

FREE

School News

Education + Communication = A Better Nation

Covering the Redondo Beach Unified School District



Volume 12, Issue 108

September 2018



Beach Cities Volunteer Day



Board of Education



**David
Witkin**
President



**Anita
Avrick**
Vice President



**Brad
Serkin**
Presiding Officer



**Michael R.
Christensen**
Member



**Brad
Waller**
Member

www.SchoolNewsRollCall.com



STATE OF EDUCATION 2018



REDONDO BEACH PARTNERS IN EDUCATION PRESENT

KEEPING OUR SCHOOLS AND COMMUNITY SAFE ... TOGETHER!

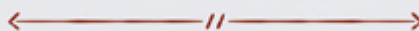
WEDNESDAY, OCTOBER 3, 2018

5 P.M.

Beach Cities Health District 
presents Healthy Bites provided
by Blue Zones Restaurants

6:30 P.M.

Program begins



ADAMS MIDDLE SCHOOL

2600 RIPLEY AVE., REDONDO BEACH



FEATURING PRESENTATIONS BY:

Mr. David Witkin, Board President, RBUSD
Dr. Steven Keller, Superintendent of Schools, RBUSD
Dr. Nicole Wesley, Executive Director of Student Services, RBUSD
Mr. Derek Kinsey, Chief Technology Officer, RBUSD
Mr. Keith Kauffman, Chief of Police, City of Redondo Beach

PRESENTATION OF EDUCATION ADVOCATE OF THE YEAR

SCHOOL-AGED CHILDCARE PROVIDED BY THE CDC

In partnership with



Beach Cities
Health District

Redondo Beach Community
PTA
www.pbschools.org



KEY INDICATORS



97% of 5th graders
have a strong
connection to school



42% of 7th graders
reported being
bullied in the
past year



88% of 9th graders say
they have a teacher or
adult who really cares
about them



40% of 11th graders
have vaped or
used e-cigarettes

Superintendent



Dr. Steven Keller

Here's to Another Great Year!

The 2018–2019 school year is indeed here. The Board of Education and I look forward to another great year. As a reminder, when 85 percent of our Redondo Beach Unified School District (RBUSD) budget is consumed by people, it's our great employees who make the difference in (y)our students' lives. Please go out of your way to greet each RBUSD staff member with a smile and

thanks when you are on or near campus. It means more than you know to them.

There will definitely be "cool in the air" as new school sites receive classroom cooling. Jefferson, Lincoln and Tulita Elementary Schools, South Bay Adult School, 16 classrooms at Adams Middle School (eight were completed during the pilot), 24 classrooms at Parras Middle School, and 21 classrooms at Redondo Union High School (RUHS) are receiving classroom cooling installation as this is being written. Next summer, we will complete the classroom cooling installation process at both Adams and Parras. RUHS will continue for at least two more summers. These cooling systems have thermostats that manage the power usage and are set to turn on at 75 degrees.

Additionally, at RUHS the completion of five new classrooms is a reality. The new 900 building will house students beginning this school year. This is a welcome sight, given that RUHS will have over 3,000 students.

Regarding teaching and learning, aligned to the Next Generation Science Standards, your student(s) will also be engaged with exciting new science curriculum this year.

I am happy to share three administrator changes. Jonathan Erickson, formerly an assistant principal at RUHS, is the new principal at Parras. Andrew Estrada, formerly an Adams teacher, is now the assistant principal at Alta Vista and Washington Elementary Schools. Laura Franco-Gallardo, Assistant Director of Maintenance and Operations, was formerly the lead custodian at RUHS.

Finally, we have launched a new RBUSD safety committee called Ensuring Safety Proactively (ESP). We continue to look for ways to improve safety. In the immediate future, you will see more and higher quality cameras on our campuses and a more significant Redondo Beach Police Department (RBPd) presence. We sincerely thank RBPd's Chief Kauffman and his entire team for their continued support and leadership.

Here's to a great 2018–2019 school year!

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

Board of Education



David Witkin

President

Welcome back to school! I hope you all had time to recharge, enjoy your hobbies or travel over the summer, and are as excited as I am to see old friends and make new ones this year.

The other night, my family and I watched the movie "AlphaGo." In the same way IBM built "Deep Blue" to challenge Garry Kasparov for world superiority in chess, computer scientists at Oxford built artificial intelligence software called AlphaGo to master the classic board game Go. After

twenty years of development, AlphaGo went head to head with Lee Sedol, the "Roger Federer of Go", in 2016.

I will not spoil the movie for you. However, aside from being suspenseful and enjoyable (my 4 year old pestered me to play Go for days afterward), it highlights a few common themes we deal with in parenting and education.

First, of course, technology. Processing power plus the right lines of code can achieve astounding results, but what are the costs? Even the brilliant engineers who operated AlphaGo felt this cognitive dissonance over the course of the movie.

Second, teamwork. The AlphaGo team consisted of the world's most brilliant engineers. Conversely, Lee Sedol was perceived as an otherworldly savant. Yet as the 5-game contest progressed, it became apparent to both sides that neither would prevail without the help of others. For our kids, this should be a lesson that collaboration is not just a feel-good exercise decreed by a teacher, school board or Department of Education. In our competitive world, which includes not only other people but also computers trying to beat us, we must know how to draw on the wisdom and resources of others.

Lastly, resilience. You all know what Growth Mindset is. But watching the movie provided shining examples of it, even from folks (like Lee Sedol) who earlier in the film, acted as if they didn't need it.

Take 90 minutes some evening and watch AlphaGo. I hope you and your children find it as rich as we did.

Board of Education Meeting Dates

2018	
September 11	October 23
September 25	November 13*
October 9	December 11*
2019	
January 22 *	April 23**
February 12	May 14
February 26	May 28
March 12	June 11
March 26	June 25

***Due to holiday/local holiday schedule, only one Board meeting in November, December, and April.
(4/23/2019 – Organizational Meeting)**



Kay Coop
Founder/Publisher



School News

Education + Communication = A Better Nation

www.schoolnewsrollcall.com

Covering the

REDONDO BEACH UNIFIED SCHOOL DISTRICT

FOUNDER/PUBLISHER: Kay Coop

562/493-3193 • kay@schoolnewsrollcall.com

ADVERTISING SALES: Valerie Reid • 310/874-2716

valerie.schoolnewsrollcall@gmail.com

CONTENT COORDINATOR: Barbra Longiny

GRAPHIC DESIGNER/PRODUCTION:

Gerald Villaluz

COPY EDITORS:

Lisa Brock, Kate Karp & Anna Zappia

SOCIAL MEDIA: Nancy Lueder

Netragrednik by Neta Madison



@SchoolNewsRC



SchoolNewsRollCall



SchoolNewsRollCall



SCHOOL NEWS ROLL CALL, LLC

P.O. Box 728, Seal Beach, CA 90740

562/493-3193

www.schoolnewsrollcall.com

Copyright © 2006, School News Roll Call, LLC

Reproduction in whole or in part without written

permission is strictly prohibited unless otherwise stated.

Opinions expressed by contributing writers and guest

columnists are their views and not necessarily those of

School News Roll Call. This publication is privately

owned and the right is reserved to select and edit content.

The Redondo Beach Unified School District does not

endorse the advertisers in this publication.



GET ONE FREE
when you buy one.*

310-370-4888
menchie's.com
2515 Artesia Blvd.
Expires 10/3/18

*Can't be combined with any other offer.
No smileage applies. Up to 4oz.

