

FREE

School News

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Covering The Redondo Beach Unified School District

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Students Are Our Priority

By Dr. Steven Keller, Superintendent

Economic indicators are improving, but in public education, we know that there is another bad budget year coming.

Redondo Beach Unified School District (RBUSD) has spent years managing state and federal cuts, and this year will be no different. Sadly, this means that classrooms, and students directly, will again be impacted. To combat this, Redondo Beach Educational Foundation (RBEF) has continued to make financial contributions across the district.

RBEF has staffed classrooms, funded teacher grants, supported music programs, provided student technology, and added summer enrichment options. This group, made up of parents, families, educators, and community members, has also sponsored Family Science Nights and Middle School Intramural Sports Programs. These are contributions that immediately improve the learning environment of schools and students. RBEF funded the Safe School Ambassadors program across sites, which is designed to transform



The Doctor digs deep for RBEF again.

school culture and relationships on campus. This group also bestowed top fund-raising schools with cold cash! Without these donations, none of these additions would be possible.

This year, RBUSD offered innovative proposals to RBEF, including a college-going culture consultant. This individual has been carefully selected to establish, define, and promote Redondo Beach students' attitudes about higher education. This consultant, Phyllis Hart, is responsible for raising awareness about college entrance requirements, academic institution options, and general student preparedness, starting in kindergarten. RBUSD believes that all students can go to a college or university, and RBEF has helped provide our families with a support person to guide the students on the right path.

The work of a school district is never done, even as resources dwindle. Teaming with a group like RBEF provides a buffer against the reality of public education funding and communicates that our students are our priority, whether the budget is there or not. Please consider getting involved and donating to this generous group. As we say, and do in the picture, "Every dollar is a drop. Every drop raises the tide."

BOARD OF EDUCATION



Laura Emdee
Member

Filling the Gap

Isn't it great to live in Redondo Beach? After all, we have a beautiful city, fabulous weather, a convenient location and great schools.

We have managed to keep our schools great in spite of our dwindling budgets. How do we do it? In addition to the talented Redondo Beach Unified School District (RBUSD) team and our supportive PTAs, we have an education foundation to fill in the gaps.

Parents can't do this alone. All of us need to help our Ed Foundation. Only 20% of us have kids in K-12. But ALL of us benefit from great schools. We all benefit from an educated local workforce and we all benefit from good property values.

We need you! Calling all alumni and Redondo Beach citizens, we need you now more than ever. We are already making do with 20 percent less over the last three years, and next year we may face an additional \$3 million shortfall. We used to have

SEE BOARD OF EDUCATION PAGE 10

Add your drop, because...



...every drop counts when you're raising the tide.

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Every Drop Counts



Brad Serkin
President

Redondo Beach Educational Foundation (RBEF) is in the midst of its annual donor drive. This fund-raiser helps support district positions, including teachers and counselors, plus vital programming, such as Science, Technology, Engineering and Math (STEM), music, college preparation, and anti-bullying.

This 360 initiative asks families and community members to donate \$360 to RBEF. If all families gave just \$360 per year, the growing gap between decreasing state funds and the district's budgetary needs would be bridged.

Contributing to the RBEF donor drive must be seen as a yearly necessity by all Redondo Beach families, if they want our schools to continue to provide an excellent education for their students.

This year's campaign, Every Drop Counts, was created to help remind parents and the community that, no matter what amount they can give, all of it counts.

A great public education is not free anymore. Some can argue they already give in the form of their taxes, but with the state withholding more and more, funding is going to have to come either in the form of an annual donor drive or eventually through a parcel tax, as many of our surrounding cities have in place—or both.

As a way to give back to each school immediately, RBEF will continue to run school competitions for cash grants to the four schools with the largest participation numbers. Added this year is the chance to win an iPad for your school. The drive runs through April 6.

For more information on where RBEF fund-raising dollars have gone in the past, or for details about the current drive, go to www.rbef.org.



