In a study by Anderson, Wilson and Felding in Reading Research Quarterly, it was found that children who score in the 98th percentile on standardized tests read an average of 65 minutes a day in books and 75 minutes in texts. Children who read an average of 20 minutes a day in books dropped to the 90th percentile, and those who read approximately 15 minutes a day dropped to the 80th percentile.

Practical Applications

So what does this mean for parents? Well, it means that you can help your child to identify their reading tastes and encourage their passion for it.

Habit No. 2 is to talk about books. In order for a child to gain full meaning from their reading they have to be thinking. So talking about books can help them become more aware of their own thinking as a reader. It will also help expand their vocabularies.

In lieu of asking your child questions, just model your thinking about the stories, characters and explain it to them instead. A good conversation will help your child progress much further than practice STAR questions ever will!

These habits will help Alta Vista students enter the testing season confident of themselves as readers. This will translate into outstanding results.

Birney *Elementary (K-5)*

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



Fit in Mind, Body and Soul

At Birney Elementary School, our goal is to educate the whole child. With this end in mind, we promote healthy living and wise lifestyle choices. Our partnerships with the PTA and Beach Cities Health District allow us to approach this goal in various ways.

Birney's annual jog-a-thon not only promotes health and fitness, but raises vital funds towards the continuance of programs such as Hands-on-Art, Hands-on-Science, and Growing Educators, as well as funding enriching field trip opportunities. Through Beach Cities Health District's LiveWell Kids program, our students participate in daily morning exercises which invigorate the body and mind and ensure Birney's population is moving on a daily basis. Our students' commitment to exercise and healthy living was visible on November 1, when they students ran a total of 676 miles at the jog-a-thon! From kindergarten to fifth grade, every student participated in a day of health and fitness and committed to continued healthy living.

Birney students also learn the importance of giving. One way is by participating in the American Heart Association's Jump Rope for the Heart program.



Birney students and parents conditioning in the Friday morning Running Club.

Students learn the value of developing heart-healthy habits; they discover being physically active can be fun; and they help save lives in their community and across the country by raising funds to support research and education. Our students are able to participate in a community service program that teaches them how good nutrition and exercise will help them lead long, healthy lives.

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Beryl Heights *Elementary (K-5)*

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



Karen Mohr
Principal

Preparing for STAR Testing

Why not start early to help your students prepare for the state testing in May?

Did you know that fourth-grade students take a state writing test in March? Every grade level stresses strong academics, and so strong support at home will help your children become successful in all aspects of school.

The kindergarten students experience reading and writing every day. They work hard on social skills while becoming little buddies to the fifth-graders. The first-grade students work hard on paragraph writing, increase their reading fluency and comprehension, and learn addition and subtraction facts in math.

Second-grade students write animal reports, study math facts and word problems, and learn about communities using hands-on experiences. Third-grade students learn their multiplication and division facts, read math stories and problem solve, and write every day while also creating projects such as dioramas and solar systems.

While learning how to write narratives, response-to-literature essays, and summaries, the fourth-graders celebrate Rancho Day to experience what life was like on the rancho. Many parents help these students have a fun-filled day of dancing, playing horseshoes and tug-of-war, and eating home cooked meals.

The fifth-grade students create scientific learning while also gathering facts and manipulating materials in preparation for the standardized science test in May. They also have the privilege of attending Science Camp for a whole week, where they learn valuable insights about animals, plants and nature.

Tips for Success

In May, the second- through fifth-grade students will be taking the standardized test. To help your child do well, please make sure that they get a good night's sleep. Also, make sure that you provide a light and healthy breakfast. Have your child dress comfortably, and arrive to school on time.

Most importantly, send your child off to school with confidence. Build words of praise and support like, "You'll do great! Believe in yourself! I love you!" A positive interaction before testing will always help motivate students to do their best. It gives them a feeling of self-worth and confidence.

Also, suggest that your child breathe deeply to relax before and during the test, and remind them to always read the 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, too, and remind them to take their time, because 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 your child is doing, and that communication throughout the year with your child's teacher is always the best way to determine success.

