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School News

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Covering The Redondo Beach Unified School District

VOLUME 6 ISSUE 53

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JUNE–AUGUST 2012

SUPERINTENDENT



Summer Learning

Providing learning opportunities and academic enrichment during the summer months assists students to maintain progress attained over the

Dr. Steven Keller course of the school year. There are several museums, centers, and observatories within the greater Los Angeles area, but learning at home is also invaluable. Here are some ideas for South Bay families, close to home!

Before Summer Begins:

- Talk with the student's teacher and inquire if it is possible to get workbooks or websites to continue to improve on respective focus areas. Sit with your child and create attainable achievement goals,

SEE SUPERINTENDENT • PAGE 18

*By Brooke O'Neal
Student Representative
Board of Education*

After comparing different schools, I decided to go to Redondo Union High School.

Even without visiting, I could tell it was a great school that belonged to a wonderful district. Now that I'm a member of the Board, I understand why.

The Board members really care about the schools and the students they serve. Even though the district is constantly faced with financial issues, they keep programs running that benefit students. The Board stays connected with the Redondo community and reaches out to

An Invaluable Experience



them when they need help accessing resources they can use to invest in students. They work hard for students, but they also keep the interests of parents and community members in mind when they are making decisions.

I'm glad I had the opportunity to serve on the Board. I've always been interested in politics and the world around me. Serving on the Board gave me insight into what happens behind the scenes that enables Redondo schools to perform so well. Being a Board member actually pushed me to connect with students more so that I could represent them well and keep them informed. It was a priceless experience that will come in handy in the next few years as I'm studying political science and participating in student government.

Leadership Redondo Class of 2011 Bike Giveaway Winners!



By Dr. Aaron Benton, RBUSD Director of Special Education

In April, the Leadership Redondo Class of 2011 worked successfully with RBUSD to complete a school registration drive for participation on the Vitality City/Blue Zones Project website. To encourage active participation with this free, Beach Cities Health District-sponsored program, the LR 2011 group gave away one bike per school in the month of April.



Anita Avrick
President

Redondo Beach Unified School District Board of Education



Laura Emdee
Vice-President



Jane Diehl
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Todd Loewenstein
Member

2012 Regular Board Meetings Schedule
June 12 June 26

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Our Children Are the Most Important



Brad Serkin
President

Thank you to all of our parents and businesses that gave their support over the past year! For those who haven't, your support is needed more than ever! I encourage you to visit our website and see all that we have done for our schools and your children.

With our upcoming school year, we are facing one of our largest budget challenges in recent memory! With the continued loss of state and federal grants previously available as well as our state government using K-12 education as a pawn, K-12 education is set to receive the largest amount of funding cuts of any programs in the proposed budget. With this cut, this leaves our upcoming school budget with an estimated loss of over 3 million dollars above and beyond the cuts we have already taken. This amounts to more than \$350 per student. Our district has done a masterful job of mining through these challenges, but at some point, there is only so much that they can do. Our upcoming prospects could include further increases in class sizes; loss of materials, teachers and programs; and a large number of unwanted furlough days that hurt our students and teachers alike. With our present budget situation, our current temporary teacher's contracts may not be renewed, either. The time to act is now! Please go to our website for more information and to make a tax-deductible donate today. As a reminder, many companies match your donation, so please help your money go further. We are asking for \$360 per family. If everyone donated \$360 or more, we would be greater than two-thirds of the way there!

What is more important than our children?

SEE REDONDO BEACH EDUCATION FOUNDATION • PAGE 6



Kay Coop
Founder / Publisher



This issue is highlighting quality activities for the summer months. Each school has offered valuable suggestions and our camp/activities section is full of academic and fun activities...don't forget the library.

As another school year comes to a close, we want to thank you for continuing to include *School News* among your reading choices. Everyone is a stakeholder in our youths education.

June 30 is the deadline for completing our survey online and being entered for a chance to win \$100.

Our next issue is September 5.

Covering the
REDONDO BEACH UNIFIED SCHOOL DISTRICT

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Vitality City

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

Tips for Creating Home Blue Zones



Jens Brandt
RUHS Assistant
Principal /
Vitality City Liaison



Lauren Nakano
BCHD Vitality
City Program
Manager

Redondo Beach Unified School District has done amazing things this year to transform and infuse health and well-being into the school and student environment. This is most notable through the implementation of the MindUp Program, Alliance for a Healthier Generation and Employee Wellness initiatives.

While RBUSD is making strides in the schools, here are five things you can do to transform your home and family environment too.

Have three family dinner nights each week

Why do it? Adolescents who eat dinner with their family are 15% less likely to become obese. In addition, research shows that family meals positively influence family communication, development of healthy eating patterns in children, school performance, and the more often teens have dinner with their families, the less likely they are to smoke, drink, or use drugs.

Grow and maintain your own garden

Why do it? Gardening is common in Blue Zones areas. This activity provides low-intensity range-of-motion exercise, stress reduction, and fresh vegetables. In fact, the CDC points out that you can burn 150 calories by gardening (standing) for approximately 30-45 minutes.