Kay Coop

Founder / Publisher



This issue highlights the District's need and appreciation for your community support. Unfortunately, individual family budgets are strained the same as the school district and it is amazing you, the community, continue to reach deep and provide for our future leaders.

WOW! You love contests! Thank you for entering and this issue I have stepped it up a notch and included a Trivia on page 8. You have to find the page number each answer is on, add up the page numbers and email me the answer.

Next issue is May.

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Covering the
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For more information, please contact:

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PTA Learns



Polly Kinsinger
President

In May, California State PTA will hold its 113th Annual Convention in Anaheim, where volunteers from Redondo Beach and other South Bay schools will join over 4,000 other volunteers from around the state. Participants will have the opportunity to choose from a variety of over 75 workshops, which will teach them new skills from how to run a successful PTA meeting to strategies and resources to address the educational and health needs of families and children. Convention provides all participants with skills in leadership, communication, and advocacy.

Aside from training and inspiration, the primary purpose of convention is to conduct the business of the state PTA association. It's an opportunity for delegates to influence the direction of the state PTA for the next year. Delegates will debate, vote, adopt resolutions, and approve legislation policies at convention. In addition to business, general session meetings are filled with motivating and informative speakers, exciting student entertainment, and award presentations. Last year Governor Brown opened the convention with a motivational speech.

Convention is a time to learn, meet new friends, and collaborate for the betterment of children across California. And, it's fun too!

There is still time to register for convention. Please contact one of the 11 school unit PTAs in Redondo Beach, if you are interested in attending. Everyone is welcome, whether you are a member of PTA or not.

Add your drop, because every drop counts when you're raising the tide.

Add your drop,
because every drop counts
when you're raising the tide.



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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

The Power of Purpose



Jens Brandt
RUHS Assistant
Principal /
Vitality City Liaison



Lauren Nakano
BCHD Vitality
City Program
Manager

Tell me, what is it you plan to do with your one wild and precious life?—Mary Oliver

On Jan. 31 Healthways | Blue Zones Vitality City, in partnership with Beach Cities Health District, kicked off its new purpose initiative with the Power of Purpose workshop. Nearly 700 people attended, including RBUSD parents, teachers and administration, to learn how understanding one's purpose contributes to a long and healthy life.

We All Have a Purpose

Purpose is something we all possess, whether we are an adolescent or an older adult. There is something inside of us—a deep hunger to know that our lives have meaning and that our reason for being here has a purpose.

Purpose Matters

Purpose is the inward intent that drives your outward action and the motivating force behind everything you do. When you have a clear sense of purpose and are operating in alignment with it, you tap into a powerful source of energy and potential within yourself.

Benefits of Living with Purpose

Better Health – A study of people between the ages of 65 and 92 found that those people who expressed a clear goal in life “lived longer and were sharper than those who did not.”

Higher Performance – Employees who have a sense of purpose and passion for their work outperform their counterparts by 16% and experience 125% less burnout, according to a Harvard study.

Greater Resiliency – People with a sense of purpose face the worst crises with a sense of power and hope, while those who don't experience psychological and physical ailments.



Start understanding and tapping into your own purpose at www.VitalityCity.com, where you'll find opportunities to:

- Learn more about the power of purpose
- Attend an upcoming purpose workshop
- Join a Purpose Moai—a small group of people that supports you finding and living with purpose
- Host a purpose workshop for your school, community group, church or other group.

For more information on Purpose Workshops and Walking Moai's, please contact Eileen @ eileen.kadowaki@healthways.com

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.rbused.org/specialeducation/

RBEF Takes Us to New Heights



Frank DeSena
Asst.
Superintendent
Student Services



Dr. Aaron Benton
Director Special
Education

By Frank DeSena, Assistant Superintendent Student Services

The Redondo Beach Educational Foundation (RBEF) in recent years has been such an amazing addition to Redondo Beach Unified School District (RBUSD). Our overall district budget has been slashed, and there is no way we could do some of the things we do without the RBEF. The community members and the support they give to the public school system are really what separate one school district from another.