Superintendent Keller brings you up-to-date on everything from the new "cool" classrooms to the newly formed safety committee.

Thank you for your nice emails when you enter the contests. I can always tell when the issues have been distributed because the entries start coming in. We also have a contest on our web site. It is easy!...Just listen to the podcast for the word to email and you will be entered. (www.schoolnewsrollcall.com/audio-2). Thanks for letting me know the student book reviews are fun and help with choices.

Our next issue is October 3rd.



ECC INVITES YOU TO COLLEGE NIGHT!

Please join us anytime
between 5:30 and 8:00 p.m.

Wednesday, November 14

- Resource Fair
- Twilight Campus Tours
- Workshops
- Application Assistance

Please RSVP at:

www.elcamino.edu/collegenight



El Camino College



16007 Crenshaw Boulevard, Torrance, CA 90506

Beach Cities Health District

514 N. Prospect Ave., Redondo Beach, CA 90277 • 310/374-3426 • www.bchd.org



Ali Steward, MPH

*Director
Youth Services*

Go the Distance this School Year

"If you build it, they will come."

That's exactly what more than 100 volunteers did on Aug. 22 to support Beach Cities Volunteer Day at 8 elementary school gardens in Redondo Beach.

And just like "Field of Dreams" is about more than baseball, Beach Cities Volunteer

Day was about more than school gardens. It was about the community coming together to ensure that students in Redondo Beach have the very best opportunity to learn and, you guessed it – grow – this coming school year.

And while the angels in Kevin Costner's outfield were ghosts of players past, the angels on this day were community volunteers from 30+ local organizations. Volunteers built garden boxes, pulled weeds and spruced things into tip-top shape for the coming school year. Surplus produce was donated to local food banks.

Research shows that volunteering is good for your health – and so are the innovative programs and partnerships in play in Redondo Beach...

No matter what curveballs come your way this school year, don't forget to enjoy the game.

Research shows that volunteering is good for your health – and so are the innovative programs and partnerships in play in Redondo Beach. Gardens and other school health programs have contributed to a 68% drop in childhood obesity, which is currently 6.4% in Redondo Beach versus 22.4 percent for Los Angeles County students.

"Field of Dreams" will turn 30 this school year. But before students sprint around the bases of another busy year, pause to reflect on a line from the movie that's still very relevant today: "We just don't recognize the most significant moments of our lives while they're happening."

No matter what curveballs come your way this school year, don't forget to enjoy the game.

To learn more about volunteering in the Beach Cities, go to bchd.org.

FAMILIES CONNECTED SPEAKER SERIES



"Parenting in the Digital World" Presented by the Cyber Cop

Hear from the "Cyber Cop," Clayton Cranford, a law enforcement professional and one of the nation's leading educators on social media, and learn about the risks and benefits of digital technology in today's age.

Monday, Sept. 17, 6:30 – 8 p.m.

Hermosa Beach Community Center, 710 Pier Ave., Hermosa Beach

Parent Connection Groups

These informal walking groups give parents an opportunity to connect with other parents on a range of topics. Groups are led by parent volunteers.

Wednesday, Sept. 26, 9 – 10 a.m.

Aviation Park, 1935 Manhattan Beach Blvd., Redondo Beach

No registration necessary



For mental health referrals,
go to bchd.org/resources

Register at southbayfamiliesconnected.org
Childcare available through AdventurePlex

Redondo Beach Educational Foundation

409 N. P.C.H., #310, Redondo Beach, CA 90277 • 310/954-2004 • www.rbef.org



Hanh Archer
President

A Great Year Ahead

I am sure that, like me, most of you are asking yourselves “Is it REALLY Back to School already?” For some families, August 29th marks the beginning of your child’s journey into kindergarten, for others it’s wondering how did my son/daughter become a senior at Redondo Union so fast?! Whether you are new to our district or have been with us all these years, we welcome everyone

back to a great year ahead! At the start of every school year, we’re given a chance to start fresh again, to think about ways we can make this year better than the last, and to set new goals. I always loved reading a first grader’s personal goals at the start of the year: 1. Learn to tie my shoes; 2. Make new friends; 3. Raise my hand. Older students’ goals might be: 1. Start that assignment earlier; 2. Make new friends out of my group; 3. Go to bed earlier.

RBEF sets new goals each year as well: raise more money to support more district programs that enrich our students’ educational experience. How do we meet and exceed our goals? With your help!

- The RBEF Annual Investor Drive kicks off on September 4th. Make your investment to make an impact on our students’ learning!
- The Skechers Pier to Pier Friendship Walk on October 28th. Register to walk as we raise money for kids, friendship and education!
- The RBEF Golf Tournament on November 5th. A day of camaraderie for a good cause!
- Rock ‘n RBEF spring gala April 27, 2019. An evening of dinner, dancing and FUNdraising! For more information, please visit us at www.rbef.org.

Thank you for your support!

Redondo Beach Council PTA

1401 Inglewood Ave., Redondo Beach, CA 90278 • www.rbusd.org



Patricia Harris DiLeva
President

Good Reasons to Join!

Welcome back! Yet another summer break has come to an end, signaling that it’s time to get back into our daily routines: getting everyone up early and out the door to school, overseeing homework, planning more structured meals and bedtimes—the all-too-familiar drill that plays out in homes throughout Redondo Beach.

I’d like to add one more item to your already bulging to-do list: join RBPTA! It only takes a few minutes, and each and every PTA membership makes a difference. Just by the simple act of joining, you are contributing to the overall success of your school and our community. There are many great reasons to join PTA, but here are just a few:

Get connected. There’s no better way to stay informed about what’s happening at your school site than joining PTA. Monthly newsletters keep you up to date on important school-related matters.

Be a role model. When you become a PTA member, you demonstrate to your child the importance you place on their education, that school matters, and that you are invested in their future.

Get informed. PTA offers a variety of wonderful programs and resources for you, your family and the community in general.

Be heard. As a PTA member, you get a “seat at the table” on important school-related issues as well as a voice in Sacramento and Washington, D.C. Each membership matters, as there is strength in numbers. The more members we have, the more our collective voices are heard. By working together, we as PTA members advance local, state and national laws that improve the health and well-being of all of children.

So please join! And this year, thanks to PTA’s new e-membership program, you can even join using your smartphone. Ask your PTA representative for details.

PTA believes that family is the basic unit of society responsible for the support and nurturing of all children and recognizes that the term *family* is defined in many ways. So, no matter who’s in your family and how you define it, your family is a part of the diverse national family—PTA!

Say goodbye to acne.

Sheila Hedlund, The Skin Fairy
www.theskinfairy.com
424-327-0454



Monkey In My Chair Helps Everyone Successfully Transition Back to School After Cancer



Anna Baumgartner
Psy.D., Psychologist and School Reintegration Coordinator, Jonathan Jaques Children's Cancer Institute, Miller Children's & Women's Hospital Long Beach

The Jonathan Jaques Children's Cancer Institute at MemorialCare Miller Children's & Women's Hospital Long Beach provides a School Reintegration Program, with help from Monkey In My Chair — a free program partnered with the Cure Starts Now Foundation, that helps ease the transition of both school separation and school re-entry for children with cancer.

The Monkey In My Chair program helps young cancer patients stay connected with their school and, in turn, helps classmates better understand the challenges of fighting cancer.

Monkey In My Chair helps to fill a void for classmates while their fellow student needs to be absent due to medical reasons by sitting in the student's desk while they're gone.

