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School News

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Covering The Redondo Beach Unified School District

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MAY 2011

SUPERINTENDENT



Physical Well-Being

On a random Wednesday in the Keller home this month, a new elliptical machine was delivered, courtesy of UPS and a signature. While

Dr. Steven Keller this may not be a big deal to some, to me, this is true excitement—no, seriously, my week wasn't that dead or boring! I work out on an elliptical machine for an hour everyday. Yes, everyday. Aside from the peace and release the monotonous motion provides to my ever-working brain, this tool is critical to my total health. I have a family medical history that leaves much to be desired; so, beating this potholed past has been a lifestyle goal since my teens. My elliptical helps my heart to beat more healthfully, my body to operate with more strength, and my sleep to continue

SEE SUPERINTENDENT • PAGE 15

Taking a Stand



Link Crew leaders welcome Freshman during Orientation

By Mary Little, Principal Redondo Union High School

Bullying affects all children: those who bully, those who feel victimized, and those who are bystanders witnessing the violence.

For students to get the most out of their educational opportunities at Redondo Union High School, they must always feel safe and comfortable on campus.

For the health and welfare of our student body, the RUHS faculty and staff took a stand against bullying in February. This was the first in a series of bullying lessons presented to the student body during silent reading period.

The RUHS counseling staff has been busy preparing these lessons to
SEE TAKING A STAND • PAGE 14

BOARD OF EDUCATION



Jane Diehl
President

The city of Redondo Beach is part of Vitality City, vitalitycity@healthways.com. This is a program that is designed to help us make healthy choices so that we can promote well-

ness in our community. An initial survey indicated that the three beach cities are a stressful place to live. I would suggest that if we survey our students that we would find they are also under stress. As parents we are concerned about the wellness of our children and we see the effects of stress at home.

SEE BOARD OF EDUCATION PAGE 15

Heading for Greatness



Birney's Running Club meets every Friday bright and early! (please see their story on page 5)

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Steppin' Out

By Michael Shaw, Director of Communications

Each year Beach Cities Health District challenges beach cities residents to become healthier and more active by participating in Steppin' Out—a week-long walking competition against communities across the country. The premise is simple, wear a pedometer every day and challenge yourself to get 70,000 steps in seven days, and in 2010 more than 3,500 RBUSD students contributed to the 317 million-plus steps that brought the beach cities another first-place title.



This year, thanks to generous funding from SKECHERS and the Healthways Blue Zones Vitality City initiative, pedometers were provided at no charge to more than 8,300 elementary students in Redondo Beach, Hermosa Beach and Manhattan Beach. Students wore pedometers from April 25 – May 2, and parents were invited to Vitality City Moai Walking Team kickoff events at elementary schools to receive their own pedometers and join in the fun. Learn more at www.bchd.org/steppinout.



Kay Coop
Founder / Publisher



Physical well-being...what a wonderful way for the Superintendent to start off this issue of *School News*. When the leaders motivate by example, the entire student body benefits. In this issue, each school shares with you how they are setting the standard for fitness and good nutrition. After reading this you will want to make yourself a salad right after you go for a brisk walk!

Congratulations to the winner of our contest in the last issue whose name is on page 10. Be sure to enter our contest this issue. Have fun!

Our next issue is June 1st.

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Thank You!



Brad Serkin
President

RBEF has just completed its annual donor drive ending April 1st. THANK YOU to all parents and businesses who gave for their support. For those who haven't, your SUPPORT is needed more than ever!

We continue to face a large challenge in the coming school year with funding, with the possible loss of 2.7 million dollars for our coming fiscal school year. This amounts to over \$350/student and will revert our funding back many years. This may mean continued increases in class sizes, loss of materials, teachers and programs. Should the tax extension not be extended, our district will possibly lose some if not all of the temporary teachers hired back last year. The time to act is NOW! Please go to www.rbef.org for more information and to donate today!

As a reminder, this summer we will be providing summer school with curriculum designed for students who need help and for those who want to get ahead. We will also be unveiling "RUHS Cyber High" for our high school students with courses designed for their A-G college requirements. These online courses will be for full credit and are available to assist students looking to improve a grade or complete some classes that might not fit into their normal school year scheduling before applying for college.

Following in the footsteps of the enrichment classes that have been offered by Marymount College the past two summers, RBEF is committed to helping our students get the specific class skills they need for a successful academic career.

Besides the new "Cyber High" courses, RBEF will be offering on-campus classes for K-7 and 8th-12th grade students. We will cover the fundamentals like Language Arts, Math and Science and then go beyond to specific subjects that will include Pre-Algebra through Calculus, all the sciences with labs, Spanish and Art & Drama.

We understand the concerns and needs of working parents and have created reasonably priced costs for these classes. We have also partnered with our Child Development Center (CDC) for onsite daycare. A six-week curriculum course will run as low as \$89 per week to make it affordable for everyone.

Please look for information and sign-up TODAY on our website at www.rbef.org. Additionally, look for information in your students backpacks and online through your school's email blasts.

As a reminder, this summer we will be providing summer school with curriculum designed for students who need help and for those who want to get ahead...

Please look for information and sign-up TODAY on our website at www.rbef.org. Additionally, look for information in your students backpacks and online through your school's email blasts.