The RBEF has been growing steadily in its ability to support RBUSD. The RBEF Board members and other volunteers spend countless hours trying to figure out the best ways to support RBUSD and this community. They have done a wonderful job for all the children in Redondo Beach, not just their own children. Community members have generously contributed to the RBEF, which has given the district funds and programs that make a difference in the education of all RBUSD students. Our students would not have access to the high-quality education they receive without the RBEF. Yes, we all pay tax dollars to support public education. Those tax dollars help give communities throughout the state a somewhat level playing field regarding funding. The RBEF helps Redondo Beach students rise above that level playing field.

Here is a partial list of what the RBEF has supported in RBUSD: the music center arts program; computer laptops at the secondary level; the summer school enrichment and intervention programs; a college-going culture consultant; two science teachers to support our elementary students; support for our Safe School Ambassadors anti-bullying program; and family science nights.

I have been in this district for a very long time, and I can tell you without a doubt that the RBEF makes a tremendous positive difference in the education our students receive. Please support, or continue to support, the RBEF and help make a difference in this community.

Add your drop, because every drop counts when you're raising the tide.

RBUSD Alternative Education

1000 Del Amo St, Redondo Beach, CA 90277 • 310/798-8690 • www.rbused.org/shores/

Help Us Raise the Tide



Dr. Erin Simon
Principal

Since the Redondo Beach Educational Foundation's (RBEF) inception, they have been instrumental in providing necessary resources for schools in the Redondo Beach Unified School District (RBUSD). For instance, last year, the RBEF generously donated salaries for two district teachers to help offset budget cuts. In addition, the RBEF funded the RBUSD bullying prevention program, Safe School Ambassadors (SSA), classroom teacher grants, and middle school intramural programs.

This year RBEF has graciously funded classroom teacher grants, SSA, salaries for elementary science teachers, a college-going culture consultant, family science nights, our district's elementary music center program, and a two-year Naviance subscription for our secondary schools. In regards to Alternative Education, next year, teachers will submit mini grants to RBEF in hopes of being awarded technology for their classrooms and educational trips for spring 2013.

Community support from the RBEF will help Alternative Education offer a much richer experience for our students. If you are interested in learning more about the RBEF, please visit www.rbef.org. When you donate to RBEF, your beneficence raises the tide in astronomical ways. Your contributions fund innovative programs that would not exist otherwise and empower RBEF to advocate on behalf of RBUSD's children, teachers, schools, and the community. RBEF's work is far from over.

Add your drop, because every drop counts when you're raising the tide.

Adams *Middle School (6-8)*

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



Anthony Taranto
Principal

Make a Drop

What is an educational foundation? It is a community-based committee that works to provide funding for school activities and programs that might not otherwise exist.

Through the unwavering support of the Redondo Beach Educational Foundation (RBEF), students and teachers across the district have benefited from the effort to raise money for things like elementary science teachers, an elementary music program, the Naviance Online Student Career and Course Program, a secondary-level student loaner laptop program, family science nights, and a College Going Culture Consultant.

At Adams Middle School specifically, many of our teachers have been awarded RBEF mini-grants to enrich the learning experience. Our science department was also awarded a grant to upgrade their lab with new materials for inquiry-based hands-on time.



Eighth graders using Naviance.



Eighth graders using updated lab equipment.

Other mini-grants included picture-it and pix writer software programs to help students with vocabulary and speech development, and K'Nex to build simple machines and roller coasters for the mechanical engineering club.

When you give to the RBEF your contribution will help raise the tide. During the \$360 fund-raising initiative the school with the highest percentage of parent participation will win an iPad each week. And at the conclusion of the Annual Donor Drive the four schools with the highest percentage of participation will receive a cash grant.

"Every Drop" matters, and so if you are unable to make the \$360 tax deductible donation please give what you can. Go to www.rbef.org for more information or to make your contribution.