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

Jefferson *Elementary (K-6)*

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



Kara Heinrich
Principal

Jump for Heart Health!

Jefferson participated in Jump Rope for Heart this past January, raising over \$14,000 for the American Heart Association (AHA). We partnered once again with the AHA in this charitable event to join the mission of promoting heart-health awareness and to help in the battle of one of our nation's leading health issues, heart disease. Through this event, Jefferson and the AHA work to bring awareness to our students and community regarding wellness, exercising and eating a well-balanced diet. Money earned goes to research toward the prevention and medical care for those in need

and who have suffered from heart disease.

There are two components to Jump Rope for Heart. The first is a physical component, which includes the actual jumping and physical activities the students participate in at school. The second component promotes the life skill of caring through the support of others beyond our home and school, because this event is also a charitable fundraiser. Jumping rope is just one activity done during this event; in addition, our students rotated through Hula-Hoop stations and a running game called Dragon Tails.

As a thank-you, the AHA also gives back to our school not only through the awareness and heart education gained but also through a generous gift card toward the purchase of playground equipment for our school. Students did an amazing job acquiring sponsors and fund-raising for the AHA, and the parent volunteers were phenomenal.

Fun was had by all!



Kylie Lutton skillfully balances 2 hula hoops



Drew Schum reaches new heights for JFH



Jefferson student spirited support of JFH!

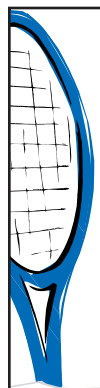
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On The Run

Train to Race



Dr. Doug Richie

Participation in road-running events has grown enormously in the past decade. Just about every 10K, half-marathon, and marathon event staged in Southern California has a record number of participants each year. The reasons for this boom in running races are numerous.

People are outside running today because many chains of fitness gyms have gone out of business, and the fad of indoor, group, aerobic workouts has faded away. In the early 1990s, long-distance running lost popularity as indoor gym workouts seemed to take hold as the primary workout activity of middle-aged Californians. But that trend has reversed, and more people than ever are taking to the roads for jogging workouts.

In addition, many jogging enthusiasts are targeting a specific running event to train for. This is a positive trend because training goals can be established based upon a single upcoming 10K or marathon race. Increased length of training runs and greater intensity of workouts are motivated by the goal of a successful race planned in the future.

Plan for Success

Sometimes, overzealous training for a race can lead to injury. Planning a long-term training schedule requires knowledge and experience. Fortunately, there are wonderful resources available to the novice runner to help train for long-distance race. Several charitable organizations, such as the Leukemia Society, offer year-round clinics for people wanting to train for marathons while raising money for worthy causes. Also, many specialty running-shoe stores have clinics and running clubs that offer advice and coaching free of charge.

Dr. Doug Richie is a sports podiatrist who has practiced in Seal Beach for 28 years. He is president-elect of the American Academy of Podiatric Sports Medicine and serves as a medical advisor to U.S.A. Track and Field. 562/493-2451

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Note-ables

Songs from the Baobab



Kate Karp

This beautiful collection is one that parents may play even if the children aren't home, particularly if they were fans of Miriam Makeba or were blown away by the South African group Ladysmith Black Mambazo on Paul Simon's *Graceland*. The set includes a CD and a colorfully illustrated book by French children's book artist and illustrator Élodie Nouhen; it includes lyrics, explanatory notes translated into English, and geographical information that shows children that Africa isn't one large country but 54 independent ones, with different languages

spoken throughout.

On the disc are lullabies, game songs, and nature anthems, all to be sung to or by children. The lullabies calm and amuse crying, upset children through rocking and movement. In light of the hard lives that so many African children endure, it isn't surprising that the greater part of the songs falls into the lullaby category. A lilting shepherd's flute threads plaintively through "Yum-maa yehii jaabe," (Your Mother Has Gone to Search for Jujubes); in the song, the child's mother is absent, and the singer tells the child that the mother was out hunting fruits. Orphaned African children are often taken in by other families; "In Ga" and "Faatime Hawwaa" tell of the sadness of children who know that they aren't as valued as are the birth children.