Monkey In My Chair provides a big plush monkey that can be given a name, wear a school uniform and even participate in the day's activities.

Classroom visits and interactive presentations, conducted by care team members of the Jonathan Jaques Children's Cancer Institute, help inform students and confront anxieties about their classmate's diagnosis, including misconceptions like whether cancer is contagious. Students learn to welcome their classmate back to school post-cancer.

The Jonathan Jaques Children's Cancer Institute works with patients, parents, teachers and other members of the school to help present the Monkey In My Chair Program to classmates and to help everyone learn about cancer and the impact it can have. For patients affected by cancer, this collaboration between the Jonathan Jaques Children's Cancer Institute, families and schools is crucial for their successful transition back to school.



2801 Atlantic Ave., Long Beach, CA 90806
1.800.MEMORIAL • millerchildrens.org/Cancer



Melanie Hackett, 4-years-old, acute lymphoblastic leukemia patient

Our specialty:
Cancer & Serious Blood Disorders

Melanie's specialty:
Unicorn Pirouettes

A trip to a South Bay emergency room confirmed 4-year-old Melanie, a lover of dancing and unicorns, needed pediatric specialty care. Her parents chose to transport her to the children's hospital closest to them, MemorialCare Miller Children's & Women's Hospital Long Beach. There, Melanie was diagnosed with acute lymphoblastic leukemia at the Jonathan Jaques Children's Cancer Institute. Our care team fought by Melanie's side throughout her journey, helping her spirit sparkle so that she'd never lose her groove.

Specialized care. Just for kids.

1.800.MEMORIAL
millerchildrens.org/Cancer


MemorialCare™
Miller Children's & Women's
Hospital Long Beach

RBUSD Alternative Education

1000 Del Amo St., Redondo Beach, CA 90277 • 310/798-8690 • rshs.rbusd.org



Anthony Bridi
Principal

Your Success Begins Today!

What is your end game? This is what we want our students and staff members to ask themselves as we start this new school year. What do you want to accomplish? How will you make this happen? Who needs to help you reach your goal? Why is this important to you?

At Redondo Shores, one of our goals this year is to be recognized as a Model Continuation School for the sixth time since 1993. We are also beginning a new Western Association of Schools and Colleges (WASC) accreditation cycle. Our staff is currently committed to reviewing, refining, and developing our instructional practices to meet the needs of 21st-century learners. Through reflection and a collaborative effort, we welcome our learning community to assist in this journey.

The start of a new academic school year is always exciting and full of potential. However, we also know that there might be challenges which can hinder a student's end game. In order to counter those challenges, we need to stay committed, organized, and steadfast as we work together throughout the year. We will always lead by example, and support our Alternative Education students to set their own realistic and attainable goals specific to each. Together, with this end game in mind, we will work towards accomplishing those goals.

I am excited to be leading our school through the application and accreditation process. It is a great opportunity for us to model real-life goal setting, execution, and success.

RBUSD Child Development

1401 Inglewood Ave., Redondo Beach, CA 90278 • 310/798-8683x1312, 1321



Theresa Van Dusen
Director

Great Times Continue!

Welcome back! We are excited about another great year at the Child Development Centers! As we begin the school year, we are wrapping up our exciting summer program and transitioning from sunscreen, field trips and summer fun.

We are looking forward to another successful school year. Our continued

collaboration between the school-age CDC teachers and the primary-school teachers continues to grow, which allows us to offer a program that builds on the instruction in the regular classrooms. Our teachers provide homework time and activities that enrich the students' school experiences while also allowing them to have fun as part of the daily schedule.



CDC having fun on a field trip!

The CDC program is dedicated to providing the best choice in care and education for our students. Staff at the CDC is very excited to begin the new school year, and we look forward to another great year.

RBUSD Educational Services

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



Dr. Annette Alpern
*Deputy
Superintendent,
Educational
Services*

What's Next?

Last month, I attended an Educator Conference at Google Headquarters in Northern California. One of the speakers we heard from stated, "A majority of the students who are entering kindergarten this year will still be alive in the 22nd century."

Yes, you read that correctly. The 22nd century! The challenge for us today is how do we effectively support today's students for a future that we can't truly know or anticipate? And the question "What does it mean to be

educated?" is an important one for all of us to consider, as it has implications for every student's school and life experience. One modern way to think about a reasoned response to that question is that an educated person knows how to covert information into intelligence.

This is an exciting time to rethink and reimagine what learning could and should look like in a student-centered environment. For example, I'm thinking about Redondo Union High School students enrolled in the Biomedical Innovations course, who came up with innovative models to solve real-world problems. Alyssa Lowery's model included a patch that detects and stops temporal lobe seizures. Ashlynn Autrey's model included headphones that equalize pressure to relieve ear pain during airplane descents for those who have sensitive ears. Alina Kim's model filters out surrounding air with lightweight technology to allow the user to access needed purified air without heavy tanks.

These high school students are creating solutions to real-world problems. We are just getting started! Society and technology will continue to evolve. So will our students, and so will our learning environments.

Welcome back for an exciting 2018–2019 school year ahead!

Health News

by Ronald Tsao, MD

How to protect your child from heat-related illnesses

With more schools resuming classes in August, when the weather is still very hot, children are at risk for heat-related illnesses. Even in September, outdoor temperatures can still be elevated, leading to an increased risk.

What is a heat illness?

Heat illnesses occur along a spectrum, from heat stress to heat exhaustion and then heat stroke, the most severe form. They typically result from exposure to high heat without adequate fluid and salt replacement. If exposure to heat and humidity is physically intense or prolonged, a child may be at risk for heat exhaustion or heat stroke.

Milder forms of heat illness, including heat stress and heat exhaustion, are far more common than heat stroke. The latter is most likely to occur in extremely hot or humid weather, when evaporation of sweat — one of the body's primary cooling methods — becomes hindered, overloading its ability to regulate core temperature. During a heat stroke, a child's body temperature will increase rapidly, compromising the central nervous system

and potentially leading to confusion, decreased mental acuity and, in worst cases, even seizures.

Diagnosis and Treatment

Symptoms of milder heat illness include heavy sweating, nausea and weakness. Treatment includes immediate removal from exercise or heat exposure, promptly followed by oral rehydration.

If your child is experiencing heat stroke — body temperature higher than 104 degrees — move him or her to a cooler location and contact a medical professional immediately. Apply cool cloths to your child's body and remove any excess clothing, but do NOT give fluids. Additional cooling and treatment should occur under the direction of a medical professional. If untreated, heat stroke can cause damage to vital body organs.



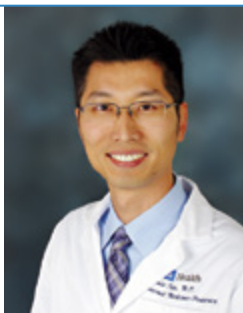
Signs and Symptoms of Heat Stress and Heat Exhaustion

- Heavy sweating
- Weakness
- Muscle cramps
- Clammy skin
- Thirst
- Nausea

Recognizing the Signs of Heat Stroke

- Fever (higher than 104 F)
- Nausea / vomiting
- Dizziness / confusion
- Unconsciousness
- Flushed, dry skin
- Seizures
- Visual disturbances
- Rapid breathing
- Rapid, strong pulse

Dr. Ronald Tsao is a board-certified pediatrician and internal and sports medicine specialist at UCLA Health's Redondo Beach medical practice, 514 N. Prospect Ave, suite 103. Visit uclahealth.org/RedondoBeach or call (310) 937-8555.