College Placement Testing



Stephen Edmunds
Principal

A few weeks ago, Shores students had the opportunity to take their El Camino Community College placement tests in math and English as part of the registration process. This is an important milestone for any senior because it makes college and all the hard work of high school real. It helps them finalize some of the planning, because they can now answer questions like "What classes do I get to take?" "Will I have to take a remedial class, or will I be able to start right in on college-level classes?"

These tests are important to our students, but they are also very important to the Alternative Education (Alt. Ed.) staff at Shores, RBLA and the ISP. We are committed to improving the success rate on these tests as we improve and move from "Good to Great." In three to five years, Alt. Ed. expects the majority of our students to test directly into college-level classes in English or math.

What is the big deal about that? Well, statewide last year, over 80 percent of students entering community college needed to take remedial classes. In Alt. Ed., we think that number is way too high! We are looking for ways to improve our instruction, expand the course offerings and make the structure for our courses such that our students "get it."

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Weight Off With Weights



Megan Cassette
Director

South Bay Adult School is committed to offering a variety of classes that promote healthy living and wellness in mind, body and spirit. This month, we are pleased to introduce you to one our longtime fitness instructors, Ron Argueta. Mr. Argueta became interested in fitness in his teens when he started

working out at a gym in Torrance. He attended California State University Long Beach, and while a student there, he was on the first cycling team for the state of California. He has a credential in public health education from California State University Dominguez Hills and has taught health and stress-management classes at El Camino College and CSUDH. A lifelong athlete, Mr. Argueta has participated in over 50 marathons and triathlons.

Thirty years ago, Mr. Argueta started his career at SBAS by teaching aerobic dance and other classes to improve back strength. He transitioned into teaching weight lifting and circuit training, which he believes are the best exercises and take care of all fitness needs: strength, flexibility and endurance. Mr. Argueta always begins his light-weight-lifting class by telling his students that the worst thing that can happen to them is that they will feel better. He believes that being healthy is a gradual process and is 99 percent attitude. He is committed to teaching and encouraging his students on their journey to healthy living.

Join Mr. Argueta in the Light-Weight Lifting and Stretching class! It meets Mondays and Wednesdays from 6:30-8 p.m. in the new Redondo Union High School Fitness Center.



Ron Argueta has been successfully teaching fitness for 30 years.

RBUSD Child Development

1401 Inglewood Ave., Redondo Beach, CA 90278
310/798-8683 ext. 1312, 1321 • www.rbused.org



A Solid Foundation



Theresa Van Dusen
Director

By 2016, Redondo Beach Unified School District Child Development Center will be renowned in the South Bay and known for providing a solid foundation for children to succeed now and in the future. —Child Development Center Vision Statement

At the Child Development Center (CDC), we have continued to work on our three-year goals in our strategic plan, one of which was to create student support interventions. It is very important to have our teachers trained in how to handle situations that can support the social and emotional well being of our students. In December, Lindsey A. Love-Hill, Psy.D., came to our staff night meeting and spoke about building resiliency in our students.

According to Dr. Love, "All children are faced with stressful situations, whether a seemingly minimal dispute between friends or a traumatic experience, such as death or a car accident. Therefore, all children must learn to deal with stress. Resiliency enhances a child's ability to bounce back, recover, and to be more prepared for the next stressor." Our teachers can help build resiliency in our students by doing little things such as providing healthy ways for them to express their feelings and allowing students space to make mistakes and form their own resolutions.

This was a very helpful training to our staff, and they were given tools to help build our students' foundations for success. The Child Development Center recognizes the importance of developing the whole child and will continue to do so.

Come visit a CDC at your local elementary school and learn more about our programs.

Adams Middle School (6-8)

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



Dr. Nicole Wesley
Principal

Fitness First

By Tim O'Kain, Teacher

At Adams Middle School, students have the option of taking an elective called Fitness Academy. It is a course that focuses on overall health and wellbeing. We are fortunate to have partnerships with community health and fitness organizations, as our students are regularly exposed to a variety of exercise options.

Prior to taking fitness academy, many students hadn't heard of training formats. Through this experience, they can adopt new exercises as they take charge of their own workout regime.

Students regularly participate in Pilates, yoga and, a new favorite, circuit training. Fitness Academy has a smaller class size compared to a regular physical education class, which allows students more time on the equipment and one-on-one time with the instructor. This, in turn, allows students to tailor workouts to achieve personal goals, such as weight loss, increased cardiovascular capacity, or

preparation for sports. Students keep a workout log, document their eating habits, and learn lifelong exercise tips that will keep them on the path of a healthy lifestyle.

In addition to fitness, students are exposed to the benefits of proper nutrition, how to keep their heart rate at the proper level for fat burning or cardiovascular fitness, and how to read food labels to make healthy eating decisions. We even refresh their memory on how to brush and floss their teeth correctly, as well as proper skincare and the benefits of sun block. We have been very fortunate to work with Beach Cities Health District; they have been a valuable connection and wealth of information for our students.



Students learn how to use gym equipment to help meet their personal fitness goals.



Fitness Academy students enjoy circuit training activities they can also do at home.

Alta Vista *Elementary (K-5)*

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



Anthony Taranto
Principal

Emotional Intelligence

As defined by Wikipedia, emotional intelligence (EI) describes “the ability, capacity, skill or, in the case of the trait EI model, a self-perceived ability, to identify, assess, and manage the emotions of one’s self, of others, and of groups.” It is believed that children with higher levels of EI will grow up to be more successful in their careers and relationships because of their ability to label their emotions and communicate with others.

Since EI involves one’s ability to understand and express their emotions, poetry, art and music are some of the ways in which students can learn to express themselves at school.