There are joyful songs as well. "Îtä Zâke" translates from the Sango tongue to "Frère Jacques"; it was taught as a "time to wake up" song in Central African French schools. Game songs include "Kabuye Kanjye" (My Little Pebble) with clear instructions for playing a stone-passing game, and there is a Togo version of "This Little Piggy," titled "Eya Bé" (He Says).

A best-seller in France, *Baobab* is set to tell its stories on this continent. Welcome it into your home, heart and ears.

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



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Rolling Hills Montessori is thrilled to be adding a Toddler classroom to their program in the Fall of 2011.

The Toddler program offers both full and half days Monday through Friday, and accommodates children from 18 months – 2 ½ years old. Toilet training is provided.

Spaces are limited. For more information please call: (310) 377-5722

Rolling Hills Montessori
26825 Rolling Hills Road
Rolling Hills Estates, CA 90274
www.rollinghillsmontessori.com

Contest!!

Olivia has a new baby sister–Ruby. Can you find baby Ruby in this publication? When you find her, email the **page number** to: kay@schoolnewsrollcall.com

Please put **RBUSD** in the subject line. Your entry must be received by March 25, 2012. From the correct entries, we will draw a winner to receive a \$20 gift certificate to Barnes and Noble.

Congratulations to Jonathon Beckett– February Contest Winner!



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Madison *Elementary (K-5)*

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Joseph Ledoux
Principal

Preparing to Be a Star

The testing season is right around the corner and I wanted to give you some tips to ensure that your child is ready to shine. Here is a short list of ten things you can do to get ready:

1. Make sure your child gets enough sleep.
2. Eat a hearty breakfast. Children need fuel (food) to help those synapses fire.
3. Arrive to school a little earlier than normal. If we can avoid rushing in the morning, our children will feel less anxious and worried.
4. Encourage your child to take the test seriously, but don't over do it. It is a test, not the end of the world.
5. Remind your child that no matter how they do, you love them.
6. It is not a bad idea for students to take his or her textbook home and pick some questions to go over. Review is a good thing and can help bring down test anxiety.
7. You can share what your testing experiences were like for you growing up. You made it through and so will they.
8. Reminder your child that assessments and testing are one way of demonstrating what they have learned this year.
9. Visualize staying relaxed and focused during the test.
10. If you do not know the answer to question, skip it and come back. If you guess, you have a 25% chance of getting it right. If you do not guess, you have a 0% chance of getting the question correct.

I wish all our Madison Comets go luck on the upcoming tests. You have worked hard this year and your teachers have prepared you well. Now go show them what you can do. Go Comets!



Emeil and Kasey working hard to get ready for a big test.

Lincoln *Elementary (K-5)*

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



Jeff Winckler
Principal

Preparing for Success

As we approach the 2012 statewide Standardized Testing And Reporting (STAR), many parents will ask how they can best prepare their students to do well on the tests. Since the tests are cumulative, covering grade-level standards taught throughout the year, putting in long hours of studying is not necessarily the best way to prepare for success.

To help students to do their best during testing, it's important to follow some basics. Make sure your student gets a good night's sleep before testing. Ensure that he or she has a healthy, balanced breakfast on the day of testing, as well as a complete dinner the night before. Be sure your child comes to school on time on testing days. Encourage your student to get plenty of exercise each day during the testing window. Talk with your student about the importance of testing, stressing the value of trying their best without putting too much pressure on the student.



Lincoln students collaborate on standards based material



Students receive small group support

This year STAR testing will occur in May for our second-through fifth-grade students. Testing will focus on language arts and mathematics for all grade levels, as well as science for fifth-graders. STAR testing is an important measure of student achievement, as the results give valuable information on individual student mastery of curriculum standards and indicate how our school is performing overall.

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 for your ongoing commitment to all of our Lincoln School students.