Have only one TV in your home

Why do it? People who watch too much TV are more likely to be overweight. Watching TV actually lowers metabolism, makes us less active and engaged, and

SEE VITALITY CITY • PAGE 9

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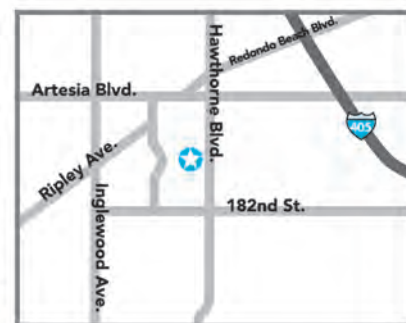
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RBUSD Student Services / Special Education

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Special Education: 1107 Vincent St, Redondo Beach, CA 90277 • 310/798-8683 ext. 1301

www.rbud.org/specialeducation/

What to Do This Summer



Frank DeSena
Asst.

Superintendent
Student Services

Dr. Aaron Benton

Director Special
Education

By Frank DeSena

Planning for summer can be a challenge for many families. When parents are working, having summer options for your children is a necessity. Even if a parent is able to stay at home, it is important to have your children involved in some organized program/activities. June 15 through August 27 is a long time for children to not have some kind of educational/learning activities.

The RBUSD CDC has a summer program that is available for all elementary students. Parents may sign up for the CDC just for the summer program.

There are many fun and interesting activities planned during the summer.

The RBEF is once again running a summer school program. Classes are available for K–12 students. The RBEF program is at Jefferson School for K–8 and RUHS for 9–12. The six-week RBEF summer school is a fee-based program, and you can enroll by going to their website at www.rbef.org. The people that organize this summer school program do so to benefit the Redondo Beach community as well as RBUSD. When your children go to the RBEF program, they benefit as well as the entire school district. Once RBEF pays for the cost of running the summer school program, the remaining funds are used to support worthy district programs. Most of the teachers employed by the RBEF summer school program are RBUSD staff during the regular school year.

There are many interesting and fun camp opportunities run by the City of Redondo Beach and other organizations. Check the city website for some of their options at www.redondo.org. Enjoy the summer, and do your best to plan fun and interesting learning opportunities for your children.

South Bay Adult School

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



New Courses and New Classrooms



Vivian Ibarra
Director

Summer is a fun and exciting time for adults and children at the South Bay Adult School (SBAS). This summer we're offering several new fitness classes. For adults there's Kettlebell Blast! This exercise course offers a great core workout that strengthens every muscle in the body. For parents and children, try our new Baby and Me Yoga or Kids Yoga classes, a great way to get your child involved in healthy lifestyle patterns.

For young adults over 16 years of age, a Blueprint For Success class will teach students how to build portfolios, write resumes, plan career goals, and practice for job interviews. In addition to

our traditional classes, our award-winning Parent Education program will have fun family activities, such as: Music Under the Stars—Singing and Signing for the Whole Family; The Rain Forest Through Art and Science; and a unique two-week August mini-camp from August 6–17. For information on any of our classes and to view the online brochure, visit us on the Web at www.southbayadult.org. Registration for summer begins May 29.

Other great news for summer! Our main office at Edison Center will be undergoing a much needed facelift. (Thank you for passing Measure C, Redondo Beach residents!) The Edison campus office will still be open, but classes normally held there will be at Adams Middle School for the summer. When classes resume in the fall, there will be new bathrooms and offices, more parking, and improved classrooms. We are very excited to offer our students an upgraded facility, and we invite you to plan a visit to our site this fall to check out the renovation.



Learn to quilt in Quilting Class



Take a Parent Ed class with your child this summer



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Summer in the CDC



Theresa Van Dusen
Director

What happens when school is out for the summer? Our Child Development Centers offer a program that is fun, interesting, challenging and educational. We recognize that when children come to us for the summer they need a change of pace from the school year.

So our summer programs are designed to provide experiences that meet the needs of the whole child. We enrich their day with activities like science experiments, cooking projects, dance classes, journal writing and quiet reading times. When you walk into a CDC classroom you will find a unique environment with a variety of center-based areas, tables for messy art activities, puzzles, board games, and manipulatives for small groups.

Summer at the Child Development Centers is also a fun and exciting time.



Enjoying a day at Pretend City's fishing station



Our visit to Wilderness Park

Each week the program is divided into creative themes. Each theme is one or two weeks long, with plenty of indoor and outdoor activities like arts and crafts, or local field trips to the library, various different parks, a Farmers Market and more.

We also have large trips planned, and which may include the Flight Path Center, the Columbia Space Museum, the Jet Propulsion Laboratory, the Marine Mammal Care Center, the Griffith Observatory, the Discovery Science Center, the Queen Mary, Olvera Street, Madrona Marsh, the Long Beach Aquarium, Scooter's Jungle, the local beach, Dodgers and Sparks games, the Getty Museum, and Adventure City, to name just a few.

Everyone has a great and memorable time. So come visit a CDC during open house to see our summer plans and great children.

The Advantage of Summer Learning



Dr. Erin Simon
Principal

Most students enthusiastically anticipate the summer break—it gives them time off from the school year routine and can be filled with fun. For some students, summer vacation means educational camps or sports camps, family trips and myriad development activities. Consequently, other students find that when schools close for the summer, engaging learning activities are out of reach and they are unable to partake in additional learning in the summer that can ultimately strengthen academic achievement. In fact, research indicates that students often experience a significant decrease in academic knowledge after a summer with little to no learning.