Paint me firecracker when I am warmth.

Paint me madagascar when I am silly.

The beautiful sasalato port when I am sad.

Paint me coconut brown when I am angry.

Paint me a sky blue when I am sad from saying goodbye.

Paint me for who I am! —Adam, 5th Grade

This poem was written at the Annual Alta Vista Young Writers Conference. Award-winning author Hope Anita Smith facilitated sessions throughout the day that taught Adam and other students how colors can be used to describe their feelings, moods and emotions. Students examined various paint chips and applied them to them to their Paint Me Like I Am poems.

Children at Alta Vista also participate in six different Hands On Art projects throughout the school year that encourage them to express themselves through the use of various artistic materials and techniques. Parent docents facilitate art lessons, which allow children to express themselves without the use of words.

Different areas of the brain are stimulated whether music is being played or listened to. Music encourages self-expression and confidence. Children who study music develop social skills and have a higher level of understanding or self awareness. Across the grade levels at Alta Vista, students participate in vocal and instrumental music, as well as performing arts. In each environment, music is either being played or heard.

Poetry, art and music give children the opportunity to develop their Emotional Intelligence while at school.

Birney *Elementary (K-5)*

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



Jacqueline O'Sullivan
Principal

Heading for Greatness

At Birney, we understand the connection between active minds and healthy bodies. Our students begin their day with a workout sponsored by the Beach Cities Health District (BCHD). Teachers lead students through a series of exercises to help get hearts pumping, and they end with a soothing yoga session to calm and re-focus.

Throughout the year the students are treated to Moving Children with Mike Morlock, which is also sponsored by the BCHD. Our teachers are also trained to implement standards-based P.E. lessons.

Many energetic Birney students, parents and staff members, led by Samantha Leddel, gather every Friday morning for Running Club. Participants can walk, run, or jog around the Birney perimeter and count their laps. Every time a student passes 5, 10, 15, 20 or 26.2 miles we give them a charm for a special necklace. They can also try to do one more lap than the week before.

At the end of the year, Team Birney will be taking part in a local 5K. Even Mr. Frank, our custodian, runs with the students challenging them to do their best!

Our staff members and parents have also started a weight-loss group. Collectively they have lost over 150 pounds so far! Members weigh in every Tuesday morning and keep each other motivated by sharing recipes and strategies to stay on track.

Even staff members not directly involved help out by keeping donuts, cookies and cake out of the staff lounge. Here at Birney Elementary our minds and bodies are going from good to great!

Beryl Heights *Elementary (K-5)*

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



Karen Mohr
Principal

Good Nutrition Can Make a Difference

Each day, our students are diligently preparing their minds and bodies through daily exercise, standards-based education, physical fitness testing and nutrition lessons. This year at the Reflections awards ceremony, our school honored Jim DiPaola—“Coach D”—a parent volunteer, because he has dedicated numerous hours to our school for the past several years by coming out many days a week to work with our students, particularly our fifth-graders who need extra attention in order for them to perform well on the annual California Physical Fitness Testing. Through hard work and determination, it is evident that our students are learning about fitness and keeping their bodies in good physical condition, particularly since we exercise eight minutes every morning with our wonderful parent volunteer, Linda Buck. LiveWell lessons are taught by our parent docents, and students are learning the value of good nutrition and how it affects their minds and bodies in order for them to be successful in school and in life.

Behind our CDC, each grade level has its own garden planter, and the students and parent volunteers harvest and plant vegetables so that each student may eat the fruits of their labor. Our gardens behind our CDC have grown several kinds of vegetables, and our amazing parent volunteers came out to feed the students carrots, lettuce and radishes from our garden! The students thoroughly enjoyed eating from our garden! A local organic family farm is an additional vendor that is now providing fruits and vegetables for our families, and parents are ordering boxes from them each month for their households. Our school menus have improved tremendously by providing a salad bar along with fruit and water, which are offered during lunchtime.

This year, our Jog-on-the-Wild Side Jog-a-thon will take place Friday, May 20. Our students run around the track for 30 minutes with their classes and participate in raising donations for their running. Dana Esser, a fifth-grade student, won



Beryl student enjoying the fruits of his labor.

the T-shirt design contest, and her drawing will be printed on every Beryl Jog-a-thon T-shirt that each student and staff member will receive. To top off our wonderful Jog-a-thon event, we will have our annual Walk on the Wild Side silent auction and parent party at the facility of a national fraternal organization on May 21. It will be a fantastic, fun evening.

At Beryl, our motto is to strive to be the best that we can be, to put forth our best effort in all that we do and to be successful. Our students are learning how lifelong fitness, activity and nutritional choices will impact their future.