Students work on standards based instruction



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



Perfect Practice

The more time music students spend playing instruments, the better they get. This is a no-brainer reality that every veteran band adult I meet has had a firm grasp on every since they started using the phrase, “I used to play an instrument....” We all know what happened, too: practice became a chore along the lines of doing dishes or cleaning the cat box.

Dr. Lars Nygren
Principal

Music is something we strive to celebrate at Parras Middle School. While nobody is under any delusion that every Parras band student will someday headline at Carnegie Hall, we do try to make it an experience that even those whose clarinets or trombones bury their way deeper and deeper into the closet will someday reflect fondly upon.

Practice is an inescapable reality, but isn’t one that needs to be approached begrudgingly. We are lucky to have opportunities for every student to fulfill his or her practice requirements on campus through our tutorial period during the day or in a more social environment after school in the band room. At both of these times, students have access to help from either me or other students.



Students are able to choose from a number of instruments to play.

Parras’ music course offerings include three levels of concert wind ensembles and a jazz ensemble. We also offer low-commitment, extracurricular ensembles, including an after-school drum line and pep band and a student-led wind ensemble, which meets at lunchtime. These ensembles will perform throughout Southern California at festivals, on campus and at community events. Also, music students will soon start exploring the world of technology-assisted music learning—because even some of the world’s best musicians would rather be playing a video game than being forced to practice!



Parras students play at the Winter Concert

Redondo Union *High School*

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



Art Lives!

Did you know that Rembrandt was a Sea Hawk? Well not exactly, but we might be inspiring someone of equal merit! You might not also know that RUHS is home to a thriving, inspiring and extremely accessible music and arts program. For the visual, tactile or aural learner we offer courses that can provide students with a well-rounded arts experience.

Dr. Nicole Wesley
Principal

On the visual scale we have Mrs. Smith’s and Miss Roth’s art classes. Here the students can experiment with color and various art mediums, including but not limited to charcoal, oils, acrylic and watercolor. Mrs. Smith also offers a very successful AP studio art class.

For the tactile learner, Mrs. Artiga offers ceramics and sculpture classes. In ceramics, our students can produce pottery using various techniques such as coil, pinch and slab. In the sculpture class they utilize materials such as cardboard, paper, fiber, wire and found objects. They then mold, shape and spin their way to producing amazing projects.



Students learn contrast as they complete a painting assignment in Ms. Smith’s art class.



A sculpture student, Shoon (11th), creates a skeleton for Day of the Dead.

A Total Approach

For those who learn by listening, we have Dr. Theodorou’s choir classes in both beginning and advanced. He makes sure that students learn to “sight sing” as well as learn the various parts of a song like tenor, alto, soprano and bass. Dr. Theodorou also has an appreciation for music history, too, as many of the choir songs are historic in significance, and fun!

Mrs. Smith, Mrs. Roth, Mrs. Artiga and Dr. Theodorou all do a fabulous job of helping our students achieve their artistic potential, while also giving them an appreciation of art and/or music throughout the ages. They join Mr. Baldridge, our outstanding drama teacher, and Mr. Agüero, our award-winning band director, to round out our exceptional visual and performing arts program.

Rembrandt may not have been a Sea Hawk, but RUHS art students would make Rembrandt proud!



Savanna’s (11th) final product from Ms. Artiga’s book binding project.



A final product from Ms. Artiga’s Day of the Dead unit, produced by Lauren (12th).



Trevor attempts to master the skills of wheel throwing in Ms. Artiga’s ceramics class.

Tulita *Elementary (K-5)*

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



Dr. Danielle Allphin
Principal

Gaining Steam

In their motivational book *212 Degrees*, Parker and Anderson explain that, “At 211 degrees, water is hot. At 212 degrees, it boils. And with boiling water comes steam. And steam can power a locomotive.” We have found that STEAM can also power an education! In educational terms STEAM is defined as science, technology, engineering, arts and mathematics.

We are fortunate to have a variety of programs that are adding that extra degree to help produce STEAM, and thus power our students’ education. Through classroom lessons, Hands on Art,

Artists in Residence, and credentialed RBUSD music teachers, our Tulita students are enjoying frequent experiences in the arts.