Please, "Add your drop, because every drop counts when you're raising the tide."

Alta Vista *Elementary (K-5)*

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



Susan Wildes
Principal

Every Dollar is a Drop

At Alta Vista Elementary our students are refining their motor skills. They are working hard to increase their handwriting fluency and develop precise cutting skills. Although our teachers dedicated the year to immersing themselves in additional training, they needed more materials and tools to directly impact their students' knowledge and skills.

So in a year of budget cuts and belt-tightening, they looked to the Redondo Beach Educational Foundation as a means to provide the tools and resources they needed. After applying for a teacher grant, the RBEF completed funding these kindergarten teachers' needs, which has directly contributed to the fine-motor development of their students.

Through the awarding of these grants, the RBEF allows teachers to target specific areas of need within the classroom or grade level. This gives them the freedom to make innovative and exceptional educational decisions of benefit to their students.

Working Collaboratively

Our children have been born into an age of technology and science unlike any era we have ever known. So the need to provide them with a cutting-edge science and technology curriculum is critical to their success in the real world.

The Redondo Beach Educational Foundation has provided our schools with additional elementary science teachers to work collaboratively with the other fourth- and fifth-grade classrooms to deliver more enrichment and STEM-supported lessons, experiments and instruction.

As an additional science supplement, this year the Foundation has also provided our school with the financial resources we need to provide all K?5 families with access to family science nights to help promote the study of the sciences.



Elementary Science Teacher Jackie Metzler
working with Alta Vista fifth graders.

During this critical time of budgetary restrictions, it is the RBEF that allows us to grow our educational programs and provide resources to target the "whole child." Please continue to help support the RBEF. Add your drop, because every drop counts when you're raising the tide.

Have a fun Spring Break!



Our next issue is May 2nd

Beryl Heights *Elementary (K-5)*

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



Karen Mohr
Principal

Better Than Ever

We are so fortunate to have the Redondo Beach Educational Foundation in our school district. Many Beryl families have donated to the Foundation in order to help raise money for the schools. Our annual drive supports each school site through collaborative efforts that help define their specific needs.

The RBEF has also recognized the need for more technology in our classrooms, and will support efforts to bring the technology up to date.

This year, the RBEF has already sponsored such things as teacher grants, our Safe School Ambassadors Program for the fourth- and fifth-graders, elementary science teachers for the fourth- and fifth-grades, secondary student laptop distribution, an elementary Music Center program (partial), our College Going Culture Consultant, a Science Family Night on April 18, a two-year subscription to Naviance for Adams, Parras and RUHS schools, and a middle school intermural program (partial).

Many of our Beryl families, along with 10 teachers, participated in the Pier to Pier Walk in Manhattan Beach to help raise money for the Friendship Circle and RBEF. And we have received word that out of the \$41,000 raised, Beryl will directly benefit from the money.

Each RBEF member has risen to the occasion to help our school district in so many different ways. So the Beryl community would like to thank the Foundation for all of their hard work and determination in support of our students.

Please: add your drop, because every drop counts when you're raising the tide!

Birney *Elementary (K-5)*

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



Lisa Johnson
Principal

Perfect Partners

In these economic times, schools value and rely on their community's support more than ever. The Redondo Beach Educational Foundation (RBEF) is committed to doing its part to raise the quality of education in Redondo Beach schools.

Birney School has benefitted greatly from its partnership with RBEF. The foundation has been instrumental in providing funding for enrichment programs, such as the Music Center Teaching Program, family science nights, a college-going culture consultant, elementary science teachers, and the Safe School Ambassadors Program. Additionally, our teachers have been the recipients of mini grants, which provide much-needed funds for the purchase of supplementary materials for curriculum enhancement.

RBEF cannot provide this invaluable support without your help. This community-based organization is reliant upon its donors to continue its assistance of our schools and children. Donations made to the RBEF go directly back to the schools. On October 30, 2011, thousands joined RBEF on the Skechers Pier-to-Pier Friendship Walk to help raise funds in support of the foundation. As a result, over \$41,000 will return to the schools!