For many educators, the benefits of summer-learning programs are well-documented. Further, many educators believe the most beneficial programs address the needs of the whole child and offer innovative approaches to learning. These programs should not only boost student achievement but also improve self-esteem and confidence. Moreover, well-designed summer-learning programs should increase achievement, enhance motivation for an engagement in learning, and further develop old skills and nurture new skills. Examples of successful summer programs can include but are not limited to summer reading and math interventions, summer-school for acceleration, newly envisioned summer-school sessions, educational camps and hybrid youth-development/academic-enrichment programs.

By and large, summer programs have the potential to help reverse summer learning loss and increase educational equity. They are good for students and can help make schools even more successful. Investing in summer learning can definitely pay off in innumerable ways.



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Adams *Middle School (6-8)*

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



Anthony Taranto
Principal

Summer Learning

Summer vacation is a time for children to take bike rides, play with friends, go to the beach, play video games and take a break from school. However, it can also be a time when children experience learning losses. In fact, the National Center for Summer Learning at John Hopkins University reports, on average, students who do not engage in summer learning lose the equivalent of two months' worth of grade-level math and reading skills. Therefore, the summer can be used as a time to stretch the mind and build on skills learned during the school year.

Here are some activities to get your middle schooler started on a summer of learning fun:

Go to the park. Take a family trip to a local park or historical site. Ask the park for free student guides or activities for your child. Many historical sites also have re-enactments that really bring history to life.

Visit a museum. This too can be done online. The Smithsonian offers a Library and Archival Exhibitions on the internet or you can take an old fashioned visit to a local museum. Don't forget to visit a planetarium!

Read every day. No list of summer learning activities would be complete without reading. Research shows that reading four to five books over the summer has a positive impact on student achievement.

Visit the library. Ask for a suggested book list and see if the library has a summer reading incentive program or provide your own incentives at home.

Word of the day. To build on the vocabulary learned during school year, launch a word of the day challenge with your child. Check out superkids.com for a suggested word list plus additional vocabulary builders.

Use math daily. Create math games inside and outside of the house. Have your child estimate the cost of gas for a given distance or develop a budget for an upcoming trip. You can also check out coolmath4kids.com or coolmath.com for pre-algebra.

Write Weekly. Encourage your child to keep a summer journal or write a weekly letter to a relative or friend.

Do a Good Deed. To assist with your child's social/emotional development, encourage your child to volunteer with a local group or fulfill a service learning project.

Avoid the summer slump and help your child discover that learning can be fun beyond the classroom.



Brad Serkin
President

REDONDO BEACH EDUCATIONAL FOUNDATION • FROM PAGE 2

Summer Instruction for All Needs

RBEF Summer Sessions are about to begin! This will be our second year running summer school with curriculum designed for students who need help and for those who want to get ahead! We will again be offering 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. 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 kindergarten through seventh-grade and eighth through 12th-grade students. We will cover fundamentals such as language arts, math and science and then go beyond to specific subjects that will include prealgebra through calculus, sciences with labs, Spanish, French, PE, art and drama. All high school classes are available to audit if you child would like to prepare or get ahead.

We understand the concerns and needs of working parents and have kept our pricing the same as last year. We have continued to partner 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. Additionally, look for information in your child's backpack and online through your school's e-mail blasts.

Alta Vista *Elementary (K-5)*

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



Susan Wildes
Principal

Summer's Here!

Our young Wildcats are gearing up for an exciting summer of relaxation and fun adventures, but before you know it, we will be swinging back into the new school year. Until that happens, the staff of Alta Vista Elementary School have some suggestions to help prepare them for the year ahead.

Set a goal for reading. One of the most important gifts you can give your child is to teach them how to set attainable goals, work hard, and celebrate the rewards of reaching the goal. Break out an empty calendar, and have your child decide how many books he or she would like to have read by the end of August. Working backwards, set small reading goals for each week, and design a plan for visiting the local library and finding good books that match their interest and reading level. Challenge your reader by asking him or her to "think like a critic," and upon completion write a book review to share with friends.

Share reading with friends. Just as adults love to share and talk about good (and bad) books we've read, so do children! When planning playgroups, also think about forming a book club for your child, where a small group of readers can choose a common book, set incremental reading goals, and get together to "discuss." Don't forget to have your child compose questions that he or she would like to pose to the club during discussions.

Enjoy the Sunday ads. Don't throw away those Sunday ads and inserts! All kinds of math can be practiced while your child "shops," from reading and comparing numbers to determining percentages. They are a great resource for helping your child practice money and consumer spending. Give your child a pretend amount to spend and practice adding and subtracting skills.

These suggestions sound fun, but they add quite a bit of value to your child's learning and will leave him or her better prepared for a successful new year.

Beryl Heights *Elementary (K-5)*

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



Karen Mohr
Principal

Summer Learning Can Be Fun

During the summer months, it is important to keep your mind healthy and involved with extracurricular activities. Most importantly, families should read together, spend time exercising together, and relax together. The Redondo Beach Library provides multiple opportunities for students and their families to read through the Summer Reading Program. We are encouraging all students at Beryl Elementary School to sign up for the library program and turn in their logs at the beginning of next school year. Those students will then be recognized for their summer learning.

The incentives are fun and worthwhile, and students learn that reading is enjoyable and a lifelong process.

In regards to science, the Sea Lab is open down by the beach, where students can explore and learn about our ocean and the animals that live in it. There are many fabulous places to visit throughout Redondo so students can see all types of different animals and keep their scientific minds working. Outdoor excursions, hikes, and visits to the tide pools and parks can be exciting and invigorating family outings for students to learn about how we interact with nature on a daily basis.