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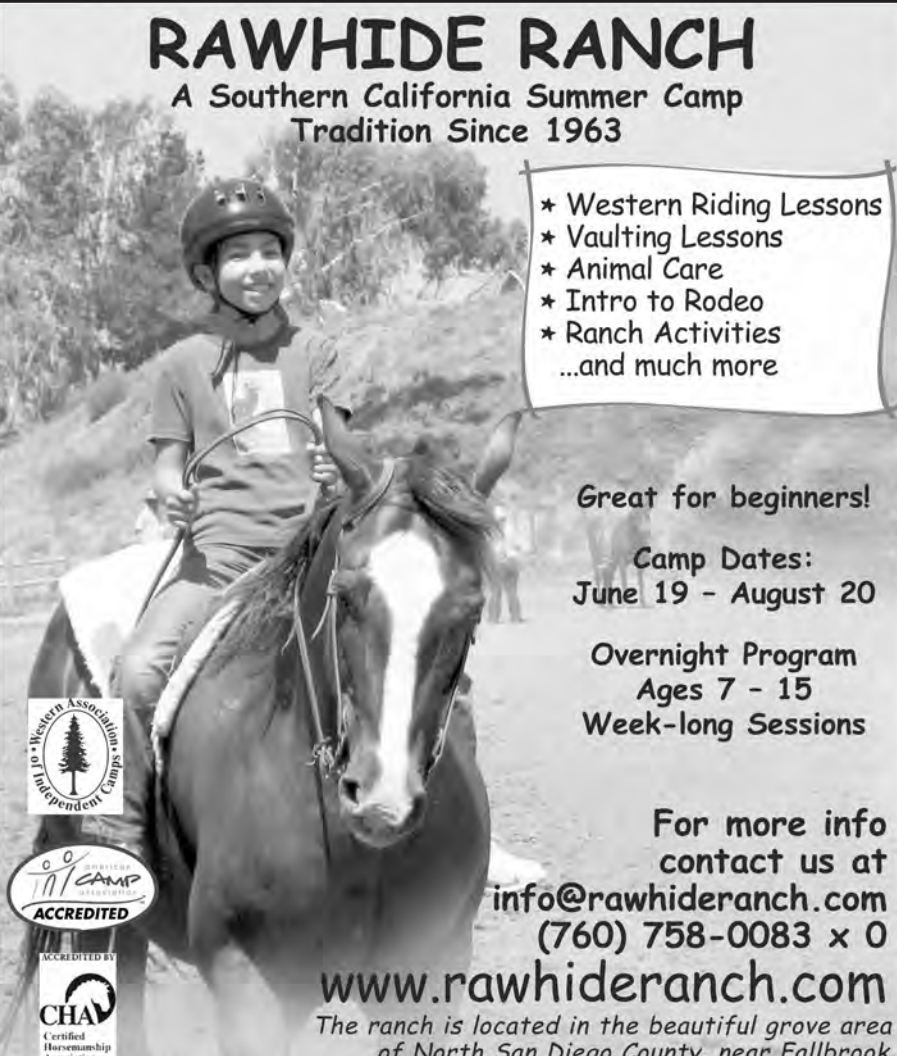



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Note-ables

Swimming in Noodles



Kate Karp

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

No stinky feet, though, on his latest offering, *Swimming in Noodles*, probably because there are too many songs about food on the collection "Cookie Time," "Spaghetti and Goofballs" and "Chips and Salsa" are side dishes to friendship and task breaks.

There are cozy family songs, such as the Cajun-flavored "Cool Daddy," which recalls the New Orleans classic "Iko Iko." Others can be used for science, personal development and social studies, like "We're Electrons," "Nobody Does It like You" and "Just Like You." In the whimsical "Hang On Mama," Mom disappears under a load of laundry, not exactly the way she does in real life but she'll relate, and we're guests in the otherworld of a child who protects a mysterious animal from the zookeeper. Listen for the surprise ending.

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

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

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On The Run

What are Orthotics



Dr. Doug Richie

Part of the barefoot running controversy is debate about whether the human foot really needs artificial support in order to prevent injury. Some recent advocates of barefoot running have alleged that shoes and foot orthotics can inhibit normal foot function and cause muscle atrophy which can actually cause injury. However, there is no evidence in the scientific literature to support this notion.

Foot orthotics are devices which support or correct alignment of the feet. Custom foot orthotics are designed for the individual patient and are dispensed by health care professionals. Non-custom,

or pre-fabricated foot orthotics are available in sporting goods stores and pharmacies. While pre-fabricated foot orthotics are primarily used to provide cushion and arch support, custom devices are much more sophisticated in their fabrication and function.

Custom foot orthotics are designed to correct alignment of the foot, ankle and leg and theoretically will improve function of the entire lower extremity during walking and running. The medical literature is full of scientific studies which document many different ways that foot orthotics improve function such as reducing strain on muscles and ligaments as well as reducing pain in various areas of the feet, legs and knees of runners. However, these devices are not a panacea for protection against injury and are not indicated for every runner to wear. Many times, proper shoes are enough support and protection of the feet for the average runner. On the other hand, some people have significant alignment issues which cause excessive pronation of the ankles and other deformities which can be effectively treated with custom orthotic therapy. Either way, it never hurts to try a non-custom, pre-fabricated foot orthotic first to determine if there can be benefit before turning to a health care professional for more extensive treatment.

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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From the Boathouse

Indoor Rowing Classes

Created in 1932 for the rowing events of the Xth Olympiad, Marine Stadium in Long Beach was the first manmade rowing course in the United States. Its width allowed four rowing teams to race abreast, eliminating additional heats and allowing oarsmen to enter the finals at the peak of their form. Later, the row course served as the venue for the 1968 and 1976 United States men's Olympic rowing trials and the 1984 United States women's Olympic rowing trials. The site remains an important training and competitive rowing center for many top rowers, including our National and Olympic teams. The boathouse is a unique indoor rowing gym with an inspiring view of the water.

The Powerhouse Fitness Center offers indoor rowing, Spinning, and new Zumba dance classes, taught by US National Team athletes. Rowing is the new sport of choice in Long Beach—and the only place you can try it.