This would not be possible without the continued support of the community. Your donations are an investment in our children and raise the quality of education in Redondo Beach schools.

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Second grade students participating in a theatre lesson.



First grade students enjoying a dance lesson with instructor, Mrs. Glaser.

Jefferson *Elementary (K-6)*

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



Kara Heinrich
Principal

Riding the Wave of Success

As “a rising tide lifts all boats,” a strong educational foundation also raises the school community as a whole.

The RBUSD is fortunate to have such a group supporting our waves of success. The Redondo Beach Educational Foundation (RBEF) is a dedicated organization that works in partnership with our schools to help support teachers and broaden student-learning experiences.

By donating to the RBEF you are helping to fund programs that wouldn't otherwise exist. The money they raise is given directly to our schools to help preserve key programs and save valued personnel from

severe budgets cuts.

As part of the elementary science focus, the RBEF implemented a fourth- and fifth-grade science teacher and family science nights in the elementary schools. Through this implementation our teachers are providing valuable instruction and meeting student requirements. The goal is to not only prepare students for the fifth-grade California Science Standards Test, but also excite and ignite an interest and love for science itself.

The RBEF has also supported music programs, technology, teacher mini-grants and the Safe School Ambassador program. In addition, Jefferson was honored last summer to host the first RBEF summer session, which provided a rewarding learning experience for K-8 students.

The RBEF works to connect together the greater community so that our district schools can maintain academic programs that will deepen the educational experience. So please help us make a significant ripple in the budget deficit. Donate to the RBEF, and together we will continue our wave to success!

Add your drop, because every drop counts when you're raising the tide!



Science teacher, Ms. Gaar, demonstrates the effects of air pressure.



Mrs. Butler's class practice The Flamenco during a LA Music Center lesson.



Jefferson Science teacher leads a fifth grade class in discussion.

Lincoln *Elementary (K-5)*

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



Jeff Winckler
Principal

A Shining Example

Lincoln School is very grateful and fortunate to have the support of the Redondo Beach Educational Foundation (RBEF). Our partnership with RBEF is a significant reason for our successful commitment to delivering whole child education to all of our students. RBEF is responsible for a number of programs and events that take place at Lincoln.

For the past two years, RBEF has assisted our school by contributing to the Safe School Ambassadors program and the Music Center Arts instructional series for first- and second-graders. These value-added programs have enriched the lives of our students through their approaches to peer intervention and arts education. Additionally, during the 2010–2011 school year, the RBEF supported the school district with a check for \$120,000, which rescinded two layoff notices and brought two elementary teachers back to the classroom.

This year RBEF support has grown through the hiring of a district college-going culture consultant and two roving elementary science teachers who teach fourth- and fifth-grade students. We are very excited about these additions at Lincoln. Our students and parents will see these changes in different ways, including this April's RBEF-sponsored college information night and RBEF's support of our spring science fair.

It is clear that the sum of the efforts of RBEF make a significant difference in the lives of Lincoln students every day. Their contributions are shining examples of partnerships in success that make our school a great place to learn.

As the month of April begins, the RBEF annual donor drive ends. This drive is a major source of support for RBEF and the many programs it supports. If you have yet to make a contribution, please consider doing so. Every contribution helps make a difference, large or small, so please add your drop, because every drop counts when you're raising the tide.



Lincoln fifth grader performs Hands on Science experiment.



College bound Lincoln students visit LMU.



Lincoln fourth graders pose with RBEF Funded Hands on science teacher, Marcela Garr.



Joseph Ledoux
Principal

Every Drop Counts

Can a school district maintain a top notch education in the face of frequent state budget cuts? Is there a way to fill the ever increasing void to make sure that our children can still get a well-rounded education?