In fourth grade, students study the missions, and a visit to one of our California missions is always an exciting trip. In third grade, students study Redondo Beach history, so visiting local landmarks gives families an opportunity to talk about history and discuss the importance of the past with their children.

There are also many summer camps available so that students can stay fit and keep active. Fliers are available in our office. Also, check out our Web site for more information.

Have a safe and fun summer, and enjoy your time together as a family!

Birney *Elementary (K-5)*

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



Lisa Johnson
Principal

Summer Learning Can Be Fun!

During the summer months, it is important for children to keep their minds and bodies healthy and fit. Research has shown that children can lose up to two months of learning during the summer break if they do not engage in some sort of learning. There are many fun-filled ways to accomplish this.

Visit your local library. Find out what interests your child and select books on that subject. Encourage your child to participate in summer reading programs, such as the one sponsored by the Redondo Beach Public Library, and make time to read every day.



Second grade students visiting the Museum of Natural History

Take educational trips. Free or low-cost trips to parks, zoos, museums, and local universities can be a great way to spend quality time with your family, while enjoying an enriching experience. Keeping a journal or reflection log of these trips can provide sound writing opportunities, as well as a wonderful memento of your time together.

Get outside and play. Physical activity keeps children fit and helps to improve concentration. Taking a trip to the beach or the park are just a couple of ways families can enjoy one another while maintaining an active lifestyle.

Most importantly, have fun! Summer is a time for families to spend quality time together and enjoy each other's company. Just remember, there are many fun opportunities around us to do this and continue the learning process. Enjoy, and we will see you in the fall!

School News

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Jefferson *Elementary (K-6)*

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



Kara Heinrich
Principal

Spark Summer Schooling

Learning can fade during summer months without practice to reinforce skills. Keep your student's brain active with opportunities around town and tips for an engaging summer. At home, use magazine, newspaper, or summer adventure pictures to write creative stories. Sharpen math skills on trips to the supermarket or gas station, incorporating addition, subtraction, estimation, percentage, and money skills.

Opportunities around town include the Redondo Beach Library Summer Reading Program. This program, along with a free library

card, is an excellent way to encourage reading. Jefferson School students who participate and submit a completed reading log in the fall are recognized and presented with certificates. Additionally, don't forget to register for our Redondo Beach Educational Foundation Summer Session. Summer school for kindergarten through eighth grade will be at Jefferson, with classes offered in both enrichment and intervention. Check out offerings at www.rbef.org. Learning opportunities are all around us to put a spark back in the summer lull.



First graders learn about Dino glyphs and patterns.



Geologist Kelly Brown is a guest speaker during the 2011 RBEF summer session.



Eighth graders learn Geometry during the summer session.

Lincoln *Elementary (K-5)*

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



Jeff Winckler
Principal

Summer Learning for Lincoln Students

It is important to keep your mind and body healthy during the summer months. A summer that reflects a balance of both academic and physical activities gives students an opportunity for greater success come fall. Families should read together, spend time exercising together, and relax together.

This summer the Redondo Beach Educational Foundation (RBEF) is once again providing summer enrichment and intervention classes. For more information on these offerings, please visit www.rbef.org. Also, for additional RBUSD-approved summer programs, please visit the "current news" tab on our school Web site at <http://lincoln.rbusd.org>

Locally, the Redondo Beach public library provides multiple opportunities for students and their families to read through the Summer Reading Program. Staff from the public library has visited Lincoln to help explain the Summer Reading Program to the students in detail.

Additionally, the Internet is also a good resource to find recommended reading lists for independent summer reading, as well as other academic activities.

For science and social studies, our local and greater Los Angeles area

aquariums, zoos, museums and historical sites offer many opportunities for students to learn and explore. These are fantastic places to visit for the entire family. Many of these locations have activity centers that allow visitors to not only see concepts first hand, but also allow them to engage in various hands-on activities.

Have a safe and fun summer, and enjoy your time together as a family!



Lincoln student visits RBEF's Summer Sessions Web Site



Lincoln students with South Bay Adult School Young Writer's Conference Summer Flyers

Madison *Elementary (K-5)*

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



Joseph Ledoux
Principal

Making the Summer Count

Summer vacation provides the perfect opportunity to take time off to relax and unwind. The days are long and there is a lot to do. So I encourage all of our Madison students to get out of the house and jump into some adventure!

Whether you choose to go to the beach, or a museum, you are making a conscious choice to get a bit of exercise and expand your horizons. Summer is also the perfect time to visit one of our local college campuses, too. There are far less students there, but you can still wander the grounds and check out the bookstore to help pick up items for our "College Wear Wednesdays"!

Here in the South Bay we also have some terrific summer school camps and other learning opportunities. I want to encourage you too to look for some

exciting information which will soon be going home through our weekly packets or e-mail blasts. I also want to urge our Madison families to visit the local public libraries. These can be a particularly valuable resource during the long summer months.

Be sure to have a wonderful summer! August 28 will be here before you know it.



Students getting some exercise during a basketball game



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Dr. Lars Nygren
Principal

Summer Learning Opportunities

There are students who need additional support during the summer to help them be more successful during the regular academic year, while other students would like to pursue studies for enrichment purposes. Please read below for information on summer school and enrichment opportunities.