Prevention

When your child is playing outdoors in warm weather, schedule frequent water and rest breaks. Age-appropriate sports drinks containing electrolytes can help replace those lost through sweat when your child engages in prolonged (more than an hour) and vigorous exercise. Never leave any child — or pet — in a locked vehicle, even for short periods! Enclosed spaces can heat up rapidly.

South Bay Adult School

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



Dr. Anthony Taranto
Director

Start Learning Today

Welcome back to the fall semester! Our mission at South Bay Adult School (SBAS) is to empower and encourage our students to be lifelong learners, while also meeting the diverse needs and interests of the community. At SBAS, we offer a wide range of adult education programs across the South Bay to fit your

individual needs and interests. SBAS provides students with the opportunity to continue their learning, gain new skills and abilities, expand their knowledge, and improve the career prospects that are available to them.

There are many reasons to be excited about this new school year. We have a number of new staff members and programs that will help us better prepare our students for college and work transition.

We are pleased to announce our Advance Manufacturing Pathway. In partnership with El Camino College (ECC), SBAS will now provide Adult Education and Literacy and Workforce Prep. ECC will provide Workforce Training as part of the Integrated Education and Training Model (IET).

There are many reasons
to be excited about
this new school year...

SBAS will also provide English language acquisition activities, family literacy activities, basic math and writing skills for the workplace, digital literacy skills, critical thinking, employability skills and soft skills, while ECC will provide the hands-on training in construction and machine tool technology.

This course will be offered in four eight-week modules. Upon completion, our students will have the opportunity for a pre-apprenticeship training program. We are also offering Career and Technical Education (CTE) classes in business and finance. This CTE pathway will prepare students for an entry-level position in the banking industry, as well as teach them foundational knowledge about accounting, bookkeeping, and managing personal income and expenses.

Students in "Introduction to Healthcare Careers" will interactively learn about educational and licensing requirements, medical terminology, communication skills, plus the duties and responsibilities of the specific healthcare jobs available in the community.

Registration for our classes is easy and convenient. Visit us at www.southbayadult.org and sign up today.



southbayadultschool
Classes for lifelong learning!

It's time to.....invest in you!

High School Diploma

GED

ESL

Community Education

South Bay Family Tree





FALL 2018

Classes begin the week of September 4, 2018
Register now at www.southbayadult.org

Does your child....

- Take 3 hours to complete 30 minutes of homework?
- Zone Out? Or daydream?
- Seem easily distracted or unfocused?
- Make careless mistakes or have trouble following instructions?

Our medical clinic provides
NON-DRUG and REDUCED-DRUG treatment.

ADD

Attention Deficit Disorder
Treatment Center

...serving the South Bay for
over 30 years!

Call (310) 378-0547
ADDTreatmentCenters.org

Adams *Middle School (6–8)*

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



Lisa Veal
Principal

Success at the Middle

On behalf of the teachers and staff of Adams Middle School, I would like to welcome you back to what I know promises to be a fabulous school year! It is my hope that the summer months provided our students with an opportunity to engage in activities that were stimulating, provided enrichment, and nourished their spirits. The Adams staff has used this time as well to rejuvenate

themselves, and they are eager to welcome our students to the 2018-19 school year.

The key to success in middle school is establishing good life and study habits. This begins on the first day of school. To this end, we encourage our students to:

- Maintain an organized binder and backpack
- Use their agenda on a daily basis
- Set reminders and plan ahead, especially when tackling projects
- Establish time each day to complete homework and study
- Use the Portal to track and check grades
- Take advantage of resources available including tutoring and extended library hours
- Know that problem solving and productive struggle are important parts of the growth process

- Surround themselves with like-minded peers and form positive lasting relationships
- Most importantly, get involved and stay involved by joining an organization, club or sport

Parents, you play a key role as well. As we partner with you to help your child find academic, social and emotional success, we recommend the following tips:

- Talk to your child each and every day about their day, effectively communicating the importance of school
- Maintain ongoing communication with your child's teachers to ensure a strong home/school connection
- Encourage them to self-advocate and get comfortable having conversations with their teachers
- Review your child's grades periodically on the Parent Portal
- Utilize resources available including the school's website and teacher pages
- Lastly, get involved through the PTSA and other parent volunteer opportunities. We welcome you!

At Adams, we strive to help our students reach their full potential and have a successful and rewarding three years at the middle school level. We look forward to joining our students and families on this journey and are excited to kick off the 2018-2019 school year!

Alta Vista *Elementary (K–5)*

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



Susan Wildes
Principal

Pushing Ourselves to Best Practice

Welcome back to the 2018–2019 school year! The faculty, staff of Alta Vista Elementary School and I are excited to welcome all of our students and families back to campus and to

meet our new friends and kindergarten classes. This school year promises to offer many opportunities for cultivating new friendships, tackling challenges, and celebrating each other's successes.

Our students are not the only members of the school community who will be pushing themselves to achieve new heights and realize their best selves. As this school year gets underway, the teachers and I have been engaging in summer learning to push ourselves to our best practices in the area of math. Although we adopted the California State Standards in math several years ago and have successfully utilized the Eureka Math and Ten Marks curriculum for



Alta Vista welcomes our new mascot along with new friends.

a number of years, we are engaging in advanced study of the work in order to provide our students with an even greater and better customized math experience across the building.

In addition to the refinement of our math practices and teaching methodology, the teachers and I are also embarking on a more advanced study of the Next Generation Science Standards (NGSS) for kindergarten through fifth grade through the newly adopted Amplify curriculum. We are excited to participate in a two-day training in the fall, collaborate together during weekly planning sessions, and immerse our students into the study of science and engineering. We recognize the importance of providing our students with an increased number of hands-on experiences and pairing standards with literacy activities to gain a greater

understanding of the scientific concepts in our world.

The staff at Alta Vista welcomes our students and staff back to an exciting year of learning, one we are modeling ourselves as we push ourselves to our best practice.

Beryl Heights *Elementary (K-5)*

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



Karen Mohr
Principal

Welcome Back to Another Exciting Year!

We are heading into the 2018–2019 school year, and our Beryl staff members are excited and ready to partner with all of our students and families to have another fantastic year!

Our teachers have been preparing to make this the best year yet. They are teaching rigorous standards at every grade level, and are preparing for the new Eureka mathematics and Amplify Science curriculum. We also embedded our Character Counts recognition program within our daily activities. We always welcome your questions, and ask that you become an active participant in your student's education.

Remember to attend our PTA meeting/Back to School Night on September 13. Our PTA meeting will begin at 5:30 p.m. in the cafeteria, followed by a presentation and staff introductions. Classroom presentations will be held from 6:30 to 7:30.

Throughout the school year, please talk with your child about how their day went, and ask them what they have

learned. Devote 30 to 60 minutes a night to discuss school work, homework, and the other activities at school. Read together every night to make this a priority in your child's life. Also, be sure take an active part in your child's learning by keeping open communication with their teacher.

Attendance is one of the keys to your student's success. School starts at 8:15 in the morning every day. Please have your students arrive at 8:00 to acclimate them to the new day. A child who misses a day of school also misses a day of learning. Research shows that children who are actually in school do better in their academics and on tests!

Of course, this means that we can't do our job of educating your child if he or she is absent. Being late for school also hurts a child's learning. A student who is consistently late every day could miss up to 30 hours of instruction during the year. So please make sure that your child attends school regularly, and on time!