With the support of RBEF and the PTA, our students are also engaged in enriching science education, too. Ms. Marcela Gaar, our new science teacher, guides fourth- and fifth-grade students in weekly science investigations. Additionally, the PTA recently sponsored a science week during which students, parents and teachers engaged in a variety of hands-on experiences and assemblies.

Math is also a current area of focus at Tulita. In addition to the traditional stress on procedural fluency, we are also implementing a new approach in mathematics to emphasize conceptual understanding, strategic competence and adaptive reasoning. Our goal is to develop self-confidence and a productive disposition toward mathematics in general, one in which the students see math as sensible, useful and worthwhile.

As Tulita students gain STEAM, they are also building the essential skills they need to be productive and successful during their entire K-12 education and beyond.



Fourth graders Kasey and Eden create a human battery during Science Week.



Third graders Trevor, Rena, Bella, and Ray display their artwork inspired by a study of Henri Matisse



Fourth graders Skyler and Luke conduct a Science Week experiment using magnetism to suspend a paper clip in the air.

Washington *Elementary (K-5)*

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



Jacqueline O'Sullivan
Principal

Keeping in Shape

The staff at Washington School prides itself on educating the whole child, especially in the areas of physical education and healthy lifestyle choices.

Together with the Beach Cities Health District, our staff is able to approach this important goal in a variety of ways. Each morning all 575 of our Explorers gather for eight-minute exercises led by the principal. The students run through a routine set to music, and they end with some restful yoga poses. It's quite a vision to see all of our students exercising to the beat every morning!

On a rotating schedule throughout the year, every Washington student also receives PE instruction from Mr. Mike Morlock, our Beach Cities PE teacher. This program, called Moving Children, is standards-based. It is designed to help our teachers reach the state's goal of 200 minutes of physical activity every two weeks.

The students learn a variety of engaging activities, and our teachers learn the techniques of running a successful PE program. Training is provided throughout the year for interested staff members.

Fighting Obesity

Another fantastic program sponsored by the Beach Cities Health District is LiveWell Kids. Its aim is to fight childhood obesity by providing both a school garden and nutrition classes led by parent docents, in addition to our regular eight-minute morning exercises. The garden, shared with Adams Middle School, is in full swing this year. We are now planting and harvesting a variety of fruits and vegetables so that our students can enjoy them during their harvest celebrations.



Explorers run laps Tuesday and Thursday morning before school.

Our Explorers also have the opportunity to run, walk or jog every Tuesday and Thursday morning before school. They always log their laps, and have now run over 3,000 miles collectively this year! They are rewarded for their efforts at weekly assemblies with medals, certificates and trophies. The Running Club is facilitated by Anna Chafe and a group of PTA parent volunteers.

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



Dr. Steven Keller

assessment of the year, but to truly perform well, students must also be socially, emotionally, academically, and physically sound. We desire that students take the STAR tests seriously; we want them to have confidence, to sleep and eat well, to start each day on a positive note, and to arrive to school each day on time in order to do their best on this assessment. In RBUSD, we will continue to focus on the whole child to ensure our students are thriving. We care that students are admitted into competitive colleges and universities to continue their education. We care that children are prepared to be all things to all people within the community and that they can do this while still dominating on a standardized test. Parents can help schools and students with this type of success.

When I measure my parenting, I look to my children's demonstration of compassion, empathy, literacy, and resilience. I want my children to be confident, yet humble; to be just, yet open to new ideas...and I also want them to score really well on a bubble test—that's the whole child. We want this for your child, too. Please have your son and/or daughter ready to dominate!

Redondo Beach Unified School District
1401 Inglewood Avenue, Redondo Beach, CA 90278
(310) 379-5449 • www.rbUSD.org



Jane Diehl
President

citizens that the School Board was just like the city council and would be held to term limits. The School Board members can serve two terms. This is not common in the state of California. The decision by the citizens to have term limits means that more citizens will need to step up to the plate to help govern our schools. Redondo Beach schools have been fortunate to have Board members who have been dedicated for two terms, serving on the Board for eight years. There is going to be an opportunity for three citizens to become School Board members in March 2013.