Redondo Beach Educational Foundation (RBEF) Summer School: RBEF has combined efforts with the Redondo Beach Unified School District to create RBEF summer sessions, which will offer curriculum that has been designed by our credentialed RBUSD teachers and administrators to help students reach their fullest potential. The courses will be six weeks long, and there will be academic interventions as well as enrichment courses.

Please visit www.rbef.org for more information. Summer school will be held June 19–July 27 from 8 a.m. until 12:30 p.m. at Jefferson Elementary School.



Parras students hard at work learning.

El Camino Community College: Our local community college has been a popular choice for many students. El Camino offers summer academic classes in many different subjects for middle school students. They do charge a fee for their courses. Please visit www.ECCCommunityEd.com for more information.

It is important to note that students cannot skip a regular academic year of math in middle school by taking a prealgebra or an algebra course through RBEF summer school or El Camino.

Summer reading: Please have your student take advantage of summer reading for extra credit in their language arts classes. There is a number of books on our summer-reading list, which is posted on our website.



Jens Brandt
*RUHS Assistant
Principal /
Vitality City Liaison*



Lauren Nakano
*BCHD Vitality
City Program
Manager*

VITALITY CITY • FROM PAGE 3

encourages us to eat junk food via commercials. Kids with a TV in their bedroom are 18% more likely to be (or become) obese and have lower grades. The happiest people watch only 30-60 minutes of TV per day.

Have indoor plants throughout your home

Why do it? Did you know that watering plants burns the same amount of calories as stretching and walking? Besides their ability to clean the air, indoor



Dr. Nicole Wesley
Principal

Summer Reading is Summer Fun!

When Gutenberg invented his printing press back in the 15th century, little did he know what he was getting the world into in terms of language and literacy. The printed word had finally become accessible to the masses, and we've never been the same since. Recently some naysayers have sounded the death knell for books, but they are very misguided. According to a recent poll conducted by the University of Southern California, we still have a voracious need for books and reading. The only thing that has changed is the format in which we enjoy them has evolved. We now have e-readers, books on CD, and, of course, the good, old-fashioned hard copy. Studies show that reading improves both oral and written literacy. This brings to mind summer reading.



Brandon, Caleb and Kiersten simultaneously enjoy *The Hunger Games* by Suzanne Collins. It doesn't matter how you read as long as you read!

For many years, Redondo Union High School (RUHS) has participated in a summer reading program. It is widely known that students need to read over the summer in order to prevent losing ground in their overall language development. Books are a world of discovery, and a list of RUHS summer reading books and information about our summer reading program can be found on our Web site at www.redondounion.org. You will find suggested titles by grade level and course assignments, if applicable. We're also very fortunate that the Redondo Beach Public Library sponsors a fabulous and fun summer reading program for students of all ages. For news about that program, simply go to www.redondo.org/library and click on Library Calendar under the calendar tab.

Students, enjoy discovering the world, history, people, places, and your imagination this summer by reading a book...or two...or three....

plants have been proven to provide health benefits to people who interact with them. And because plants are permanent, you'll be nudged to nurture them daily.

Create a Destination Room

Why do it? Immerse yourself in an inspirational activity by creating a room on the top level of your home – where it's easy to walk up stairs, engage in a hobby, read a book, or do a family activity. Include a large table for family projects, shelves filled with books, and plenty of light. Leave out the clock, TV, computer, or other distracting gadgets.

For more ideas on ways you can improve your family and home environment, please visit our website bluezonesproject.com. Simply register and explore the variety of ways you can learn about and track your own successes.

Tulita *Elementary (K-5)*

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



Dr. Danielle Allphin
Principal

With Gratitude

In preparation for fifth-grade promotion, it is tradition for students to write a letter addressed to Tulita. In keeping with tradition, here is my "Dear Tulita Letter."

Dear Tulita,

It has been a privilege to serve as principal at Tulita for the past four years. I am proud to be a part of such an exceptional school and such a supportive school community. I am hopeful that each day when you see the big, beautiful Tulita mural we painted together at Sharefest that you will remember to strive to meet our 10 expectations for happiness and success: Be self-confident learners, value challenges and obstacles as opportunities to learn and grow, communicate, collaborate, be critical thinkers, be creative, use technology as a tool, be mindfully aware, show empathy and optimism, and express gratitude. I am so proud of all that students learn and accomplish at Tulita each year, and I know it is just the beginning to bright and rewarding lives.

I am confident that your next principal, along with the teachers, staff, PTA and RBUSD team, will ensure Tulita's continued success and that the warm, friendly and close-knit culture that makes Tulita so unique will endure. While I will not be here as your principal to see your smiling faces each day, my Tulita Family will always have a special place in my heart.

With sincere gratitude, pride and love,
Mrs. Allphin



The new Tulita mural, painted by Sharefest volunteers.



The Tulita Family gathered for some fun and campus beautification at the Sharefest Work Day.

Washington *Elementary (K-5)*

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



Jacqueline O'Sullivan
Principal

Summertime Fun

Summertime is a great time to reconnect with your children after a long school year, and Redondo Beach is the perfect place to live that that reason! There are many free or low-cost things to do with your children throughout the summer. Here are just a few ideas.

Every Thursday and Saturday, there are free concerts on the pier from 6 to 8 p.m. from July 7 through September 1. Redondo's Farmers Market is open every Thursday from 8 a.m. to 1 p.m. and is located in front of Veterans Park. You can even park for free at the pier parking structure for one hour and enjoy fresh fruits, vegetables, and handcrafted items with a great view of the ocean.