The answer to both of these questions is “yes.” The Redondo Beach Unified School District relies on its Educational Foundation (the RBEF) to help bridge the funding gap. This year the RBEF spring fund-raiser is called “Every Dollar is a Drop, Every Drop Raises the Tide,” and it will help make possible the extra programs and grants that our school district can no longer pay for.

You may have seen the RBEF posters around school asking you to donate \$360, which is roughly a dollar a day for this spring donor drive. But if you are unable to make this \$360 tax-deductible donation then please consider giving what you can.



Madison students getting behind the RBEF 360 Donor Drive

Your donation will help fund family science nights and classroom teacher grants, as well as a science specialist for the fourth- and fifth-grades. Recent RBEF grants at Madison have also paid for listening centers, headphones, learning games, classroom books, classroom iPods and our Safe Schools Ambassador program.

Please, add your drop, because every drop counts when you’re raising the tide. And go, Comets!



Dr. Lars Nygren
Principal

The Tide is High!

Parras Middle School’s students have benefited directly from the financial support of the Redondo Beach Educational Foundation (RBEF). Through our parents’ and community’s support of RBEF, our school has been able to target the specific needs of teachers, students, and the school as a whole. Some of the things we were able to obtain with RBEF’s financial assistance include equipping our science lab with eight computers; purchasing hands-on science materials; funding our after-school intermural sports program; purchasing 20 laptop computers for student use, funding Naviance to help prepare students to be college ready; funding our Safe School Ambassadors program to end bullying; purchasing new curriculum materials for our Spanish program; purchasing a schoolwide video-distribution system; purchasing a student-response clicker system for math; purchasing A–G materials to distribute to families; and much more!



The number of laptop computers for student use has increased, thanks to RBEF!



RBEF has helped to support the use of technology in our school.

As our school’s principal, I greatly appreciate our education foundation’s involvement with Parras Middle School. RBEF’s involvement with our district over several years has resulted in hundreds of thousands of dollars being directed to our community’s schools. As such, we have continued to move forward, going from good to great.

Please continue to support the educational foundation of Parras Middle School and Redondo Beach Unified School District. Without RBEF, times would be much more difficult for our students, and they would be receiving fewer resources to benefit their education. I encourage you to add your drop, because every drop counts when you’re raising the tide.

Contest!!

RULES:

- 1) The answers are captions under pictures in this issue.
- 2) Find the caption and put the page number for the answer
- 3) When you have found the four answers, add up the page numbers and the total (sum) is the number you email me.

kay@schoolnewsrollcall.com
Please put RBUSD in the subject line and the total.
Your entry must be received by April 20, 2012.

From the correct entries, we will draw a winner to receive a \$20 gift certificate redeemable at Barnes and Noble.
Thank you for reading School News Roll Call!

Find these captions,add the page numbers for the answer:

- | | |
|---|-------------|
| 1) Eighth graders using updated lab equipment. | Page _____ |
| 2) Second grade students participating in a theatre lesson. | Page _____ |
| 3) Science Teacher, Ms. Gaar, demonstrates the effects of air pressure. | Page _____ |
| 4) Elijah checks out a new laptop. | Page _____ |
| | Total _____ |

Congratulations Margaret Bottcher
Winner of our March Contest!

Redondo Union *High School*

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



Dr. Nicole Wesley
Principal

Raising the Tide

New technology comes and goes in waves. Think of the last time you wound a watch, listened to music using your Sony Walkman, or stored data on a floppy disk. In today's economy, it's very difficult for the casual consumer to keep up with current and advancing technological trends, but it's nearly impossible for schools to do so because of the lack of funding. That's why we are so grateful that our terrific Redondo Beach Education Foundation has arrived riding high on a crest.

