

# School News

*Education + Communication = A Better Nation*



**Covering the Redondo Beach Unified School District**

**VOLUME 7, ISSUE 60**

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**APRIL 2013**

## SUPERINTENDENT



### Greener on the Other Side

It's getting harder to determine what "being green" actually means these days: energy-efficient, eco-friendly, low-waste, low-water, etc. More simply

**Dr. Steven Keller**

said, "being green" means also that one desires to make a difference. Redondo Beach Unified School District (RBUSD) is dedicated to finding ways to make a difference in the lives of children. In this era, it also means doing more with less.

At RBUSD, we have also taken strides to invest in making "greener" decisions. We would like to ask that our community practices the same resolve. We have explored options in our schools and offices for renewable energy, replacing inefficient equipment, and changing

See **SUPERINTENDENT** • Page 19

## Soaring Sea Hawks



**Redondo Union Sea Hawks 2013 Boys Basketball CIF 2A Champions**

*By Jens Brandt*

*RUHS Assistant Principal*

### Soaring Sea Hawks

After an undefeated Bay League season, a CIF championship, and now defeating College Park in the state final game 54-47, the boys' basketball team is Division 2A State Champions!

"We felt good going into the game and coach had a good game plan and we executed," senior Derek Biale said.

Although a lot of shots were unable to fall in the beginning of the game, the team was able to play aggressively on the defensive end and stop the other team from scoring points.

"Despite the team being ranked number eleven, we respected them as a team and we expected a tough game from them," Coach Reggie Morris said.

See **SOARING SEA HAWKS** • Page 15

## FIRST Beach Cities Robotics Team 294 Adds to Their Legacy



**FIRST Beach Cities Robotics Team 294 won the Xerox Creativity Award!**

*By Joyce Watanabe, Parent*

FIRST Beach Cities Robotics Team 294 won the Xerox Creativity Award for designing, fabricating and programming "Eris," named after the Greek God of Chaos, which played the Frisbee and climbing game "Ultimate Ascent" at the FIRST Central Valley Robotics Competition in March. The judges were impressed by the rugged modular drive train—the base that moves the robot—powered by a smaller and more efficient rotary versus linear pneumatic system. This main drive train was valuable for playing an aggressive defense game.

In addition, Team 294 was only three of 38 teams using an automatic intake system to retrieve Frisbees and then elevating them for shooting by the team drivers. Our team was chosen to play in the quarterfinals. Prior to the competition, our team was ranked ninth of 250 California teams. Many adjustments were made in preparing for the FIRST Los Angeles Robotics Competition held at the Long Beach Arena in March.

Of interest, 10 students of 20 team members attending the FIRST Central Valley Robotics Competition were from Redondo Union High School. Redondo Union student Matt Chu was selected as the safety captain and pit crew. Our team legacy includes the following awards: World Champion 2010, Chairman's Award 2007 and World Champion 2001.



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**Kay Coop**  
Founder / Publisher



This is such an informative issue about being eco-friendly. It certainly is wonderful to know students in the RBUSD have added Reduce, Reuse and Recycle to the traditional three R's of education. I think we all try to do our part to protect the environment, but it is a process in every aspect of our lives—at work, at home and at play.

Thank you for all of the entries in our contests. It is especially fun to see families working the word searches together and teachers incorporating them into their class assignments.

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**Covering the  
REDONDO BEACH UNIFIED  
SCHOOL DISTRICT**

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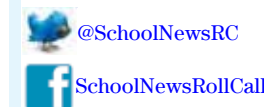
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## Kohl's Cares Partners with Miller Children's for Safety

Miller Children's Hospital Long Beach Kohl's Keeping Kids Safe Program wants to remind parents that a child's brain is constantly learning, changing and growing. So make sure your child always wears a properly fitting helmet on every ride.

*A bicycle helmet only works if you wear it correctly!*

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For fun tips on how to be bike safe, visit us at [MillerChildrens.org/kohls-cares](http://MillerChildrens.org/kohls-cares)



[MillerChildrens.org/kohls-cares](http://MillerChildrens.org/kohls-cares)

# Thank You for Helping Us Make Waves



**Ted Craddock**  
*President*

In March, we called for your help and generosity, and many of you delivered. Thank you to all the parents and community members who donated to Redondo Beach Educational Foundation (RBEF) during our March donor drive! With your support, we will be able to continue making waves at all the Redondo Beach Unified Schools.

It is an honor to be a part of a community that values our children and their education. We are proud to support the Redondo Beach Unified School District (RBUSD) mission of providing an exceptional, whole-child education with programs in college preparation, science, technology, engineering, mathematics, music, art, school safety, elementary counseling, and innovative teaching. We could not do this without the support of our district families, corporate donations, and other philanthropic entities.


We can do even more. If you have not donated yet, it's not too late! Please help us Raise the Tide by dropping off a check at any school office or donating online at [www.rbef.org](http://www.rbef.org). Every dollar makes a ripple. Together, all our ripples will make powerful waves.



**Team Dolphinator students participate in an after school robotics program, funded through an RBEF Teacher Grant.**



**3rd grade students examine a piece of art during an RBEF funded field trip to the Los Angeles County Museum of Art.**



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9%

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30%

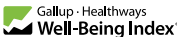
Drop in Smoking



14%

Drop in Obesity





Gallup-Healthways Well-Being Index®

"The positive well-being trend in the Beach Cities is both authentic and impressive. Given the timing of this progress, we believe the Blue Zones Project has been a strong driver of the Beach Cities success."

Dan Witters, Principal at world polling leader Gallup



Adams *Middle School (6–8)*

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



Anthony Taranto  
Principal

Eco-Friendly

Traditionally, the focus at school is to teach our students the three R's. However, the new three R's in education—Reduce, Reuse, and Recycle—are helping us become a more green-conscious campus.