Behind our school is a dedicated team ready to help your student excel and have an amazing educational experience. Our Beryl staff is looking forward to a successful school year!

Jefferson *Elementary (K-5)*

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



Jeff Winckler
Principal

Ready to Roll!

Welcome to the start of the 2018–19 school year! Are you ready to roll? Team Jefferson is, and we cannot wait to dig into what promises to be a phenomenal year in which students, staff, parents and the community Learn, Grow, and Thrive.

Having a successful school year starts with establishing realistic goals for both the transition back to school and the school year as a whole. Having an ongoing dialogue at home as school starts up and moves into September is a very positive way to get started and stay focused. While it is important to remember steps that have and have not worked in the past, it is also very important to recognize that this year is its own and that children, adults and school dynamics change over time.



Jefferson students work together to Learn Thrive and Grow.

Additionally, there are several other smart ways to get the school year started in the right direction. Establishing or reestablishing a constructive and positive partnership among students, parents and staff is key. To

do this, it is important to have an authentic and appropriate level of communication with the school at the beginning. Finally, a recommended step to take is for students to establish a daily and a weekly routine. This takes time initially and should be consistent once it is developed.

With these steps and ideas in mind, we all will get the year off to a great start. Thank you, and let's get ready to roll into another outstanding school year at Jefferson!



Jefferson students hit the track during Running Club.

Birney *Elementary* (K–5)

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



Mira Baskaron
Principal

Welcome Back, Bobcats

Welcome back, Birney Bobcats! I am looking forward to a new school year. We want to welcome our returning Birney families, and also extend a special greeting to our new Bobcats from staff members to students.

Starting off a new school year with routines and goals is important to ensure a successful academic experience. For example, establishing a bedtime that will allow the necessary hours of sleep for a child's optimal functioning should be set in place right away. Having a bed-time discussion with your child will also ensure that he or she can understand this expectation and why it is important.

Another pre-established routine should center around homework and reading time. There should be a special place where homework can be completed in order to minimize any distractions. Also, setting in place a "family read time" can be beneficial. An additional routine, which is critical, is to establish a set time in which to sit and talk as a family. This could be done daily around the dinner table or perhaps before bed.

It is also important to connect with one another and discuss how the day went, or perhaps establish a question that everyone can answer as a way to keep the conversation moving. But no matter how you decide to carve out family time, make sure that it is a time period intentionally set aside to connect with one another.

Lastly, let's continue on the path to a growth mindset by having a positive mindset! Here are some items to incorporate into your daily life which can help foster a positive mindset in your entire family:

Be optimistic! There is always a positive in every situation. Look for that positive and discuss it with your child.

Practice kindness. Everyone can use some kindness in their world. Do something kind for someone, and ask your child to do the same. Laughter too is always good for the soul, and will foster a positive mood.

Encourage others. Practice put-ups all the time which focus on the things that are done well, and support those that are a challenge.

I look forward to a fantastic 2018–2019 school year!

Lincoln *Elementary* (K–5)

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



Jason Johnson
Principal

The Power of Mathematicians

Last year, the Lincoln team investigated different math programs to better support our students' achievement. At the end of that work, we said, "Eureka!"

Eureka Math is a K–5 curriculum written by a team of classroom teachers, coaches, and mathematicians. It is the most widely used K–8 math curriculum in the United States, as well as the highest rated according to edreports.org.

Okay then, why the change?

We want flexible thinking when it comes to math. The demand of 21st-century employment requires students to think as mathematicians, not calculators. That's what calculators are for!

Let me give you an example: Solve $397 + 123$. If you find yourself lining up those numbers vertically for algorithm addition, well, we want our children thinking in more complex ways than that, especially in middle and high school. So take the "3" in "123" and add it to 397. Then add 120 to 400. Eureka is getting at that kind of mental math, but it extends well beyond simple three-digit addition.

The Eureka K–5 curriculum is called "The Story of Units." The curriculum writers believe that mathematics is best taught as a logical, engaging story. The understanding of units is the principle by which students can best acquire elementary math. For example, if I ask you to add $\frac{1}{2} + \frac{1}{4} + \frac{1}{8}$, you might groan, "fractions!" But if I ask you to add a penny, a dime, and a dollar, easy right?

Yet, those are both addition problems. What's the difference?

Units. Eureka aims to provide students with a conceptual understanding of units so that whether addition or division, pennies or fractions, they will possess the ability to navigate with common strategies rather than memorized procedures.

Wow, Mr. J, this sounds like math made easy!

Wrong. This will be hard. Our students, parents, and teachers will struggle with this curriculum because of its rigor and complexity. There will be times where you might ask, "I survived math without having to do all this extra work, so why is this necessary?" And that's exactly what we are chasing. We want our students to do more than survive math. We want them to possess the power of mathematicians.

Madison *Elementary* (K-5)

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



Drew Gamet
Principal

New Experiences

Hello—and welcome to the 2018–2019 school year. After a summer filled with hot sun and family time, it is time to get to work! Your Madison Elementary School teachers have been hard at work preparing new and amazing experiences for your child, all with the goal of improving their academic, social/emotional and health and wellness skills.

To help with meeting that goal, I am pleased to announce that we have a new psychologist coming to Madison: Tessa Heilbut. She comes to us with a wealth of experience, especially in the area of providing early interventions to students who may have challenges accessing grade level standards.

Additionally, this year we will be bringing on two new curriculums for students. The first is called Eureka Math.

This curriculum has been piloted at another school in the district and is truly a 21st-century curriculum. One of the key features that parents will enjoy is that it includes plenty of support for parents in helping their own children with homework. Even if you have never heard of a tape diagram, everything you need to know is right there in your child's homework.

We are also bringing on Amplify Science as our new science curriculum. No longer will science be an activity involving memorizing information; instead, our students will experience the world around them through reading, writing, arguing and taking on the roles of scientist and engineer.

As always, our procedures before and after school will remain the same. If you ever need any information, don't hesitate to go to our Web site at <https://madison.rbusd.org/> or call the main office at (310) 798-8623. Thank you!



Welcome Back Madison!

School News Roll Call
Welcomes You
Back to School!



Parras *Middle School* (6–8)

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



Jonathan Erickson
Principal

Welcome—Let's Go!

It is an honor to follow Dr. Nygren as the new principal of Parras Middle School. I am excited to become a Panther and join the incredible community that the students, families and staff have built here. I am coming directly from being an assistant principal at Redondo Union High School, where I had the pleasure of working with many Parras graduates over the last two years. I have heard from plenty of adults

about what a great school Parras is, but the incoming freshmen have always proven it best themselves with their demonstrated preparedness for high school and beyond.

Before becoming an administrator, I taught middle and high school math and some English classes. I have also worked as an adjunct professor in teacher-preparation programs and have almost completed my own Ph.D. program. I am looking forward to first learning more about Parras and then finding ways to expand its legacy.

One thing that you will definitely see right away, however, is promotion of a culture of appreciation for the great work that everyone does each day. My research is actually all about this, in particular how we can thrive, and not just survive, in school and work. Deliberate appreciation is one of the easiest and most important steps we can take to achieve this.

The end of summer is always an exciting time. After a well-deserved break from school, the anticipation of returning to school builds up, and we all prepare for the transition. For some, this means transitioning from elementary to middle school, and for those families, we offer a very warm welcome to Parras Middle School!

And for those of you who are rising into your freshman year, we say farewell and congratulations! You will have a great time in high school, I promise...and I should know—I was just there!