Realizing the challenge of keeping students engaged and motivated, the RBEF has provided some well-needed funds for key technologies at the high school. These items include but are not limited to the RBEF purchasing 30 laptops that students may check out on loan for a semester at a time. They also have provided funding for over 100 iPads as well as money for apps for staff and student use in the classroom. Not to be outdone, the foreign language, math, and science departments all received assistance in the area of assessment, with the foreign language department being granted funding for a new communications lab and the math and science departments being able to purchase response clickers. Use of these items will enable instructors to immediately assess individual student learning and mastering of various concepts. Additionally, several teachers at our school received funding for iPads to aid them in planning and instructing our students. The big kahuna lesson here is that technology may come in waves, but the good and generous members of RBEF know that every drop counts when you are raising the [educational] tide.

Add your drop, because every drop counts when you're raising the tide.



Biology students use student response clickers, which means everyone participates at the same time.



Elijah checks out a new laptop.



Jennifer and Alina proudly show off the new laptops purchased with RBEF donations.

Tulita *Elementary (K-5)*

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



Dr. Danielle Allphin
Principal

Time to Raise the Tide, Tidalwaves!

It is time to donate to the Redondo Beach Educational Foundation to help raise the tide! Simply log on to rbef.org or drop off a check in the school office.

RBEF is seeking donations to support districtwide programs that could not be offered in Redondo Beach schools without additional funding and support. Please donate whatever you can to this worthy cause. As our district and state face ongoing budget challenges, we are forced to rely on support organizations such as RBEF to help provide the enriching and inspiring programs we feel are essential for Redondo Beach students. Without the support of RBEF and generous donors in our school and district community, our students would be missing out in so many ways.



RBEF Champion School 2010 and 2011 - Tulita loves RBEF!

In just the last two years, RBEF has funded either in whole or in part classroom teacher grants; Safe School Ambassadors; elementary science teachers; laptops for high school students in need; first-and-second-grade Music Center programs; College-Going Culture Consultant; Naviance academic, career, and college-planning programs; middle school intramural athletics; two elementary classroom teachers; and champion school grants. Tulita has earned back-to-back champion school grants, and those funds have helped purchase technology for every classroom.

Your donation will help RBEF support much-needed programs. RBEF is a nonprofit organization, and your donation is tax deductible.

Please add your drop, because every drop counts when you're raising the tide.

School News



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Jacqueline O'Sullivan
Principal

Excellence for Tomorrow

This will be a banner year at Washington School, as we deliver educational opportunities above and beyond the standard curriculum. Over the last several years, our teachers have received classroom



Fourth graders experimenting outside with science teacher, Jackie Metzler.



Washington Kindergartners are college bound with some help from RBEF

grants from the Redondo Beach Education Foundation (RBEF) to fund science kits and SMARTBoards in kindergarten, Touch Math in second grade, a document camera and scanner in third grade, and California history resource books in fourth grade. Also, thanks to funding from RBEF, our fourth- and fifth-grade students receive additional science instruction every Friday with a credentialed teacher, Jackie Metzler, who provides hands-on, interactive activities to help make science come to life. In addition, Washington School will hold a family science night in the spring, so that parents can learn alongside their children to reinforce what is being taught during the school day.

In addition to these programs, every year students in first and second grades enjoy Artist in Residence programs, hosted by the Los Angeles Music Center and funded partially by the RBEF. These students create their own routines and choreograph dances designed to support academic standards in the classroom.

Have you noticed the college banners in our hallways? Our ultimate goal is to guide every student toward college. In April the RBEF is funding a college information night, which will not only cover the requirements for college admission, but will also help imbue each child with the desire to get a higher education.

At Washington School, our special programs of today help us deliver academic excellence for your child's tomorrow.

Add your drop, because every drop counts when you're raising the tide.

BOARD OF EDUCATION • FROM PAGE 1



Laura Emdee
Member

about \$7,000 per student, but now we manage on \$5,500 per student. If the state projections fall short next November, we will have to cut another \$370 per student. **HELP!**

If every adult in Redondo Beach gave whatever he or she could, we could keep our class sizes down, continue to raise our test scores, enrich our arts education, develop our technology, and keep our property values up.