One of our family favorites is spending the day at Hopkins Wilderness Park, located at 1102 Camino Real. The park is open from 10 a.m. to 4:30 p.m. daily, except Wednesdays. There are hiking trails, ponds, and wilderness to explore. Children will love feeding the ducks, fish, and turtles. Bring a picnic lunch, and make a day of it.

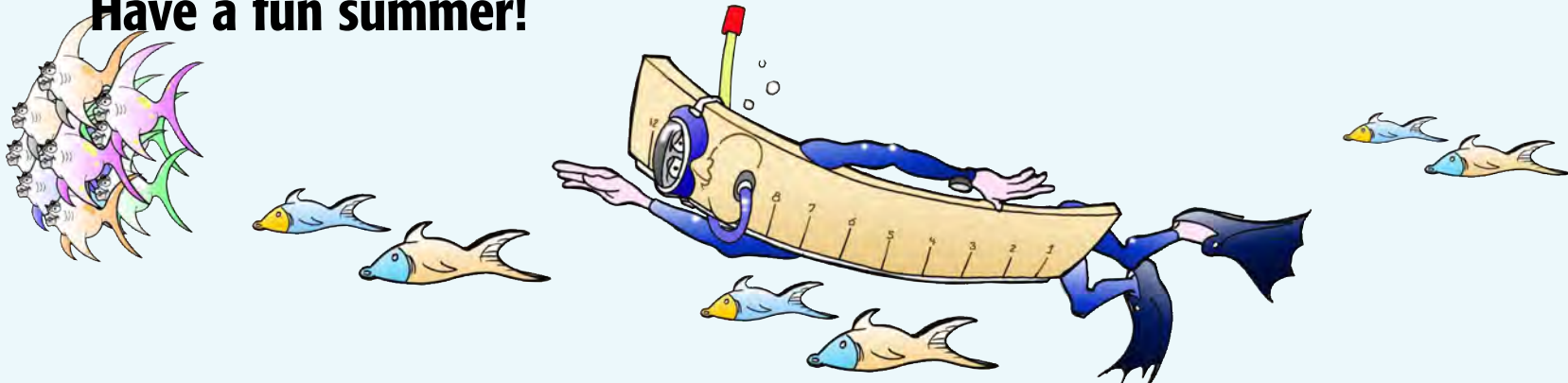
If you're in the mood for sun and sand, then head on over to the Seaside Lagoon. Situated on the southwest corner of Harbor Drive and Portofino Way in Redondo Beach's King Harbor, the lagoon operates from 10 a.m. to 5:45 p.m. daily throughout the summer months. The large saltwater lagoon offers trained lifeguard supervision. Besides swimming, the lagoon offers a large sand area for sunbathing, children's play equipment, and volleyball courts.

Of course, summer wouldn't be complete unless you spend lots of your free time reading. The Redondo Beach Public Library offers a summer reading program, complete with prizes, read-alouds, and free events. Reading every day is the most important thing you can do over the summer to make sure your child is ready for school in the fall, so take advantage of all the library has to offer.



The Washington Staff celebrates becoming a CA Distinguished School as we head into summer

Have a fun summer!



Our next issue is September 5th

KAMPS / ACTIVITIES FOR Kidz

BY SUSAN PETERSON

Noted author of the comprehensive guidebook:

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

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

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



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Note-ables

The Hero in You, Ellis Paul



Kate Karp

Channeling Woody Guthrie and Pete Seeger in both content and style, songwriter/ musician Ellis Paul has put together a collection of little ballads celebrating heroes sung and unsung—until now. You'll recognize most, if not all, of the champions of all



walks and stripes featured in the 14-song CD *The Hero in You* (Black Wolf Records), which also includes a booklet containing song lyrics and short bios of the subjects. And the title song? That one's for you!

Paul masterfully accompanies himself on guitar in the same folksy manner as did Guthrie, Seeger Ben Franklin and Bob Dylan in the early days of his career. Thomas Edison and Ben Franklin are as honored for their inventions as are Jackie Robinson, Rosa Parks and journalist Nellie Bly for their bravery. At the turn of the 19th century, Bly checked herself incognito into an asylum to expose the poor treatment of mentally ill patients and wrote about it, with very good results. Other individuals who may not have made the A-lists of most history texts include Martha Graham, Georgia O'Keeffe and a man who was called Mr. Tee Tot and who was Hank Williams's mentor. Not surprisingly, Woody Guthrie is included. Augustus Jackson, an African-American who became the White House chef during James Madison's presidency, is bound to be a favorite—he got the whole ice cream thing going.

Send the children off to summer glories with the words and spirits of these songs. It's hoped that they'll find the heroes in themselves and in others.

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

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Family Reading Time



Rozanne Lanczak Williams

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

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

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

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

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

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

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

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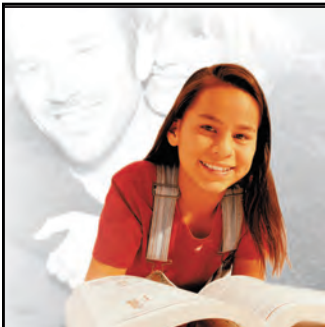
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The Importance of Summer!

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.

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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!

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On The Run

Foot Injuries at the Beach



Dr. Doug Richie

With summertime here again, it is appropriate to alert beachgoers about the potential for injury in the sand and in the ocean. For various reasons, there are reports of increased foot and leg injuries affecting unsuspecting visitors to the beaches of southern California.