Long Beach Rowing Association is also home to the Long Beach Junior Crew which is where I started to row in 1996 at the age of 16.

LBJC currently has over 105 young men and women coming from Southern Los Angeles County and North Orange County schools to participate in the fall and spring rowing seasons and also offers summer rowing camps for beginners and conditioning camps for returning rowers. Through my experience on the Junior Crew in high school I was offered a full-scholarship to Cal Berkeley and then went on to represent the United States Senior National Rowing Team for five years!



Jack Nunn/Owner, Powerhouse Fitness Center, 5750 Boathouse Lane, Long Beach, CA 90803 562/688-1716, www.powerhousefit.com.

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Surf's Up

How to Become a Sponsored Surfer

By Chad Wells

Surfing is a unique sport and different from most stadium sports in the sense that, instead of having to purchase your uniform and equipment (like in football or baseball) an amateur surfer has the potential to have multiple sponsorships—where he or she is given things such as a clothing, wetsuits, sunglasses, watches, skateboards, sunscreen, surf wax—all for free. They can even get a surf shop sponsor! An exceptional amateur may also be paid, as well as have a travel and contest budget.

This all has to start somewhere and for every successful professional surfer, down to the freshest beginner, that place is the white water. Now, assuming you've made it past the surf lessons and have worked your way to a performance surfboard, it's time to test your hand at surf events.



Photo Courtesy of Chris Sardelis

Where to start? All coastal areas have surf shops and in those shops you can find information about surfing associations that run monthly contests, or you can find this on the internet. These contests are where a young surfer must start his campaign on the quest for results and the possibility of becoming a sponsored team rider.

Enter some surf contests and try to get yourself into the finals - hopefully win a few. When the contest results start improving you'll need to get some still photos of yourself. Just good action shots showing your skill. Then, in my opinion, the most important part is to have your mom, dad, or a friend video you and start compiling footage. When you have enough good video clips edit them down to a minute and a half long movie and add in some music (the music is optional).

Once you have your contest results, photos, and the short clip you'll need to put together a portfolio. This will include all the items mentioned above, and will also include some basic info about you - sort of a resume. You should include name, age, years surfing, local surf break and I really like to see a letter of recommendation from somebody you hold in high regard in your surf community. Whether it is a local pro, surf shop owner, or the surf coach at your high school, it helps to give a little insight as to how you are viewed by your peers. Make four or five copies of your portfolio.

Now you're ready to approach team managers from the various surf companies. Working as a team manager, I like personal interaction and don't mind receiving portfolios at surf events. It gives me a chance to check out the athlete in question, as well as see their beach and water activity. I can also see how they interact with others at the event. After all it is a matter of seeing if that person would make a good representative for a brand, and if they are serious about their surfing.





Chad Wells is a life time resident of Seal Beach. A competitive contest and professional surfer, Chad works as the Surf Program Manager at Quiksilver and oversees the US professional and amateur teams.

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Congratulations to Hailey Blackshire
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F	X	K	E	M	I	Y	K	V	O	R	L	A	E	J
Y	U	Q	I	H	C	T	I	N	O	O	O	M	L	X
H	T	U	Y	A	T	O	A	J	A	H	I	D	E	I
M	A	N	D	O	L	I	N	R	J	C	V	T	L	F
Y	R	L	E	I	P	A	Z	T	L	I	S	A	U	J
B	K	Q	N	H	B	M	L	U	R	V	S	G	K	K
A	S	U	D	M	O	U	D	A	P	A	A	V	U	O
C	J	R	H	O	I	D	W	B	B	L	B	Y	M	X
C	U	L	Q	S	V	V	L	O	I	C	W	A	C	S
Q	G	I	T	B	T	C	C	H	P	S	E	Q	S	U
T	M	L	M	X	F	X	W	I	B	C	T	L	L	S
T	J	D	B	F	T	C	O	T	H	D	U	Y	L	Q
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Jefferson *Elementary (K-6)*

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Kara Heinrich
Principal

Healthy LifeStyle at School and Home

Jefferson believes that students who begin each day as healthy individuals can learn more, are apt to learn better, and are more likely to have a positive educational experience. Jefferson encourages a holistic approach to student wellness in collaboration with a quality academic program. From good fitness modeled in daily Running Club, morning exercises and PE programs to maintaining special events focused on healthy lifestyle choices such as our annual Jog-a-Thon event, nutrition lessons and enrichment activities in visual performing arts, music and economics, we support the whole child.



JogAthon at Jefferson

Learning to make healthy choices early in life supports student physical growth, brain development, resistance to illness and the ability to learn. We recognize that healthy, active and well-nourished children are more likely to attend school and be better prepared and motivated to learn.

We've come up with a few healthy-household tips. Ensure that your child eats a healthy breakfast. Breakfast provides children energy needed to listen and learn in school. Offer your child a wide variety of foods such as grains, vegetables and fruits, low-fat dairy products and lean meats or beans. Limit the amount of added sugar in your child's diet. Involve your child in planning and preparing healthy meals. Encourage him or her to be active daily and to get involved in enrichment activities such as sports, art, music or even a second language. And, involve the whole family in activities such as hiking or biking.



BCHD Coach Earl

Lincoln *Elementary (K-5)*

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



Jeff Winckler
Principal

Feeling Fit at School

Lincoln School is committed to physical fitness and well-being. Our commitment shows in the daily lives of our students as well as in classrooms and in a number of activities that take place on campus throughout the school year. Students are encouraged to make positive choices during the day through regular exercise, healthy food choices and nutrition education.