Hope you had a wonderful summer, and welcome to the next year of school!

Redondo Union *High School*

One Sea Hawk Way, Redondo Beach, CA 90277 • 310/798-8665 • www.redondounion.org



Jens Brandt
Principal

Get Connected

Welcome back, Redondo Union High School (RUHS)! As we begin the 2018–2019 school year, we, the faculty and staff of RUHS, are very excited to teach and support our exceptional Sea Hawks. With the purpose of providing a world-class education, we will engage our students through a balance of 21st-century skills, including critical thinking, creativity, communication, and

collaboration, and social-emotional learning, including self-awareness, self-management, relationship skills, responsibility, and social awareness. Our primary goal at Redondo Union is to prepare humble, optimistic, and skilled young people for college, vocational training, military service, and the multitude of other opportunities our ever-changing world offers.

At Redondo, we have the mindset of “college ready, career flexible.” Our students must have the knowledge and skills necessary to succeed at a university; however, we also know that our students have an abundance of options when it comes to entering the world of work, including part-time jobs, internships, mentorships, and trade schools, just to name a few. We know that we need to continue to provide opportunities for our students to discover their interests, sense of purpose, and happiness.

So, what advice can we offer to ensure our students continue to be successful, and more importantly happy, at the best high school in the South Bay (and beyond)? Get involved. As we like to say at RUHS, “There is something for everyone.” Whether it’s joining a club, trying out for a team, participating in robotics or Academic Decathlon, playing an instrument, performing in a play, or dozens of other opportunities, we understand that our students are more connected, happier, and healthier when they feel a part of our fantastic school community.

As always, our outstanding RUHS teachers and staff look forward to providing the best possible teaching, learning, and extracurricular environment for our amazing students and supportive families.

Special education programs are authorized by federal and state laws.

These laws require that a free and appropriate public education shall be offered in the least restrictive environment to all students identified as disabled. Through the District’s Student Study Team process and other procedures, a continuous effort is made to locate and identify individuals who might qualify for special education services.



The law also provides that parents may initiate a request to have their child assessed to determine eligibility for special education and/or related services.

This request should be in writing and submitted to:

The Office of Special Education
1401 Inglewood Ave., Redondo Beach, CA 90278

Tulita *Elementary (K-5)*

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



Dr. Tanaz Bruna
Principal

Character Counts: Resiliency

Welcome back to another school year! At Tulita, we believe that all of our students are capable of great things, and we encourage them to succeed through a growth mindset. The potential for greatness lies in each of our students and will mean different things for each of our students. We know that we can't change the challenges they will face along their journey, but what we can do as

a community is to give them skills that will build their resiliency.

Resilience is the ability to bounce back from any type of challenge, tragedy or adversity. Studies have supported the idea that when children are resilient, they are braver, more curious and adaptable. Resilience is something that can be nurtured and strengthened in all children.

At Tulita, we encourage our students to build resiliency by using critical-thinking skills, promoting social collaboration, problem-solving on their own and promoting perseverance. We believe that helping our students become healthy and thriving independent thinkers isn't about clearing challenges out of their way. Strengthening their resiliency skills will help them flourish in new and challenging environments.

Here are some ways that research has shown that resiliency can be built in children:

Positive relationships are key. Anyone in the life of a child can make a difference, be it family, teachers, coaches, babysitters or any supportive person. Let children know that being brave sometimes means knowing when to ask for help.

Strengthen the prefrontal cortex by establishing routines, modeling healthy social behavior, providing opportunities for social connections, playing board games, engaging in exercise and making decisions.

Encourage mindfulness and practice together. Celebrate feelings of competence, and remind them that they can do difficult things. Nurture and support optimism. Model how to reframe disappointment—focus on what you have rather than what is lost.

Don't rush to rescue when danger is not present. Teach self-advocacy, and model this. Try to resist solving problems for them.

And trust their ability to cope.

At Tulita, our entire learning community loves our students unconditionally, and we work hard to give every student the best educational experience possible. By promoting resiliency among our students, we hope to prepare them for the big, bright world ahead of them.

Washington *Elementary (K-5)*

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



Andrea Bittick
Principal

Developing Confident Mathematicians

The beginning of the school year is, of course, a great time to reset and initiate routines that will help your child to be successful, both in learning and in life. It is an opportunity to take on new challenges, set goals, and reflect on past learning.

Although much of the school year is spent developing academic skills, there is a significant amount of time dedicated to the development of executive-functioning skills and social-emotional competencies. It is important for children to develop executive functioning skills early on in the educational process because these types of skills will help them to be successful learners. The social-emotional aspect of education helps students to become resilient learners.

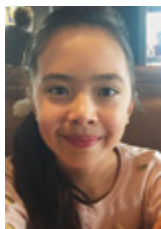
This school year, we will be taking on many new academic challenges at Washington, including the introduction of both new science and new math curricula. This will not only be a challenge for teachers and students, but also it will also be a new experience for parents who are working with their children at home to support their learning. A major emphasis is put on the development of literacy at home through activities such as reading to your

child, using new vocabulary, and encouraging your child to look for letters or words when they are young. It is just as important to focus on the development of math skills at home. The goal should be to make math meaningful for children by providing them with opportunities to engage in problem solving throughout the day. That could include checking and comparing prices at the grocery store, reading recipes, or including children in situations where you use math in daily life.

The other key factor to helping children develop as mathematicians is encouraging them to have a healthy relationship with math. Some adults have had bad experiences with math and may say things such as, "I am not good at math" or "I am not a math person." Statements like these can influence the relationship children have with math, and they may begin to view math as something negative.

At Washington Elementary School, our focus this year will be on developing our students into confident mathematicians who embrace opportunities to engage in problem solving. We will support families with various resources and parent education nights so that they can foster math development in the home. Working together, we will ensure that our students will develop the mathematical skills necessary to succeed in the real world.

Lucy's Book Review



Lucy Davis

Consider Every Point of View

Murder on the Orient Express

By Agatha Christie

Detective Hercule Poirot boards an unexpectedly full train from Syria to Paris with colleague M. Bouc. On board, passengers from different walks of life travel the world.

The journey was scheduled to last three days, but when the train gets caught in a snowdrift and a passenger is murdered, Poirot launches an immediate investigation.

Every traveler's story comes out of the shadows — with motives to match. It's up to Hercule, M. Bouc, and the train's doctor to solve the case of the Murder on the Orient Express. Will they catch the killer before anyone else is hurt?

I enjoyed this book for many reasons. It's witty, suspenseful, and teaches the reader to examine the case closely and consider every point of view. Christie is becoming a favorite author of mine! Five out of five bookworms.

P.S. you might want to use a French-to-English translator, as French is a common language throughout the story.

Lucy is a 7th grade student. When she isn't immersed in a book, she loves musical theater, ballet, and singing. She enjoys stretching her imagination by writing short stories of her own. Lucy will rate the books 1 to 5 bookworms with 5 being the best.

GET ONE FREE
when you buy one.*

310-370-4888
menchie's.com
2515 Artesia Blvd.
Expires 10/3/18

*Can't be combined with any other offer.
No smileage applies. Up to 4oz.



Rolling Hills Montessori School
in a beautiful rural setting, offering 3 programs:
Toddler, Pre-Primary and Transition (18 months - 7 years)

- Full day and half day
- Chinese/Spanish and Music inclusive
- 10 Extra curricular classes available
- Field Trips
- Community atmosphere
- Fully credentialed staff

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

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

Register Now!