Walking in Sand

Barefoot walking in the sand may be a unique and joyful experience, but some caution should be considered.

Unfortunately, our beaches may be filled with debris, such as broken glass, torn aluminum cans, and even hypodermic needles. The use of sandals can minimize the risk of a laceration or puncture wound from a potential hazard buried beneath the sand.

Injuries in the Ocean

In the ocean, natural wildlife may pose a threat to your feet and legs. Jellyfish abound in the waters off California. A jellyfish sting can be annoying, if not painful, but can be quickly remedied by applying rubbing alcohol to the affected area.

Sting ray injuries can be far more painful, and they seem to be on the rise along California beaches. To avoid these injuries, shuffle your feet in the sand as you walk slowly in and out of the water. If you have the misfortune of getting stung by one of these creatures, your best remedy is to soak the affected foot and leg in a bucket of very hot water (100–105 degrees F) for 30 minutes, then repeat once every hour until the pain subsides. Occasionally, antibiotic therapy will be needed as a follow-up treatment, so seek the advice of your physician.

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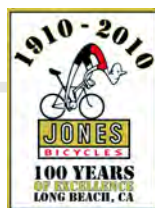
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Keeping Up With the Jones'

Wear It—Or Don't Ride!

By Lisa Genshock



Some of my best Summer memories are of riding my Schwinn Stingray Fair Lady bicycle. It was a hand-me-down from my older sister, and I loved it. I had a mod flower power banana seat with orange, red, and purple daisies all over it. The purple metallic paint sparkled in the sun. To me, it signified freedom. Peddling happily, I would ride to my friend Linda's house, one-half mile away.

I loved the wind blowing through my hair as I rode. So, when my Dad came home one day with a helmet, I was mortified. "Wear it" he said, "Or don't ride your bike."

According to the latest statistics from the National SAFE KIDS Campaign, the National Highway Transportation Safety Administration, and the American Academy of Pediatrics

(AAP) nearly 50 percent of children 14 and under hospitalized for bicycle-related injuries are diagnosed with a brain injury. In California, it is law that all persons under the age of 18 years must wear a helmet while bicycling.

Parents, put a helmet on your child and wear one yourself. You are the example.



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Positive Parenting Gearing Up for Summer



Sandy Spurgeon McDaniel

For some parents, the arrival of summer means less stress because the school schedule is not a part of the daily routine. For other parents, having the children home all day every day is stressful. Whichever arena you are in, the reality of life is that summer vacation is almost here for the traditional schools.

Children may get more wound up, more disagreeable, more difficult to manage as the start of summer gets closer. Change is stressful, even if it is for the better. The break in routine is stressful for children and adults. It is advisable to keep your discipline strong so that you glide into summer with boundaries in place. Consistent boundaries will also help your child to contain his or her behavior and to feel safe.

My discipline system is mentioned on parentingsos.com and my book, *Don't Feed the Dragon*, is a discipline manual divided into three sections: (1) what parents need to understand about children in order to successfully guide them; (2) my discipline system, and (3) answers to 130 of the top concerns of parents, listed in alphabetical order. The book is age-appropriate from tots through the teens and is available on parentingsos.com.

Having your discipline system in place, it is wise to sit down as a family and make a list of things that can be done during free time. The list may be posted in a place where children can use it as a reference. To quell the endless, "I'm bored" message that children who are not used to having non-structured time often begin chanting when school ends, offer two choices: "You may refer to the chart that we created or I will choose a chore off the chores chart that will help you dispel boredom." This plan might allow you to have your whole house cleaned in the first week of summer!

Training for the Future

Summer is a wonderful time to train your darling children to do chores. Finally, they have time—the constant excuse during school months! Children will leave home some day—I promise!—and when they do, they need to know how to take care of a house and themselves. Chores teach a child that a house does not clean itself and how to do fundamental tasks, such as clean a toilet. If you have a housekeeper, create a space each week that the children are responsible for in terms of upkeep and give the tidiness angel one less area to clean.

It is important that children are not in so many activities that their lives become stressful. Children need time to be children! If you want your child to be successful in school, have at least a half hour a day that is devoted to school skills. If each child took a 30-minute "chill break" and read for that amount of time, their future teachers would be ecstatic! Every child needs quiet time each day that does not involve any media or mechanical gadgets, including during the summer.

Enjoy Your Children

Most important of all, enjoy your children! There will never be another summer like the one ahead of you. Your children will not be this age ever again. Create some sort of structure and have some time that is not structured. Don't send your children to other people to play all the time—what each child wants more than anything else is time with you. It is easy to forget that when you are trying to keep the energy-packed chicks busy.

P.S. Thanks to all the teachers who gave so much of themselves this school year to help our children be all that they can be!

Sandy Spurgeon McDaniel has written three books. She has taught school, raised two children, worked as a consultant to schools and has taught parenting for the past 20 years. Sandy lives in Meridian, Idaho. www.ParentingSOS.com



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- and if possible, cover these with your child’s teacher. Next year’s teacher may even have assignments to start over the summer months, especially in middle and high school.
- Review the student’s standardized testing scores and district common assessments to find “strands” in subject areas that may need additional attention. Strands or Clusters are the divisible areas in a specific discipline or subject area that are tested through multiple grades (i.e. word analysis in English Language Arts). The patterns may indicate a student’s continuing developmental need.
 - Meet with other parents within the student’s grade-level and plan mentoring activities. Students are skilled in various areas and are experts at instructing one another; too, this provides a natural platform for social development. Capitalize on another child’s strength and encourage students to “teach” one another.