On a daily basis, students participate in morning exercises as part of the school's Moving Children Program, which the Beach Cities Health District helps support. Students also engage in physical education taught by classroom teachers and the Beach Cities Health District on a regular basis. In the cafeteria, the RBUSD Child Nutrition Services works to provide healthy food options every day, which includes a fruit and salad bar. Additionally, classroom teachers teach health and nutrition during the course of the school year.

There are several special events that take place during the school year and that promote physical fitness, including Jump Rope for Heart and the Jump-Jog-Shoot-a-thon. This February, our entire school helped support a national cardiovascular health organization by holding a Jump Rope for Heart event, which included a fun-filled morning of physical activity and an opportunity for students to receive fitness information. In March, the Jump-Jog-Shoot-a-thon took place. This was a daylong event sponsored by the PTA in which students had fun exercising and helped raise funds for our school.

We are particularly proud of our relationship with the Beach Cities Health District, which helps our school promote physical fitness and wellness through the Moving Children Program, our garden program and classroom-based nutrition lessons. Both the garden program and nutrition lessons are parent-docent led, which helps link the home to school connection, as our parent docents are excellent role models. This spring, we are excited to bring

"A Taste of Live-Well Kids" to campus. This event that features healthy foods will be sponsored by the Beach Cities Health District and a natural-foods supermarket chain. Event details are forthcoming.

With all these amazing efforts provided by our staff, parents and community partners, Lincoln's students are receiving positive health and wellness opportunities that help to make them well balanced, ready for success and feeling fit!



Lincoln Students Participate in Moving Children Activity



Lincoln Students at Jump For Heart

Parras *Middle School (6-8)*

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



Fit for Life

The bright Redondo sun has risen for yet another day. Bodies are in motion everywhere. Lacrosse games are taking place on a freshly minted turf athletic field. Nearby, one can hear the melodious clank of sticks emanating from an intense round of street hockey. In a sparkling new gymnasium a three-on-three basketball tournament is taking place. Not far off, others are cruising on elliptical machines, climbing a rotating rock wall, and tossing medicine balls in a state-of-the-art fitness center.

Dr. Lars Nygren
Principal

An ESPN highlight film? Not quite. In reality, these vignettes depict Parras Middle School students actively moving on a daily basis and benefiting from a structured program designed to promote healthy living from middle school through adulthood.

Research has shown that participation in athletics is directly linked to greater self-confidence, the promotion of natural resiliency, group problem solving, strategy building, and higher academic achievement; all of which address the unique needs of a middle school student.

Here at Parras, our dedicated team of physical education professionals has developed a strong program that offers students regular access to health-enhancing physical activity.

For the first time in our school's history, every class period has a mix of sixth-, seventh-, and eighth-grade students. This change has allowed for greater emphasis on peer support and modeling of discrete skills, as well as the state fitness standards. Students are introduced to a mix of both traditional sports (e.g., volleyball and soccer) and non-traditional (e.g., over-the-line and paddle ball) in both team and individual settings that are gender alike as well as coeducational.



Parras Students make time to exercise



Setting Measured Goals

Our annual March Madness tournament is a three-on-three basketball event that has teams comprised of one sixth-, seventh-, and eighth-grader. Students select their college name, then are seeded and placed in a bracket for pool play, each of which is named after longtime teachers who have since retired: Bonach, Davern, Mulligan and Piper. Final rounds take place at lunch, with this year's championship being hosted in the new gymnasium.

In our fitness center, the Panther Pit, music is blaring in the background as students seamlessly move through circuits that include weight stacks, dumbbells, a rotating rock wall, boxing, cardiovascular machines (such as ellipticals and bicycles), and functional training with medicine balls, a slide board and balance equipment such as the BOSU.

Students are assessed early in the school year to establish benchmarks and areas of growth, based upon criteria from state-mandated fitness standards. Individual goal setting then takes place, with all students held accountable for measurable improvement.

As indicated by published results from the Fitnessgram, close to 70 percent of our students meet all six standards by year-end, which is more than double the percentage found throughout the state.

Whether one's future pursuits include participating in high school sports, being a weekend warrior, or simply going on laid-back outings with friends and family, Parras Middle School students leave here prepared for a lifetime of active, fit living.

Madison *Elementary (K-5)*

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



Joseph Ledoux
Principal

Reinforcing Positive Behavior

Here at Madison, we seek to address the needs of the "whole child." As we know, students are best able to reach their full potential when they feel that they are part of a safe and nurturing environment.

The Madison school culture establishes the clear expectation that everyone should be treated fairly and with respect. Mrs. Pappas, our school counselor, reaches out with emotional and social skills by making bimonthly visits to the classrooms. She teaches the students how to make positive choices, deal with bullies, handle peer pressure, and resolve conflicts in a peaceful manner.

Madison also embraces each pillar of Character Counts. Every month our students focus on a particular character pillar in their classroom lessons. They are also given weekly quotes by the student council members during our Monday morning Town Hall meeting. These quotes help direct students to reflect upon their individual behavior in order to grow and mature.

Another way we reinforce positive behavior every day is by rewarding students for having positive character qualities and making positive choices. Members of Madison's staff hand out "Caught with Character" slips that highlight the individual character trait that each child has demonstrated.

We then select six students to recognize at our Town Hall meeting each week. The students also have the opportunity to attend either small group or individualized counseling sessions with Mrs. Pappas.