Redondo Beach
Community Services Dept

Afterschool Program
School Year Camps Classes
*** Sports * Sailing Teen Center * Tennis & More!**

To register or for more info call
310 318 0610
x3460

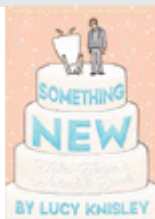
www.redondo.org/classes

Book Review By Katrina



A Riveting Story

Something New; Tales From a Makeshift Bride by Lucy Knisley is a graphic novel describing Lucy's experiences in love and marriage. Lucy's love life has



Katrina D. its ups and downs just like anyone else. But when the love of her life, John, proposes, they leap headfirst into the whirlwind of preparing a wedding. From guest lists to dresses to catering and vows, Lucy gives the reader an honest depiction of the chaos and joys that comes with preparing a wedding. She also takes time to expand on the fears, hopes and worries that come with crossing the threshold of marriage that is quite relatable. The author keeps the story alive with a colorful art style and the story riveting with her trials to create a wedding out of society's expectations. Breaking through the 'weddings are easy' stereotype of books, I'd recommend this story to anyone and everyone.

Katrina rates this book five out of five crescent moons.

Katrina is an 11th grader who loves to sketch, read and write. She either wants to publish her own novels, work in animation or become a biologist (or maybe all three!). Katrina will rate her book reviews from 1 to 5 crescent moons.

Isabella's Book Review



Tests Your Imagination

The Magician's Nephew by C.S Lewis is about Polly, Digory, and Andrew. Andrew makes gold rings that take you to other worlds, and green ones that bring you back. Polly touches the gold one and Digory follows. On



their way back, they encounter a witch who destroys her world and hitch-hikes back with them. In London, Andrew becomes her slave and the witch causes chaos. They get the witch into what they thought was her world, only to find the world is becoming Narnia. Narnia has talking animals and the witch flees north. The lion in charge gives the cabbie man and his wife a special job, while Digory and Polly search for a cure for Digory's mother.

What will become of Narnia and the outsiders?

I rate this book 5 stars a because of the excitement and how it makes the reader (no matter how old) use their imagination.

Isabella is a 6th grader who loves to read, write, volleyball and plans on becoming an author of children's books. She rates books 1-5 stars with 5 being the best.

South Bay Hands On Art

Art Brings Us Together

By Co-Chairs Sandi Arthur and Karen Ford Cull

Every year our South Bay Hands-on Art program picks a new theme. This year we will be celebrating the unique ability of art to help build community. Our "Art Brings Us Together" motto will now be appearing on docent t-shirts, bags, and aprons.

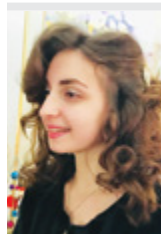
"Art is finally being recognized for the many academic benefits it brings to the child," said SBHOA Co-Chair Karen Cull. "We know how valuable art is to our next generation of out-of-the-box thinkers, and now we'd like to focus on another important contribution: building community!"

Six times a year our Hands-on Art program brings together more than 300 parent volunteers to help with workshops and share art projects with students. Some of these volunteers also go out into our neighboring communities like Lennox and Compton to help bring projects to students who wouldn't otherwise have this opportunity. The workshops are always alive with conversation, learning, and community bonding over this common interest and mission.

In the classrooms, Hands-on Art strives to be an inclusive space where there is no "right" or "wrong." Different viewpoints and artistic outcomes are not only tolerated, but celebrated!

2110-B Artesia Blvd., Box 805, Redondo Beach, CA 90277
www.southbayhandsonart.com

Christina's Book Review



Non-Stop Action

Alex Rider: Skeleton Key

By Anthony Horowitz

The Alex Rider series is always jam-packed with extreme action and intense situations that make it hard to put the book away until the very end.

Christina J. Reading this book series is like watching an action movie, and Skeleton Key is no exception.

Alex Rider is a 14-year old orphan and a young spy for an organization known as M16, on a mission to save the world. There are many plots in this book, like Chinese gangs drugging athletes for their purposes. The ending is very dramatic and leaves you feeling sorry for the characters.

I liked this book because it has non-stop action and the hero is a young boy, who is an unwilling participant that did what he had to do to save the world. All the characters are interesting. I give this book 5 out of 5, with 5 being the best.



Christina J. is an 9th grader. Christina is an avid reader, who enjoys a good book about some great adventure, mystery or action. She is a hard-working student and a young author herself. In 5th grade she wrote a book Melody's Stories: I Am a Spy Now, published by Studenttreasures Publishing (PIN #3582798).

B is for Book



Bailey

Surprising Twists

Princess Academy by Shannon Hale left me craving for more. It's the perfect combination of adventure, princesses, friendship, and even a little romance!

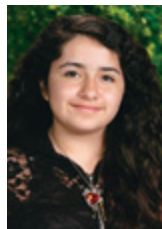


When the people of Mount Eskel receive message from the lowlanders saying their prince is looking for a princess and all young girls will be sent to an academy, everyone is in shock, especially Miri. Without a choice, Miri, her friends, and a strange lowlander girl named Britta, set off to the academy, only to find themselves with a horrible tutor and homesick. Now, the pressure is on to be the best of the academy and marry the prince. Will Miri find out that even though she's small for her age, her voice is big? Will she stand up for what's right?

I couldn't put this book down! Shannon Hale always describes the moment just right and the twists were surprising! I give this book 5 out of 5 stars. Don't forget to read the rest of the series!

Bailey is a 7th grader who loves being with her friends and reading. When she isn't doing these things, she's dancing ballet or lyrical.

Alana's Book Review



Alana F.

Easy Guide to They/Them Pronouns

"Gender neutral: Gender classification where one individual does not feel/belong to either genders." (Urban Dictionary)

This gender identity has been the topic of many heated discussions. Some accept it, some don't, and others refuse to acknowledge it. In this short comic, *A Quick & Easy Guide to They/Them Pronouns*, Archie

and Tristan explain the ins and outs of gender neutral pronouns, explaining what they are and why they're important. They also provide handy advice for many other awkward situations, like not knowing how to ask for someone's pronouns or accidentally misgendering someone.

I'd give this book 8 out of 8 trifold shards. The artwork is entertaining and hilarious, as is the writing. Additionally, since it is so easily comprehensible, it's a joy to show others—a great alternative to trying to Google the definition of a pronoun and being met with a long list of confusing definitions. Regardless of who you are, this is certainly a must-read.

Alana is a student columnist and a self-proclaimed "huge nerd." When she doesn't have a book in her hands, she loves to play video games and write fiction. She rates books on a scale of 1-8 trifold shards with 8 being the highest

Give your kids the

Best Birthday Ever!

We do **EVERYTHING** from invites to clean-up.

All you have to do is show up!

Adventure Plex
AT MARINE
A Beach Cities Health District Program

1701 Marine Ave., Manhattan Beach, CA 90266 • 310-546-7708

Customize your party any way you like!

BOOK ONLINE!
AdventurePlex.org



A Happy Kid in the Digital Age



Happiness is a warm puppy. If you're happy and you know it, clap your hands. Don't worry, be happy! Rules for how to live happily are nothing new. But lately, our well-being -- and that of our kids -- seems to be in free fall. Depression, anxiety, and even youth

suicide rates are increasing, as is cell phone and device use and the constant expectation to be "on." Raising kids to be happy in today's world isn't impossible: Many generations of parents have managed to do so when the threats were way worse than FOMO. We just need to rewrite the rules for the digital age.