In order to conserve and reduce energy in our classrooms, we use energy-efficient lightbulbs and shut off the lights when rooms are not being used or when natural light is sufficient to light the classroom. Plus, our cafeteria and gymnasium have solar-lighting tubes that brighten up the room even on the cloudiest of days.

Being water conscious is important as well. Many children bring water bottles or reusable containers to school. Doing so keeps students hydrated and decreases the amount of plastic waste on campus.

Walking or biking to and from school not only helps make us a greener campus but it is also a great form of exercise in the morning or afternoon. Plus, carpooling to school saves on emissions.

The Adams Green Club meets weekly with their club advisor to discuss how they can improve our school and community environment. They perform campus cleanup, assist with the collect of recycling bins, and work to educate their peers on how to be more conscious about the environment.

Not only are all these things good for the environment but they also provide a healthier space for our students and teachers to work and learn in. It can also save the school a lot of money in reduced energy costs and reduced waste costs.

Alta Vista *Elementary (K–5)*

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



Susan Wildes  
Principal

Eco-Friendly Students

As a school community, it is our duty to ensure that our students understand their impact on the world. The study of ecology is one avenue for doing just that. Ecology teaches our students about the value of protecting and caring for the Earth and all those who inhabit it, as well as for the microcosm of Alta Vista Elementary School and Redondo Beach. Through the use of hands-on learning activities, we teach our children how they can reduce waste at school, in their homes, and in our city and impress upon them the lasting effect of those new behaviors.



Cultivating healthy, high-quality snacks

Our students learn how to cultivate the earth to produce nutritious and high-quality foods in our garden. In partnership with a grant from Grades of Green, students learn how to recycle, compost, and reduce waste through Trash Free Tuesdays and conserve electricity that classes utilize on a daily basis. Our students work hard to reduce harmful emissions through our Walk to School Wednesdays and, coming soon, our Walking School Bus program.

Beryl Heights *Elementary (K–5)*

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



Karen Mohr  
Principal

An Eco-Friendly School

This year, Beryl Heights Elementary School has joined forces with Grades of Green and their “Go Green Campaign.”

We are making great strides in creating an eco-friendly environment. We started recycling at lunch time, with blue cans for recyclables and green cans for leftover food to be composted. We also have “Trash Free Tuesdays” at Beryl. Students who are trash-free receive a special raffle ticket. Each month we then raffle off as prizes some cool recyclables that are donated by Grades of Green.

At the end of the year we will also be raffling off “The Wave Board” to one lucky winner who has been regularly participating in our Trash Free Tuesdays.

Each classroom also has a recycling bin that gets filled to the brim at the end of the week. The fifth-grade students also take recyclables out every Wednesday. They collect from the classrooms, the office and the lunch area. Our staff and students even bring in used ink cartridges so that we can recycle them in order to keep the environment free of old cartridges.

A big conservation push this year is to use less paper in our daily work. Our Live Well garden has a green waste can so that we can compost and recycle as we plant and take care of our surroundings. It is evident that energy conservation is also a top priority at our school. We turn off lights, recycle more, and reuse materials in our classrooms and office environment.

We always welcome new suggestions, as we continue to grow an eco-friendly future!

Lincoln *Elementary (K–5)*

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



Jeff Winckler  
Principal

Going Green at Lunchtime

Grades of Green is an eco-friendly program that educates our students on living in a cleaner and healthier community. Its aim is to motivate children to think about their personal impact on the environment and ways they can make healthy choices.

Our Grades of Green Program focus at Lincoln Elementary School over the past two school years has been reducing our lunchtime waste. This lunchtime recycling program has decreased the number of bags of trash we generate at lunch from 14 to three. This is due to a waste-sorting system students follow, separating waste, recyclable items, food, and products that can be used as compost. Our students have taken tremendous ownership of and pride in this process. As a result, both Lincoln and our planet are better places to be.

Way to go, Lincoln Lions!



Lincoln students helping reduce waste at lunchtime.



# Birney *Elementary (K-5)*

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



**Lisa Johnson**  
*Principal*

## Going Green

At Birney Elementary School, we pride ourselves on being environmentally conscious, and our staff and students are doing their part on a daily basis to create an eco-friendly school.

Through partnerships with the PTA and local Girl Scout troops, students have learned to separate their food remains into several bins, which house food trays, plastic bottles, and compost items, in order to reduce waste and provide compost for the school garden. Parent volunteers assist students at lunchtime in this endeavor to ensure Birney is contributing as little as possible to the earth's landfills.

This year, we are fortunate to receive the support of Grades of Green to assist us in our efforts. Through this partnership, our students learned the three Rs: reduce, reuse, and recycle. In a school-wide assembly, Birney students learned the importance of preserving our natural resources and what part they could play in this by further reducing the amount of trash the school produced. A school audit revealed that, although we were down from seven bags of trash in previous years to three each day at lunchtime, we could reduce even more. Birney students accepted the challenge and are currently producing only one bag of trash per lunch!

Our students have also committed to walking and biking to school more frequently, in an effort to promote a healthy lifestyle and reduce pollution. We are in our second year of implementation of the Walking School Bus, and we

have seen a marked increase in the number of students who are arriving at school on their own steam. Each month, two classes are the recipients of the Golden Shoe Award, in recognition of having done a tremendous job of tallying up miles.

Birney Elementary School is proud of its “greenness” and the steps we have taken to do our part in the conservation effort!



**The Walking School Bus Golden Shoe Award**



**Grades of Green school-wide assembly**

# Jefferson *Elementary (K-6)*

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



**Kara Heinrich**  
*Principal*

## It's Cool to Be An Eco-School

“Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.”—Dr. Seuss, from *The Lorax*.

Jefferson takes this quote to heart with our campus “green culture.” Students are taught to embrace environmental responsibility and understand that it is all of our responsibility to ensure a bright future. Students learn that they can make a difference through recycling, reusing and reducing in conserving resources for a better tomorrow. We work daily to reduce waste, spending and our carbon imprint. Driven by the environment and economics, we have first worked to “take back the backpack” for academic use, communicating the majority of newsletters and messages online.