Why am I writing about this when the election is a year away? The decision to become a School Board member is not an easy one. The citizen of Redondo Beach will hope that the people who run will be knowledgeable about schools. There are many ways to get this knowledge. Involvement with your child's school, active participation in PTA, holding leadership positions in PTA, being on School Board committees, being a Board member in other organizations, talking with other School Board members to learn what the job entails, having knowledge of school finances and how schools are funded, and watching School Board meetings on television or on the district's Web site.

A School Board member has two meetings a month on the second and fourth Tuesdays. The meetings often last from 5:30 to 9:30 p.m. This will be the beginning of your time commitment. Some issues require additional meetings throughout the year. I do not mean just the school year; I mean the calendar year. You have an average of three hours of work to prepare for the meeting. When you are a new member, it requires more time because you have to get up to speed on issues. The Redondo Beach administration is very helpful and will spend hours with you to answer your questions. You can only talk with one current School Board member on an issue because the Brown Act dictates that government cannot be decided behind closed doors. The California School Boards Association has classes and conferences you can attend. You learn by being in the school community, participating in school visits, and attending school functions. Concerned citizens inform you through e-mails, which sometimes require a response.

It is best to consider what this time commitment will mean to your family. You will spend considerable time away from your family. It helps to have supportive family members, not just because of time commitment but because you have very serious issues to decide and it can increase the worries in your life. Vacations need to be taken when you do not have meetings, so if you have children in school, you will have fewer options for vacation. You also need to think about the effect on your child/children, depending on their ages.

Then you have the world of running for a political office. As you can imagine that is a whole different conversation, which I would love to share with anyone interested.

2012 Regular Board Meetings Schedule

March 13	April 24	May 22	June 26
March 27	May 8	June 12	

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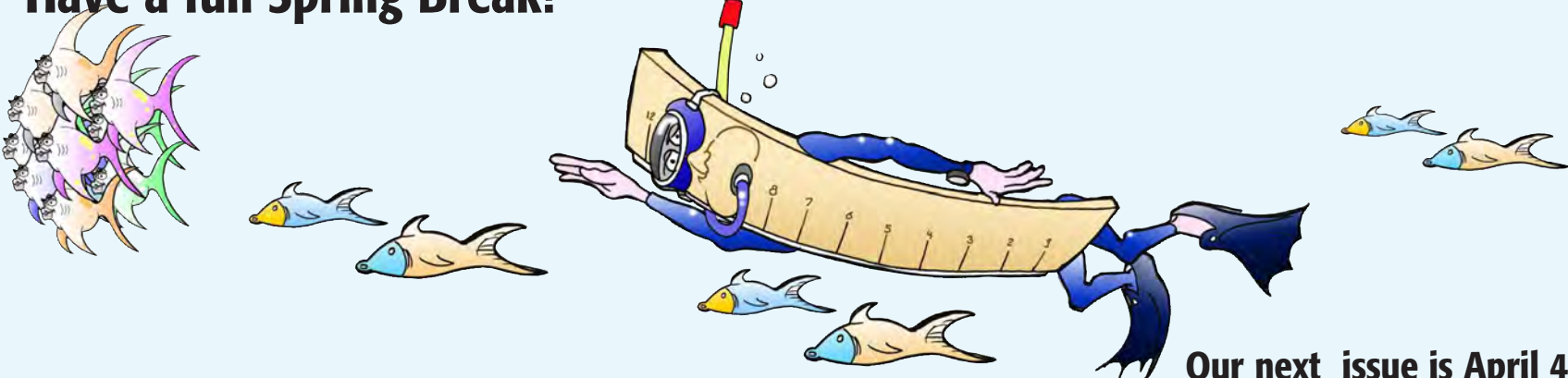


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Our next issue is April 4th

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Registration starts March 19, 2012

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