Here at Madison we take things like bullying very seriously, and go the extra mile to provide a positive learning environment.



Mia O'Hare and McKenzie Johnson with their "Caught with Character" Awards.



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TAKING A STAND • FROM PAGE 1

help discourage bullying and create a positive impact on school culture. Through the range of these topics, our teachers have reported that many of their students had an immediate “ah-ha” moment and vowed to make a change and take a stand.

They also reported that cyber-bullying was the biggest problem facing our students. Due to this feedback, the next bullying lesson will focus on this specific topic.

Mary Little
Principal

Keeping Our Campus Safe

In addition to the bullying lessons, RUHS has also implemented two successful programs to help enhance the school’s safe climate and culture. Safe School Ambassadors, an anti-bullying violence prevention program, as well as Link Crew, a freshman mentoring program, are both designed to foster a safe, caring and open environment. In March, the PTSA also sent 30 students to a violence prevention workshop to help further the conversation on what our students can do to prevent acts of violence from occurring at school or home.

RUHS is committed to providing a safe campus for our students, and we can use your help. We encourage parents, students and community members to join us and take a stand against bullying. Together we can make a difference, and create the kind of change we all hope to see in the world.

Tulita *Elementary (K-5)*

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



Balance

Thank you to everyone who attended the recent screenings of the documentary film “Race to Nowhere.” It has sparked an initiative to ensure balance in our lives and the lives of our children.

The film reminds parents and educators to seek balance for students, schools, and families. It has been encouraging to talk with Tulita School parents, who have embraced new perspectives for their children and their families. Parents are refraining from making homework the first topic of conversation after school.

Families are having more meals together, playing together more, and allowing for downtime. Teachers, parents, and I are all engaged in conversations about our homework practices to develop a school policy that ensures appropriate educational benefit while allowing flexibility for students and families to maintain balance at home.

We are fortunate to be members of a community that is committed to health and wellbeing. Our city, in partnership with Beach Cities Health District (BCHD), has embraced the mission of Vitality City to improve our citizens’ wellbeing and longevity. Our district has a long-standing commitment to whole-child education, in which we nurture the academic development as well as the social, emotional, and physical development and wellbeing of our students.

I encourage families to get involved in the movement for health, wellbeing, and balance. Participate in the Vitality City programs, volunteer as a docent for the BCHD participate in Live Well programs, and join us at PTA or School Site Council to be a part of the conversation about homework practices. We have gained momentum as a community in this worthwhile endeavor, and I look forward to all we can accomplish together.

Danielle Allphin
Principal

Washington *Elementary (K-5)*

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



Growing Great Students

Washington Explorer students are healthy both inside and outside!

We start each day getting physically fit. On Tuesday and Thursday mornings our students have the option of signing up for the Running Club, where we run laps around the field and keep track of how far we’ve gone. It’s fun to see all of those healthy students running early in the morning, and we have even had some parents join the club this year.

Many of our students have completed their first marathon and are working on their second. We also start each morning with eight minutes of exercise. The school bell rings and the entire student body lines up on the blacktop to do crazy jacks, windmills and steam engines. After aerobic exercise we cool down with yoga and head off to the classrooms to start learning.

During the day our classes come outside for Moving Children or P.E. sessions with their teacher. We are all working towards having fit, active bodies. Inside the classroom we work on being academically and emotionally healthy.

Using Our Minds

Our staff is dedicated to helping every child be successful in school. The classrooms are filled with great teachers who provide a challenging and interesting curriculum. Children may go to the library, computer lab, music or hands-on science.

Students also have the opportunity to participate in friendship groups, homework club, study skills and healthy eating lessons. There are lots of ways for Washington Explorers to exercise their minds during the school day.

The Safe School Ambassadors are another important part of the Washington community. Some of our fourth- and fifth-graders were trained to help students by noticing their problems, thinking about solutions, and acting to help solve them.

Our ambassadors work hard and take their responsibilities seriously. They meet at lunch to talk about different ways they can help the students at Washington School.

Healthy bodies, plus healthy minds, equals great students at Washington School. Go Explorers!



Healthy minds at work becoming math stars.





Jane Diehl
President

Birney PTA sponsored the movie Race to Nowhere, www.RaceToNowhere.com, last week and there were over 300 people to see this film. The film discusses the pressures that students feel in our education system while they are trying to take the correct classes to go to college. The film's mission is to make parents aware of the pressures and to start discussions in school communities to make sure we are all promoting student wellness. In the film it shows how our kids are scheduled every minute of the day and they are constantly being coached by coaches, teachers, and parents. This constant schedule of always on the go causes both adults and our kids stress. It has also caused a generation of employees who need direction at every turn. A human resource director of a fortune 500 company stated that this generation of new employees continue to need coaching. The new employees have to have extra support to do their jobs. She felt that this lack of self direction is due to the constant coaching that our kids receive.

So what can we do as parents to promote wellness and help our kids succeed? Maybe we want a race and that would be a race to wellness. One thing we can promote is to give our kids more free time or time that we have activities that are less structured. I visited Alta Vista the day the 5th grades took part in a science activity sponsored by Dupont. The students were given items to make a puff car. They could only use what was provided and could not ask for more of the items. The students were so enthused with this type of learning. There was no coaching. They could be creative with their car and test their design before they raced them. Giving our kids the freedom to work things out for themselves gives our kids more power than we can imagine. Play is a learning activity. If kids are playing games they learn to cooperate and they learn the importance of rules. They also learn about leadership and start to be less dependent on the coaches that direct them at all times. As the puff cars showed the students were creative and showed problem solving skills. It may have looked like chaos but there was a lot of learning happening. I did not see signs of stress while the students were learning science. So adults please check out Vitality City to help reduce your stress and give your kids more time to play and we can all be healthy.