**International Walk to School Day**



**Lowering our Carbon Footprint: 1 of 5 Walking School Busses at Jefferson**

Energy conservation and environmental awareness on campus is routine. Staff participates in nightly conservation practices and holiday “shut-down” procedures in addition to monthly Know Energy Days. Jefferson provides a variety of forums to involve all stakeholders in “green” operations. For example, Beach Cities Health District supports Jefferson through LiveWell Kids in physical health and nutrition through morning exercises, a PE specialist and our school gardens.

Supported by our parent Green Team, our Student Green Ambassador team supports the greenness and cleanliness of our school. Green Ambassadors educate others and service the school community by being role models and agents of change, working to be green and efficient and to have a strong sense of well-being. The ambassadors lead the way in recycling, composting, educating others, supporting best green practices, and ensuring that school policy and practices are consistently in use.

Through service learning, daily practices, modeling and community partnerships, Jefferson fosters personal growth and leadership skills to help students take on the most critical environmental issues currently facing our planet and their future, in preparation for a better and greener tomorrow.



# Parras *Middle School (6-8)*

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



**Dr. Lars Nygren**  
*Principal*

## Becoming Eco-Friendly

Parras Middle School has become eco-friendly in several different ways. When a new artificial field was installed at the school, the environment was considered. The company that installed the field uses environmentally-safe materials in its products. With the new artificial field, we have saved tens of thousands of gallons of water, stopped the use of any pesticides needed for grass, and eliminated the need to burn gasoline to power our lawn mowers. To top things off, when new artificial grass needs to be installed in 10 years, the company will recycle the old turf!

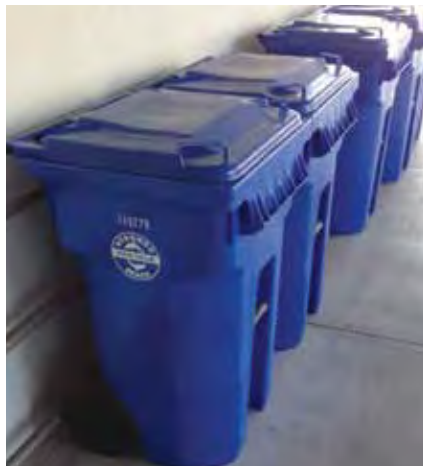
Our new gymnasium was built with the sunlight in mind. A number of solar tubes were installed in the ceiling of the gymnasium. In addition, windows with automatic shades have been installed on all four walls. The windows and solar tubes allow sunlight to pour into the gymnasium, so we often don't have to use the lights and we can conserve electricity!

Parras has also established an effective recycling program. Three years ago, our school entered into a partnership with an outside organization to recycle. By working with a recycling specialist for City of Redondo Beach Public Works Department, the company offered us the opportunity to join the Recycling Across Los Angeles Program (RACLA), a program of the Los Angeles Conservation Corps. Now students can recycle their bottles and cans on campus any time the school is open. In addition to helping the environment, students are helping Parras, as RACLA donates money back to our school based on the poundage we recycle.

Parras has also become more aware of its power usage. As a result of a little education and working with school personnel, Parras has dramatically decreased their power bill, which in turn has saved money and resources. The staff now makes sure lights are turned off, heat is not left on, and air conditioning is turned off. A little awareness can go a long way!



**Parras donates unclaimed lost and found clothes to the needy**



**Parras recycles hundreds of pounds of paper each year.**

# Madison *Elementary (K-5)*

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



**Joseph Ledoux**  
*Principal*

## We Go Green

Madison is on the road to becoming a more eco-friendly school. The motto "Reduce, Reuse, Recycle" is our ecological mission statement. Classrooms recycle paper, plastic and other comingled materials that would have otherwise ended up in a local landfill. Every Thursday, students help collect the blue recycle containers from throughout the school and take them to the curb.

Once a month, Madison's Grades of Green team members speak about environmental issues at our Town Hall Meeting. They outline different ways to reduce waste and make our environment cleaner. "I want to help make the school a better place and make sure people are doing the right thing and recycling," Amna Ahmad said.

Another way Madison is looking out for the environment is by recycling our lost and found clothes through the Seventh Generation Recycling program. Clothes are picked up from our green container located outside our auditorium. The clothes are taken to a processing center, washed, and then sent to either local thrift shops or a third-world country to be reused.



**Students sorting trash**

In a further effort to go green, students have the opportunity to participate in the "Walk to School Wednesdays" program. The "Walking School Bus" is led by an adult who picks up Madison students along the route to school. The Walking School Bus is not only good for the environment but is also a great way for students to get in some exercise.

Lastly, Madison became a Grades of Green School last year and has gone from 50 trash bags a week down to 10 per week. Students are in the daily habit of sorting leftover lunch items into different bins. There is one for trash, one for food waste and one for lunch trays. All proceeds from recycled water bottles benefit the fifth-grade science-camp fund.



**Girl Scout's recycling batteries**



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# Redondo Union *High School*

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



## We Are Eco-Friendly!

*By Cooper Lovano, President of the Ecology Club*

Redondo Union High School is working hard to create an eco-friendly campus and community! The Ecology Club focuses primarily on programs: beach cleanups and the Teach and Test program. At beach cleanups, students remove trash from the Ecology Club's adopted beach on the south side of the Redondo Pier. During the Teach and Test program through the Surfrider Foundation, students collect three water samples from various local beaches and bring them to the SEA Lab to test for bacteria levels and then post the results on the Surfrider website. These programs teach students about ecological responsibilities and help them spread pollution awareness throughout the local community.