Summer Months

- Get students outdoors. The mountains, beaches, and gardens are excellent, real-life sources of inspiration for history, science, mathematics, and language arts. Determine the height of a tree, velocity of a wave’s swell, or the distance to plant various seeds. Encourage students to keep a daily journal about learning or experiences.
- Enroll students in camps. Not only will the student learn some self-sufficiency skills, but will also be able to practice interpersonal communication, group dynamics, and team building. Several independent organizations run athletic, nature, beach, or learning camps within the greater South Bay. This will also

- provide structure to the often aimless summer days.
- Plan a family game night. As silly as this sounds, some good competition, bantering, and nay-saying never hurt anyone! Play traditional games like Monopoly to encourage the capitalist spirit, Clue to create calculated hypotheses, and Taboo to explore fictitious word choice. Remember that most games even require basic arithmetic to keep score!
 - Visit a teacher store. A parent can find resources beyond imagination that are grade-level and skill appropriate for any child. Many of these activities will actually tie directly into material covered in the classroom for remediation or exceleration depending on your child’s need.
 - Remember the public library. Book reports and outside reading are not reserved for the months between September and June. Start a family or neighborhood book club and design group discussions, quick writes, projects, or written assignments to practice for the next school year.

Too, there are many organizations that provide special instruction in Redondo Beach (or nearby) for students who already have a passion for arts, fitness, acting, or just talking! Summer is a great time to support local businesses, like Adventure Plex, that support the development of the city’s youth. The important part of summer learning is to have fun and practice honing in skills. Students and families deserve time together, but remember that learning can be enjoyable and rejuvenating. Be creative!

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

LEGO—Word Search Contest

NEW
Rules!!!

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

Entries must be received by July 15, 2012

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

A special thank you to Ethan Morrison, student, for suggesting this LEGO Word Search and emailing the words.

Agents	Dino	Pharaohs Quest
Alien Conquest	Friends	Pirates
Architecture	Harry Potter	Star Wars
Atlantis	Indiana Jones	Spongebob
Brick	Kingdoms	Technics
Cars	Lego	Toy Story
City	Mindstorm	World Racers
Creator	Minifigure	
DC Superheroes	Ninjago	

Congratulations to Todd Burke
Winner of the May Word Search Contest!

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

Staying the Course to College

In January, the annual Indoor Virtual Rowing Race was held at the Long Beach Rowing Association on the Concept 2 rowing machines. In the world of rowing, a good score/time on the Concept 2 indoor rowing machine for a 2,000-meter race can almost guarantee your admission to any college with a rowing team in the United States. The equation for the past 30-plus years has been as follows: a good GPA + SAT + 2K (2,000 meter) time on the Concept 2 = your choice of any college and possible scholarship with the sport of rowing!

Recently, I had the pleasure of meeting the Menzel Family from Seal Beach in my Indoor Rowing Class. Maggie, her husband and her son, Andrew Menzel, took the class for a few months, and Andrew, a 17-year-old former football player in high school, was very interested in joining the Long Beach Junior Crew rowing team for the spring/summer season.

It was perfect timing, as the beach sprints were fast approaching. I devised a plan that Andrew would race under the Powerhouse Fitness Affiliation and race 2,000 meters—approx. 1.25 miles—and would pull a fast time and beat current Long Beach Junior Crew members while he had little to no experience in rowing. Andrew was tall and strong, and with some coaching from me during the race, he ran to a time of 7:09 for a 2,000-meter race. I told Andrew that the goal was to break seven minutes, and he came really close.



Andrew Menzel ended up coming in fifth place in the Junior Crew Novice Event out of nearly 50 entries. Yes—that is fifth place, with *very little* rowing experience out of 50 students with rowing experience! Not bad. My first-ever 2,000-meter race on the machine was when I was exactly 17 years old at the exact same period when I joined the Junior Crew and I had pulled a 7:04. However, I had a slight advantage at rowing just a bit before because my father, John Nunn, was a bronze medalist in rowing in the 1968 Olympics as well as an Olympic Rowing coach in 1976.

After the race, I immediately introduced Andrew to all the coaches from the Junior Crew, and just like that, he was swept from my hands off the Powerhouse Fitness Indoor Rowing Program and is now on his way to trying to train hard enough to make it into college and row for his dream college, the U.S. Naval Academy. Since my father and I have been rowing for so long, we both know almost every rowing coach from every major university throughout the United States. I'm sure Andrew Menzel will still stop by for a class or two during the summertime, and he has one more year to prove himself and possibly even get a scholarship to the college of his choice. Who knows? He might even have a shot at making it to the Junior National Team Level as I did with the same amount of time it took me.

Since the learning curve in rowing is very steep, you can become very effective in a very short period. Like any sport or activity, in rowing, it takes a little longer to fine-tune everything else about the stroke and how to apply the power through your legs while balancing on the water. Strength, endurance, mental toughness and teamwork all play a huge role in the sport of rowing.

One last thing—going fast in the sport of rowing depends on how efficiently you can use the strength through your legs, because rowing is 70 percent legs and the rest of it is really momentum through the body. Everyone thinks rowing is a 100 percent upper-body workout, but in reality, only 10 percent of the power comes from your arms!

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

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