Jane Diehl
President



Anita Avrick
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District Safety Measures



Frank DeSena
Asst. Superintendent
Student Services

Dr. Aaron Benton
Director Special Education

The most important responsibility that we have in the RBUSD is keeping your children safe. We obviously want them to be high academic achievers, but most importantly, we want them to return to you safely.

Safety issues are quite varied for a school district. Last month I wrote about bullying and cyberbullying as issues that our district must address. The month before I wrote about drug and alcohol issues in the school and community, and how the RBUSD proactively responds to countering substance abuse.

We also have different safety issues that we must address regularly. The RBUSD has a special District Safety Committee that meets six times a year. Administrators from the schools, law enforcement, maintenance and operations staff, and union representatives make up the committee. The discussions are quite varied. We have recently talked about practice drills for earthquakes and lockdowns.

Each school is required to regularly practice earthquake and fire drills. In October we took part in a district-wide drill and practiced emergency communication with the Emergency Operation Center by radio and walkie-talkie.

This year we have had three schools which needed to go into a lockdown. Here, all students and staff members are required to be in a classroom, and no one will be allowed in or out of campus. The three incidents involved possibly armed criminals in close vicinity to the school. Lockdowns can be either short or long term, and I am in regular communication with the RBPD and the site administrators regarding safety status. We have recently added practice lockdowns as a recommendation to each principal.

Parents should know that each school has a Comprehensive School Safety Plan. Each plan is located on the Student Services section of the district's Web site. The plans must be reviewed by staff members and approved by each school site council. Once they are approved they must be forwarded to the board of education. This approval process must occur each school year.

Occasionally there may be weather advisories that the RBUSD receives regarding smog, heat, smoke or recently, a tsunami. When I receive these advisories I immediately determine the extent of the danger and begin to notify the schools and/or parents as needed.

When the danger is significant, parents will be notified through the school or district call-out or email-blast process. Please make sure that the school has your accurate email address and the correct phone number for the call-outs.

The RBUSD will continue to keep your child's safety our No.1 priority.

SUPERINTENDENT • FROM PAGE 1



Dr. Steven Keller

throughout the night less fitfully. These reasons are why I get excited for a box of metal and rubber on my doorstep.

Total health means different things to different people; to our children, who love their PS2s and Wiis, it is especially unusual. My family gets the workout machine thing and while their definitions of total health are varied by practice (my son plays pick-up hockey games and my wife runs religiously), my sacred elliptical hour remains respected in the Keller home. It is with great passion that I recommend to all the Redondo Beach Unified families to find out what makes one another in the house 'tick the workout clock'. Respect their practice of health, encourage its regular practice, engage in one another's method of well-being, and discuss other ways to bring physical activity into your homes. Our staff and teachers work to meet the total needs—social, emotional, mental, and physical—of your child during the school day, and we'd like you to assist us in these efforts at home. Even if it means a special delivery to your doorsteps!

Redondo Beach Unified School District

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The Importance of Summer!

What Students Should Know Upon Entering Each Grade

Elementary School

Kindergarten – Students should be familiar with all letters and many basic sight words.

1st-3rd - Early elementary students need to become proficient readers and memorize all basic math facts. Any issues with comprehension and phonics can be worked on with our summer reading programs (If students are still counting on their fingers by the end of third grade they will be overwhelmed with the amount of math covered in later grades).

4th & 5th - Extremely important years for future academic success. Students should understand fractions and decimals, and be able to interpret word problems. Students need to draw conclusions when reading and be comfortable writing structured paragraphs.

Middle School

6th - Come October, we will have more 6th graders than any other age. The jump from the friendly confines of an elementary classroom to having more than one teacher leaves many preteens shell-shocked. Most of our sixth graders are overwhelmed with the amount of math covered, and lack the study skills for the transition to middle school. If your student has struggled with any area during elementary school, these deficiencies will become amplified in middle school.

7th & 8th - Writing and Algebra are the two areas 7th and 8th graders tend to struggle with the most. If your child passes into Algebra 1 for 8th grade, it is important to master all core math concepts, as there will be no time for review.

High School

9th & 10th - For some reason all high school students think summer means brain freeze. Maybe we should tell them summer break is three months because most children used to work on the farms for their parents. Now, we allow them to spend endless hours on the beach and hang out playing PS3 and Xbox. Our athletes spend countless hours practicing for the upcoming sports season, but do nothing to help themselves academically. Summer is a great time for course reviews and previews, especially in math and science courses.

11th - Junior year is the most stressful for students planning to go to a four year college. Unfortunately, many 11th graders try to cram for the numerous standardized tests at the end of the year when their classes are the most difficult. The Tutoring Club has individualized test prep for both the ACT and SAT standardized tests. Students who take our classes during the summer can devote all their attention to the tests, and not worry about sports and academic obligations.

12th - If students have not taken any of their standardized tests they have until November of their senior year to complete them. Students should use the summer to prepare for the exams so they can focus on college applications in the fall.

If Tutoring Club can be of assistance,
give us a call today!

Redondo Beach

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