**Dr. Nicole Wesley**  
Principal



**The unveiling of Redondo Union High School's Ocean Friendly Garden.**



**Emma and Cameron analyze bacteria levels in different beaches as part of the Teach and Test Program.**



**Max and Emma doing a beach clean-up for the Ecology Club's adopted area in RB.**

Obviously, our goal is to get everyone excited about the Going Green effort. In recent months, our campus has been involved with two great projects that will hopefully spread awareness and help the cause. Going Green Night, which took place in the auditorium and was open to the entire community, centered on the three R's: Reduce, Reuse and Recycle. Ann Zellers, who volunteers at Algalita Marine Research Institute, spoke about the negative effects of trash and plastics on marine life. Allie Bussjaeger from Grades of Green lectured about reducing waste and increasing usage of recyclable goods. Many students attended and were moved by the presentations.

The Ocean Friendly Garden project implements water-efficient alternatives to traditional grass gardens. The RUHS Ecology Club and AP Environmental Science class worked with the Green Gardens Group and Surfrider Foundation to implement our school's first and the city's biggest Ocean Friendly Garden. By using succulents and California native plants along with methods to prevent runoff, the effort was a success.

These activities are just a start, as our goals are much more long-term. We aim to get everyone involved in reducing/reusing/recycling and helping to keep our school and world clean.

# Tulita *Elementary (K-5)*

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



**Christina Giguere**  
Principal

## Caring for Our Environment

As we prepare for Earth Day, Tulita Elementary School is reflecting on what we are doing to care for the environment and world around us. Our fifth-graders continue to support weekly classroom recycling and are in charge of emptying everyone's paper bins each Wednesday afternoon. In addition to recycling at school, the fifth-graders recently returned from Outdoor Science School in Big Bear. They hiked the meadows and explored the woods while learning how to preserve the natural environment.

In February Tulita launched the Walking School Bus program to promote walking to school and reduce traffic congestion. We have one safe route to school that 20 families walk every Wednesday. This program is very eco-friendly, and fun, too!

Tulita fourth- and fifth-graders have formed a Student Wellness Council with the goal of making our school a healthier environment for children and adults. We are working to promote healthy eating, reduce food waste, increase participation in school-based exercise programs, and take care of each other and the environment.

In partnership with Beach Cities Health District our February LiveWell lessons focused on composting. Students learned that composting and recycling leads to less trash in the landfill. They also learned about the interconnections between animals, plants, soil, and sun in a garden habitat. Our students even learned some tips for building a proper compost pile: use "green stuff," such as vegetables, fruits, and coffee grounds, and "brown stuff," including leaves, lint, and tea bags, in equal amounts; the smaller the surface area of the material, the better; dampen the pile with water after adding materials to it; and add air to the pile as often as possible. Our composting bin in the Tulita Garden is full to the brim!

The Tidalwaves look forward to developing more eco-friendly programs and celebrating Earth Day on April 22.



**3rd graders and lead LiveWell docent composting in the garden.**



**Students and volunteers participating in the Walking School Bus program.**



# Washington *Elementary (K-5)*

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



**Jacqueline O'Sullivan**  
*Principal*

## Grades of Green

At Washington School, we are proud of the progress we have made to save our planet! In November, Washington joined the Grades of Green team with an eye-opening visit to a local landfill.

Grades of Green is an all-volunteer program to raise environmental awareness among children. Washington School has gone from making 23 bags of landfill waste a day to just two, saving over 1,000 bags! Each day at breakfast and lunch, our parents, led by Gena Dix and our custodian, Javier Marquez, help students decide if an item should be recycled, composted or thrown away into the landfill. Trays are stacked to be recycled, too.



**Javier and Nikhil, Washington's Green Team!**

On Tuesdays, students are given a ticket if they bring a trashless lunch! Tickets are entered each month into a drawing for ecofriendly prizes. This Grades of Green effort is just one example of the Washington Way to a better planet!

## RBUSD Instructional Services

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

# Preparing Students for College



**Dr. Annette Alpern**  
*Asst. Superintendent  
Instructional Svcs.*



**Phyllis Hart**  
*College Going  
Culture  
Consultant*

*By Leila Williams, Co-Chair – English Department*

The English Department at Redondo Union High School (RUHS) has taken fundamental steps to better prepare our students for the rigors of college. This fall, we added six sections of Expository Reading and Writing, a course developed by California State University that prepares students for college writing. Then, after collaborating on assessment strategies, we decreased significantly the number of students receiving Ds and Fs, thus enabling more students to achieve the A-G requirements necessary for admission to California State Universities and Universities of California

In addition to increasing the number of Honors and Advanced Placement (AP) students, we systematically encouraged our college preparatory students—via calls home, bulletins, discussions, and meetings—to rise to the challenge of these courses. Furthermore, working with our College and Career Center, junior English classes will learn how to write their personal statements for college applications, in lieu of waiting until senior year, thus providing students with a head start on the important college application process.

Recently, we clarified the indicators of success for our Honors/AP courses, working with administration and counseling to ensure that students are well-placed in these courses. Finally, we have taken some exciting steps to ensure that our department remains aligned with state standards and relevant to our students, in-servicing a contingent on Common Core Standards, which stands ready to implement these standards across the departments. Lastly, a number of teachers are preparing courses for the Humanities Pathway that promise to keep our seniors engaged in the language arts.

Thanks to teamwork between our teachers, administration, counseling and the CCC, the English Department remains committed to preparing our Sea Hawks for college.

## Blue Zones Project

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.bluezonesproject.com](http://www.bluezonesproject.com)

# 80%: Blue Zones Project



**Jens Brandt**  
*RUHS Assistant  
Principal/  
Blue Zones  
Project Liaison*



**Lauren Nakano**  
*Director  
Blue Zones Project*

In April, our Blue Zones Project theme is the 80% Rule. It's a reminder to eat wisely and take care of ourselves from the inside out. It's important to treat ourselves with respect, but it is equally as important to extend this same attitude toward our friends, our neighbors and, yes, even the earth we walk on. This year, Earth Day falls on Monday, April 22. Blue Zones Project is challenging the residents of Redondo Beach, Manhattan Beach and Hermosa Beach to show some respect—to the earth and to each other—by taking part in the first-ever Walk Week.