Please go to RBEF.org today, and donate whatever you can. If every Redondo Beach household donated \$100, we would have enough to fill the \$3 million gap.

Add your drop, because every drop counts when you're raising the tide.



Jane Diehl
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2012 Regular Schedule Board of Education

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May 8

May 22
June 12

June 26

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BY SUSAN PETERSON

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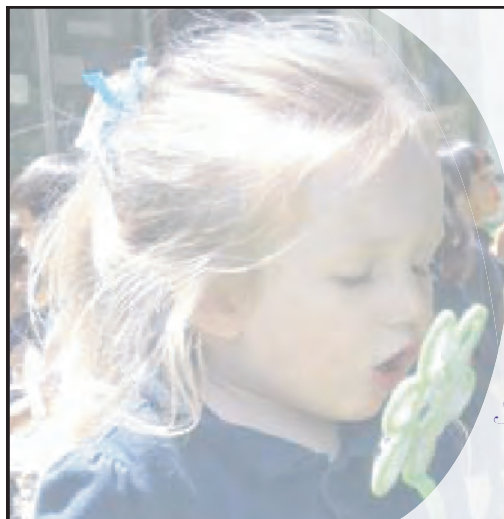
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Surf's Up Why Surfing?

By Chad Wells

I was just five years old when I was introduced to surfing. My older brother, Jeff, who had already been surfing for a number of years, brought me down to San Onofre to teach me.

Needless to say, I didn't fare so well. I spent a lot of time with my face in the sand and didn't set

foot on a board again until six years later. When I was 11, I found a Harbour Surfboards twin fin under the Christmas tree. A few difficult days falling off my new board led me to discover that I wasn't ready for such a short board. So my dad bought me a mini longboard, and my love of surfing began. I spent a few years learning on shorter and shorter boards until finally I was ready for the one I got for Christmas.

Though I had a rough start, I have been surfing for 32 years. All the other sports I played as a child have drifted away, but surfing has really stuck. Personally for me, surfing provides a break from the day-to-day grind. Once you get out on the water, you immediately forget about anything on land, as the ocean demands your full attention and respect. I plan to enjoy surfing well into my senior years, as the thrill never gets old.

Chad Wells is a resident of Seal Beach, class of 1987 Los Alamitos High School. A 2X Masters National Champion and Surf Program Coordinator for Quiksilver, Inc.



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What is Proper Running Form?



Dr. Doug Richie

There is a lot of “buzz” in the running community regarding barefoot running, minimalist shoes and running form. Much of the debate focuses on injury prevention and efficiency of running. Unfortunately, there is not a lot of research to validate the notion that any type of shoe or running style will prevent injuries. On the other hand, we have valid biomechanical studies which can give us direction to enjoy running while avoiding injury.

Barefoot running enthusiasts advocate a “forefoot strike” pattern where the runner lands on the ball of the foot and avoids hitting the heel on the ground altogether. This running form is commonly seen in elite sprinters and world class long distance runners who are very fit and athletic. For the average jogger, running on the forefoot requires extra muscle strength and may actually increase the risk of strain on the arch of the foot (the plantar fascia) and the Achilles tendon. Certainly when a runner wants to increase speed and performance, they will have to learn how to run on their toes. However, this has to be done gradually while the body adapts to the increased strain.

For the average runner, a “heel-strike” pattern is more natural and far less demanding in terms of muscle strain. Running heel- to- toe reduces strain on the calf and shin muscles, but may slow down the overall pace and speed. For the runner who has a previous history of injury in their plantar fascia, Achilles tendon or shin muscles, a heel-strike running pattern would be recommended.

There is nothing wrong with a heel strike running pattern as long as you have no aspirations to reach the Olympic Trials. If you have read websites which promote the notion that running on the forefoot will prevent injury, wait for more scientific research which can prove this theory. So far, we have noticed that the average runner will select a heel strike running pattern because it is more comfortable and puts less strain on the muscles of the foot and leg.

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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