Walk Week is a community walking initiative that will take place April 22–26. Blue Zones

Project is challenging schools, cities, residents, local businesses, restaurants and organizations to lace up their sneakers, grab a friend and move naturally, whether it's walking to work, to school, over lunch or leisurely. Prizes will be awarded based on creativity, activity and Blue Zones Project spirit. All



**One of the first walking Moai groups.**

participants will receive a Blue Zones Project T-shirt.

Walk Week will culminate on April 27 at VOICE Earth Day Celebration from 11 am–4:00 at Polliwog Park. Awards will be presented to the winning walking groups. Please consider joining us this year, and show our children the impact of this healthy habit.



**The members of Ocean Walkers celebrate 4th of July as friends and teammates**

Visit [www.meetup.com/walkingmoai](http://www.meetup.com/walkingmoai) to register to walk. Blue Zones Project will host events throughout that week to help you obtain your walking goals! For more information, contact Jill Gray at [Jill.Gray@Healthways.com](mailto:Jill.Gray@Healthways.com) or at (310) 683-6807.



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5 - 14**

Camps Begin June 10

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## On The Run

### Ankle Sprains



**Dr. Doug Richie**

Long distance running is a relatively safe activity with many long term health benefits. Occasionally injuries will happen, and these are usually due to overuse or poor footwear. However, even runners are susceptible to the most common injury in sport: the ankle sprain. Ankle sprains remain one of the most poorly understood injuries and this may explain the fact that over 25% of all people who suffer an ankle sprain never fully recover and will go on to suffer long term problems.

Most ankle sprains occur in people who have suffered a previous sprain. This illustrates the problem that poorly treated first time sprains will commonly lead to recurrent sprains in the same individual. The old term notion that "it's only a sprain" after an ankle injury is now outdated as we have learned that injuries to the ankle ligaments can be more serious than a bone fracture.

The message here is that all individuals should seek immediate professional evaluation of any ankle sprain, even if it appears benign. New techniques of protected immobilization of the injured ankle as well as functional rehabilitation therapy can almost assure a complete recovery. On the other hand, simply applying ice for a few days and wearing an ace wrap will potentially prevent healing of ligaments and lead to long term problems. Yes, it is recommended to apply the "RICE" treatment after an ankle sprain: rest, ice, compression, elevation. But this is only the beginning. Medical evaluation can determine if there is ligament damage to the ankle after a sprain, and will determine if long term bracing or physical therapy is indicated.

When ligaments fail to heal, athletes will have a constant feeling of a weak or unstable ankle. Furthermore, many unstable ankles will develop debilitating arthritis which is almost impossible to treat in later life. All of these negative effects from a simple ankle sprain can be prevented with proper medical evaluation and treatment.

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



## Hermosa Beach Chevron Surf Camp

\*For kids ages 7-17. Join over 8000 successful students. Our 22nd year!

\*You will learn about ocean safety, paddling, standing and tricks like the switchfoot.

\*Classes have a 1:6 teacher-to-student ratio for safety and a lot of one-on-one attention.

\*Location: South of the Hermosa Pier at the 10th street L.A. County Lifeguard Tower.

⌘ 1 1/2 hour class (5 days, M-F) Fee: \$134/\$124. resident discount. Two different times: 9:00-10:30am or 10:45-12:15pm

⌘ 3 hour class (5 days, M-F) Fee: \$209/\$199. resident discount One time: 9:00-12:15pm.

Ex Junior Lifeguards needed for paid instructors, call Vince!

\*To register: HB Community Resources Department 310-318-0280 or [www.hermosabch.org](http://www.hermosabch.org)

\*More Information: Vince Ray 310-370-1918, [surferjay@losangeles.usa.com](mailto:surferjay@losangeles.usa.com) or

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### FRIENDSHIP CIRCLE SURF CAMP

Surf camp for children and adults with special needs (ages 7+). Surf classes have a 2:1 teacher-to-student ratio for safety. Surfboard provided.

Please call the Friendship Circle before registering: 310-429-1536 or 310-214-4999 or [www.gotfriends.com](http://www.gotfriends.com) Class is 5 days- 1 1/2 hours each day.

**Volunteers with surfing experience needed. Vince 310-370-1918**

# BeachSports

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Camps**

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**Beach Volleyball  
Camps**

**Boys & Girls  
5 - 14**

**Camps Begin  
June 10**

**Manhattan  
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**Redondo  
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Designed for players ages 7 – 11. Players attend once a week

- Sessions held from 4pm – 5pm

**Spring Session starts first week of April**

- 10 week session
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**Fall Session starts week of September 16th**

- 10 week session
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**Cost:** \$299 per session  
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## Art To Grow On

### Friendship



I have great memories of friends coming over after school. We'd play in my room or outside and just have fun. As I got older, I remember how important it became to have those friends around when we had to study together, attend school events, or even wish one another a great summer.

Preschool is the opportune time for our children to learn how to be good friends, to make friends, and most of all, to play. In elementary school, things get busier. Homework, sports, dance classes, piano—I remember when a friend of mine let her children play outside and they couldn't find anyone to play with. She finally realized they were all at after-school activities! She immediately decided to make sure she didn't overschedule her own children. Her experience has stayed with me for years.

Our son, who's in first grade, just started basketball, and he loves it. But the highlight of his week occurs on Wednesdays, when one, two or three friends from school are invited to play. Word has spread, and the number of children waiting to play is quite something! The laughs, joy and spontaneity remind me of when I was their age.

Open-ended play is extremely important as our children get older. They play ball, run—and the laughs! Truly the best part!

Spring is here—the perfect time to invite friends over to play. Whether outside or inside, you'll help create great opportunities for your children to develop lasting and meaningful friendships.

Lauren Perelmuter, President/Founder of Art To Grow On Children's Center, Inc.  
www.art2growon.com 310/625-6028

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# The Kid’s Guide to Service Projects



Kate Karp

The title of this wonderfully helpful resource is directed at children, but Barbara A. Lewis’s Kid’s Guide to Service Projects, Free Spirit Publishing, 1995, is a volunteer guide for any age. The more than 500 suggested projects, ranging in difficulty from caring for a neighbor’s pet to getting state laws and city ordinances passed, will appeal to anyone who want to make a difference and earn breathing space on the planet. The projects, all worthy, are described simply and clearly enough to encourage any aspiring humanitarian.

The projects focus on human and animal welfare, community development and safety, the environment, literacy and politics, further divided into 10 categories. In the introduction, Lewis gives short shrift to anyone’s claims of not having enough time or that the goals are too involved for any one person to attempt. Instead, she maps out projects for every passion, and invites the reader to send her anything that she hasn’t thought of. She then provides a template of 10 steps to make any effort a successful one; gives handy how-tos for pesky paperwork tasks such as creating fliers, writing petitions and press releases, and lobbying for a cause; and suggest seven ways to raise funds.

Anyone who wants to be proactive in solving problems for the community, either local or at large, will find frequent use for The Kid’s Guide to Service Projects. It will be particularly helpful in the service requirement for graduation from high school; and families, youth and religious organizations, and classroom teachers will all find something to forward worthy efforts. Most of all, lone individuals who feel the need to take action on a problem but may be overwhelmed by the details will be happy to find that Lewis has done the initial organization for them. And that in itself is a great service.

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



**Ages**  
7 – 12

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# CAMP

## Parent To Parent

### Educational & Safe Scavenger Hunts



**Jodie Lynn**



**Q.** I have heard that playing scavenger games involving specific hunts in the neighborhood can actually build memory, reading, communication and math interpretation skills. We would like to put together a few for our kids this summer and was wondering if there was a set of ground rules we needed to implement, having flexibility for younger kids.

— Francie Roberts in Boise, ID

**A.** Rules are already pretty flexible in scavenger hunts, so there is no need to worry about increasing the time frame to find things if needed. For example, if the younger kids become frustrated, reduce the number of items on the list or make them easier to find for the first game. Gradually build to a more challenging one. Since just about anything can be utilized as an item to be found, matched or gathered, if there is concern among the parents about an outside neighborhood hunt, consider creating one inside your own houses or yards, or perhaps ask permission from the school to use the playground. Changing the collectibles can also be an unexpected and creative twist while encouraging the kids to be active and adventurous. Indoor hunts are pretty cool using newspapers, magazines, pictures, books, toys and lots more. Math, communication and other educational skills can be a part of the guidelines as you're organizing them. Be sure that everyone understands the rules, keep everything age appropriate, stay flexible by reworking the guidelines should you need to do so and encourage the kids to have fun without additional stress or pressure.


Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. Her column Parent to Parent™ (www.ParentToParent.com) has been successful for more than 15 years. She is a regular contributor to several sites and has written four books and contributed to three others, one of which was featured on the Oprah Winfrey Show. She has authored several books including *Mom CEO (Chief Everything Officer)*, *Having Doing*, and *Surviving it All!* and *Syndication Secret—What No One Will Tell You!* Check www.ParentToParent.com for details on new radio talk show, Inside Parenting Success.

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### SOARING SEA HAWKS • From Page 1

According to Morris, sophomore Jeremiah Headley was the x-factor in Saturday's game and played aggressively with 19 points and 13 rebounds.

"Jeremiah's dunk at the end of the game was a culmination of what we have been trying to get him to do all season long," Morris said. "He was able to be aggressive and live up to his expectations."

According to Headley, one of his opponents was challenging him throughout the game, which in turn motivated the dunk.

"I didn't want to lose," Headley said. "I could not come back to Redondo with a loss, so I played hard."

Playing hard and playing great defense has resulted in a historic Sea Hawks basketball season.



Redondo Union Sea Hawks Boys' Basketball celebrates the Division 2A State Championship

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# Beach Cities Swim Lessons

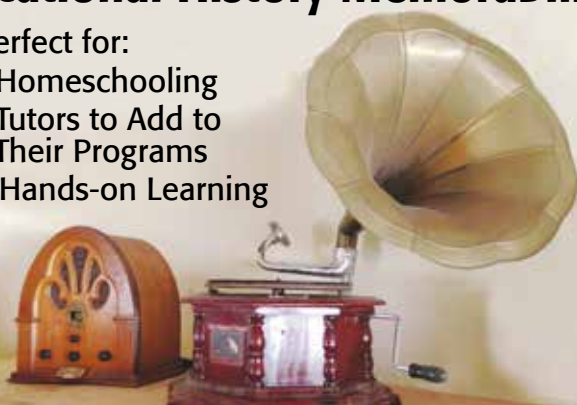
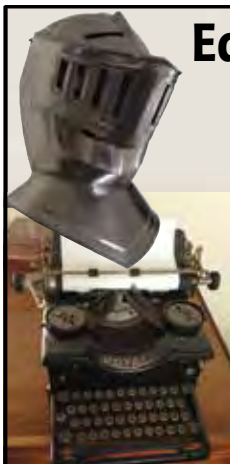
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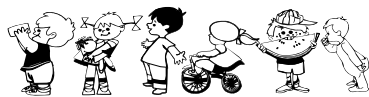
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# Preschool Recycles!



Theresa  
Van Dusen  
Director

By Loretta Lu, Preschool Teacher

It's never too early to start talking about the environment with young children. Our Lincoln CDC preschool and prekindergarten students took part in a monthlong recycling event and collected recyclables from their homes and the many families and friends of our fellow CDC students. Throughout the month, our students learned the difference between trash and recyclable materials, and we explored the physical differences of our cans, glass, paper and plastic in terms of sounds they make and the way they feel.

When sorting day came, we were shocked to see our recyclables strewn across our play yard! Instead of just speaking



Sorting Day!

about the importance of our environment, we experienced firsthand what our environment could look like when trash or recyclables aren't taken care of. As a team, with our friends and teachers; we worked together to clean our play yard. We gathered and then sorted the recyclables into designated bags for plastic, cans, paper and glass, which were later taken to the recycling



Everyone helps out.



Jason does his part to help.

center. In total, we gathered 10 bags of recyclables and earned \$38.08! To celebrate, we put our money toward an ice cream party to celebrate our earth and our teamwork.

It's never too early to encourage children to do their part to take care of their earth. Here are some ideas for encouraging environmental awareness at home:

Encourage your child to look for the recycle sign on items, and recycle when you can.

Encourage your child's math skills through sorting recyclable products, e.g., plastic, bottles, cans, paper, waste and compost.

Explore compost! It can help fertilize your garden while allowing your child to explore how insects help the earth.

Take your child to the recycling center and use the resulting money for something meaningful, for instance, a new book, plants or a movie.

## Going Green! Word Search Contest

**Rules!!!** One word in the list is NOT in the word search.  
When you have completed the word search, one word will be left and that word you email to: [Kay@schoolnewsrollcall.com](mailto:Kay@schoolnewsrollcall.com) (Please put RBUSD in subject line)

Entries must be received by April 20, 2013  
From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

- |              |           |                |
|--------------|-----------|----------------|
| Carpool      | Future    | Reduce         |
| Compost      | Garden    | Renewable      |
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| Efficient    | Planet    | Reuse          |
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| Energy       | Protect   |                |
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**Congratulations to Winners :**  
Mitch Archibald —Word Match Contest  
Serena Hingorani—Word Search Contest





## South Bay Adult School

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



## Go Green Quest



**Vivian Ibarra**  
Director

The staff and students at South Bay Adult School (SBAS) are on a mission to “go green” on our campuses and with our classes.

Thanks to the support of our community and Bond Measure C (thank you Redondo Beach residents!), our main office at Edison High School received an eco-friendly upgrade this past summer. Our newly renovated campus sports LED light bulbs on timers. Our heaters are efficient and have individual temperature controls, which automatically adjust. Our lights and heat don't run when rooms are empty. Our landscape plants are drought-tolerant but still keep our facility beautiful.



**We grow our own lettuce.**



**Planting gardens in Parent Education class.**

and take our online “How to Grow an Edible Garden” class at [www.ed2go.com/sbas](http://www.ed2go.com/sbas). You'll learn to grow delicious, nutritious fruit and vegetables in your own backyard!

April 22 is Earth Day, but at SBAS our quest is to make every day an opportunity to go green at school and at home. Visit us online at [www.southbayadult.org](http://www.southbayadult.org) to learn more about our lifelong learning programs.

At SBAS, we recycle because it's important to our environment. We have bright blue containers strategically located all around the campus to collect paper and cans. We recycle our paper by printing and using both sides before the paper hits the recycle bin. Our parent education teachers now have many of their class handouts online. Our students, staff, and families help to keep our campus green and beautiful.

SBAS offers classes to help our community become more eco-friendly as well. Through a partnership with the South Bay Environmental Services Center, you can take a free class called “Energy Upgrades for Remodeling Your Entire Home.” The class explores incentive and rebate programs for homeowners who want to create a more energy efficient home. If you want to save gas, stay home

## 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 • 310/798-8683x1301  
[www.rbusd.org/specialeducation](http://www.rbusd.org/specialeducation)

## Cell Phones and Social Media



**Frank DeSena**  
Asst.  
Superintendent  
Student Services



**Dr. Aaron Benton**  
Exec. Director  
Special Education

*By Frank DeSena, Assistant Superintendent Student Services*

I was at a restaurant a couple of weeks ago, and we were waiting for a table. As we were waiting, I saw many young people walk past me heading into the restaurant. I noticed that every one of them came in carrying his or her cell phone. They weren't talking on the phone, but it was in their hand, I imagined, for a quick response. I have recently talked to some parents about their children and cell phone usage. The parents I spoke to stated, and I agreed, that some

youngsters are “addicted” to their phone. I imagine that some adults are too, but for this article, I am just referring to middle and high school students.

Students are regularly communicating through e-mails, texts, Facebook, Instagram, Tumblr, Kik and so on. I have serious difficulty staying up to speed on all the different social media. I am sure that there are many parents who don't know the different social media programs that their child is using. Some of these may stick around, and some may be gone within a year or two. I know that some are used to stay in touch with people you don't see that often, to send photos to friends or family, and to give brief and helpful information to others. Some of our students do not use their preferred social media in positive and healthy ways.

### This Is Not Communication!

We have had some students send very inappropriate photos of themselves to specific individuals. Of course, a whole lot more than one person ended up viewing the photos. Students have used various social media to berate and put down a fellow student for reasons that are at times difficult to fathom. I have read things our students have written that are filled with obscenities and spiteful innuendos, viciously attacking someone through their phone. These were middle school children. Parents have been shocked and embarrassed as they read the information written by their children. Please do not believe that it is impossible for your child to do something extremely inappropriate while using social media.

Check what your child is doing with his or her phone. Check if they are using texts, Instagram, Tumblr and any other medium, and make sure you don't take “Why don't you trust me?” as a response. Young people can be greatly influenced by social pressure, and they may do things you believe to be totally out of character. Do they really need a smartphone, or could they use something that just makes phone calls? This is your call to make as a parent, but please know what your child is doing with his or her cell phone.





# The World Is Ours



**Dr. Erin Simon**  
*Principal*

During the Board of Education meeting in December 2012, several students shared their experiences at Redondo Shores High School (RSHS) and why they believed academic success begins here. These students emphatically stated the notion that not all students can learn is unequivocally false and more importantly that their overall success was due to Shores’ staff, the academic delivery model and the myriad whole-child activities present.

In addition to discussing their academic success, students also described brand-new courses and whole-child activities presently evident at RSHS. For example, in regard to new courses, students mentioned the additions of Biology Lab and electives Consumer Math, Integrated Science and Environmental Science to the master schedule. RSHS students insistently affirmed that these courses have encouraged them to become innovative and critical thinkers and have also allowed them to make meaningful connections among school, community, work and global issues. As far as new activities, students mentioned the following: monthly assemblies and weekly shout-outs that celebrate students excelling academically, recognizing students who model superior character, and the additions of ASB Leadership and PTSA.

This year, Redondo Shores is fortunate to have three counseling interns who provide emotional and academic counseling. They have worked to schedule several college tours for all students, particularly Redondo Shores’ EL students and parents.



**Student representatives attending the RBUSD Board of Education meeting.**

# Honoring Our School Leaders



**Arturo Delgado, Ed.D.**  
*Superintendent*

The County Board of Education recently proclaimed March 4-10 as “Week of the School Administrator.” In an email, I thanked all administrators at the Los Angeles County Office of Education (LACOE) and all schools in the county for the amazing work that they do all year round. Great schools are led by great administrators. Those leaders in turn are supported by a network of dedicated administrative professionals – including special education and adult education leaders, curriculum experts, school business officials and classified educational leaders, curriculum experts, school business officials and classified educational leaders, among many others.

Whether working directly with students or performing services in an office environment, dedicated administrators make a difference in the lives of students each day. Their work supports school operations, as well as curriculum and instruction, ensuring that the students are learning each day and school staff has the necessary tools to do their jobs.

As the Los Angeles County Superintendent of Schools, I recognize and appreciate their hard work and dedication, as well as their collaboration with colleagues.

During the 12 years I was superintendent at the San Bernardino City Unified School District, I occasionally got asked: “Why did you want to be a school superintendent?” – a question that I’m sure many of our district superintendents get from time to time.

Why did we, superintendents, sign up for a job with formidable responsibilities, such as implementing federal and state programs, managing relations with the school board, parents, community groups, and teachers – while also implementing reforms?

Former Pomona Unified School District Superintendent Thelma Melendez de Santa Ana said it best: “Imagine a job where you wake up each morning knowing today you might forever change someone’s life for the better.”

Superintendents and other school administrators truly have an extraordinary opportunity to have a vocation where one can make an impact on the lives of young people.

Please join me in thanking and honoring our school administrators for seizing this opportunity—and for striving to make our schools a powerful and effective force in providing the best education our students deserve.

Arturo Delgado, Ed.D., was appointed superintendent of the Los Angeles County Office of Education in July of 2011. With headquarters in Downey, the Office is the nations largest regional educational agencies, providing a range of programs and services to support the county’s 80 public school districts and 2 million preschool and school-age children.

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Dr. Steven Keller

current operations. Two of the new structures at Redondo Union High School will meet and/or exceed Leadership in Energy and Environmental Design (LEED) certification standards, a process dedicated to sustainable building design and construction. We have also continued our comprehensive, district-wide energy conservation and management program. Our motivations are not only to protect earth's valuable resources, but they are also economical to save money for our students. The U.S. Department of Energy estimates schools that create eco-friendly practices can save an estimated \$50 per student each year. For RBUSD, that could mean a savings of hundreds of thousands of dollars each year. This money can be used to create instructional programs and alternative educational opportunities.

Most recently, our Redondo Beach voters approved Measure Q. One of the significant components in Measure Q is the construction of solar shade structures throughout our district. I can assure you that you will see these structures by this time next year. Of course, this validates RBUSD's focus on green energy, but it will also save our shrinking budget at least \$500,000 annually for approximately 20 years.

Staff and students have also begun to make strides in creating less waste. Composting for school gardens, recycling paper, plastic, and glass, purchasing eco-friendly school supplies, and reducing lunch packaging will soon teach our children life skills that are integral to maintaining a healthy earth. RBUSD hopes to communicate to our students and to our community that developing eco-friendly habits of conservation is the responsibility of us all. Please join us in protecting our students' futures, both inside and outside the classroom.

1401 Inglewood Avenue  
Redondo Beach, CA 90278 • (310) 379-5449

## BOARD OF EDUCATION



Laura Emdee  
Vice President

### Make It a Habit

Remember smog days? You went to school but weren't allowed to play outside, team practices were cancelled, and the air smelled funny. Things are very different now.

I believe it takes 21 days for one person to make or break a habit. But how long does it take an entire society to change a behavior? It begins with one idea, and then it depends on how many decide to move in the same direction.

Earth Day began when one man, Gaylord Nelson, a U.S. Senator from Wisconsin, witnessed the consequences of the 1969 massive oil spill in Santa Barbara. But it took the mobilization of 200 million people to make Earth Day global in 1990.

That year, I signed up to help clear trash from the Carnegie Lake shores. It was a rare perfect day in New Jersey, and I was in a canoe picking up trash as I floated peacefully. It was enjoyable and pleasant. Hundreds of volunteers made the job for each of us minimal, yet the result was phenomenal. Carnegie Lake looked fantastic.

The Blue Zones Project is encouraging a habit of healthy living. They are inciting restaurants to offer tasty, healthy choices; advocating for more biking and walking lanes; and inspiring us to join a walking moai. If healthy choices are enjoyable and pleasant, we are more likely to make it a habit. If enough of us have the same habit, then it becomes the norm.

At Redondo Beach Unified School District, Earth Day is a normal part of every day. The school buildings are environmentally friendly. Solar panels will soon be installed. Recycling is encouraged. Dedicated volunteers teach composting and gardening. Redondo Union High School has an ocean friendly garden and an environmental science class. All of these projects represent a choice to make the environment a priority in our daily lives.

If enough of us make a habit of good environmental choices, then it becomes the norm and the results will be amazing. Happy Earth Day!



Anita Avrick  
President

### Redondo Beach Unified School District Board of Education



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Board of Education Regular Meeting Schedule 2013  
April 23, May 14, May 28, June 11, June 25



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