The quest to make sure our kids are happy may have led us in the wrong direction. While media and tech deserve some of the blame for our collective stress, no one really knows how much. However, we do know that turning everything off doesn't magically make us happier. In fact, studies show that some types of screen-based activities can be beneficial -- and we all know the warm, fuzzy feeling we get when we enjoy media together. As more research emerges on the impact of media and tech on kids' mental health, it confirms what we've always known about how to be happy: Supportive relationships, a feeling of self-worth, strong character, and other positive influences are what really matter. And while you can't mandate joy, supporting your kid -- both online and off -- creates an environment where happiness is there for the taking. These tips can help you raise a happy kid in the digital age:

Get gritty. Grit -- the combination of perseverance and resilience that helps you bounce back from disappointments -- plays an important role in well-being. At school, online, and even with friends, kids feel pressured to achieve something on the first try. Instead, instill what's called a "growth mindset," the process of trying, failing, and learning from mistakes. When they feel defeated, their inner voice will say, "You got this!"

Nourish their sense of self-worth. Likes, comments, and other indicators of online status are part of kids'

social-media lives. But there's a tipping point when a kid's perfectly natural curiosity about what others think about them turns into a harmful fixation on peer validation that can cause depression. You can help inoculate your kid against this by fostering an internal sense of self-worth. Encourage activities and hobbies that give kids a sense of accomplishment on their own terms.

Be grateful. Being aware and thankful is a tried-and-true life hack that leads to a stronger sense of well-being. You can actually use media and tech to cultivate a sense of gratitude. Check out sites and apps that let kids help make the world a better place. Watch TV shows and movies that inspire gratitude. At home, create a culture of appreciation by discussing what you're grateful for.

Go outside. Seriously, that's all you need to do. Nature is scientifically proven to boost well-being. If you need inspiration, watch nature movies or download apps that encourage outdoor exploration. Or just put down your phone, close the laptop, turn off the TV, and go for a walk.

Foster connection. In the digital age, kids can make new friends and strengthen existing relationships online, whether it's in a rousing game of Fortnite, a few hearts on Instagram, or even a FaceTime session with the grandparents. But the happiest people are the ones who consistently find a balance between screens and the rest of life. And as the grown-ups, we're the ones who need to model healthy habits. So, carve out screen-free times at home. Unplug everything so you can make eye contact and really listen to family and friends without distractions. By all means, enjoy media together -- but set limits so it doesn't interfere with face-to-face interactions.

Common Sense Media is an independent nonprofit organization offering unbiased ratings and trusted advice to help families make smart media and technology choices. Check out our ratings and recommendations at www.commonsensemedia.org



Jenna's Review



Jenna C.

A Magical Adventure

In *Unicorn Princesses-Sunbeam's Shine* by Emily Bliss there is a real unicorn girl named Cressida. All she cared about was seeing a real unicorn. But her family always said unicorns are fake. One day, she found a key that was glowing pink. She went back home with the key and the next day she went to deliver the key back. There, she saw a unicorn saying "where did I leave the key?" Cressida asked, "are you looking for this?" The unicorn looked surprised. "Can you see me?" "Of course I can." Sunbeam, the unicorn said only a human who believes in unicorns can see her. "That means you can go to the rainbow realm to find my sapphire to get my powers back." So off they went to find the sapphire. Will they find it? Can Sunbeam get her powers back? I like this book because it takes me on a magical adventure.



Jenna is a third grader. She likes art and soccer. She likes imaginary stories and someday she wants to be a book illustrator.

Peaceland Music & Repair GUITAR LESSONS

**Guitar, Piano, Voice,
Bass, Drums**

Also: Ukulele, Banjo, Mandolin

James Musser

Nominated Best LA Band '96
Best Guitar '97 LA Music Awards

All Ages, Levels & Styles

Days, Evening & Weekends



(310) 650-4021

www.peacelandmusic.com

peaceland@peacelandmusic.com

23706 Crenshaw #105 A&B,
Torrance, CA • (across from Hof's Hut)

Visit us on:

MySpace.com/PeacelandMusic • YouTube.com/PeacelandMusic



Hills Academy

music art dance

Music

Private Lessons

Cello, Clarinet, Drums, Flute
Piano, Saxophone, Trombone,
Trumpet, Voice, Viola, Violin

Group Lessons

- Preschool Music
- Hills Children's Choir
- Musical Theater (Pre-K And Up)
- Songwriting (Ages 9 And Up)
- Recording/Production Class

Royal Conservatory
of Music Examination

Art

Group Lessons

- Pre-K Art
- All Mediums Elementary Art
- Meet the Masters
- Intro to Sketch/Drawing
- Storyboarding/Illustration Class



- University-Trained Faculty
- Yamaha/Kawai Pianos in Lesson Rooms
- Recording Studio
- Fully-Equipped Art Studios
- In-House Performance Hall
- Birthday Parties
- Mommy & Me Classes

(310) 784-0100

2941 Rolling Hills Road • Torrance, CA 90505

www.hillsacademy.com • info@hillsacademy.com

Dance

Ballet, Hip Hop, Musical Theatre

Ask About
Winter
Camps

Justin's Review



Justin K.

A Funny Book

Super Diaper Baby

*2 The Invasion of
the Potty Snatchers*

by George Beard and
Harold Hutchins is
a book about a baby
named super diaper

baby who is strong and can read and fly. The people didn't let Rip Van Tinkle in their stores because he was stinky. He was mad so he stole and broke all potties in the world. The people had no toilets so they ran to Petey for diapers.

At the end super diaper baby appeared and pushed down the earth to freeze Rip Van Tinkle. Then he left him on Uranus, where he will never melt. After Rip Van Tinkle was on Uranus, super diaper baby flew home. Then at the very end, the newspaper man took a picture for his newspaper. Then the baby's dad became famous. I rate this book 5 out of 5 stars because it's funny and has my favorite part "Flip-O-Rama."

Justin is a first grader. He likes reading, writing and making his own comic books. He also likes playing piano & chess, swimming, baseball and hockey.



Katie's Review



Katie C.

Be Grateful

By Ilyasah Shabazz

Betty Before X is about

Betty Shabazz. Many may know her just as Malcolm X's wife, but before that happened, she was a young girl growing with several hardships. Betty

used to live with her Aunt Fannie Mae and her grandma. When her aunt dies, she moves to Detroit to live with her mother Ollie Mae. What Betty doesn't understand is why Ollie Mae doesn't love her. Eventually she's had enough of her mother. She runs to a kind couple's house and they take her in. Betty joins the Housewives' league which supports black-owned businesses. She gains confidence as she does so, and eventually she realizes that the right decision isn't always clear. Betty learns to count her blessings because there are so many blessings that she doesn't notice. I rate this book a nine out of ten because it taught me to be grateful for what I have.

Katie is a ninth grader. Her passion is writing and she likes finding new ways to structure poetry. She is working on creating a story line with a series of poems. In her spare time, she enjoys soccer, song writing and reading books.



the Y **PLAY TOGETHER STAY TOGETHER** FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

ADVENTURE GUIDES

Shouldn't their best memories be with you? 5-10 parent/child pairs join a circle for activities such as parades, crafts, skits, games, camping, hiking, and excursions. For children ages 3-17. Recruitment Night is Sept. 13, 2018 6-7pm at the Y.

Find out more information by visiting
www.ymcala.org/torrance-south-bay/classes/adventure-guides

TORRANCE-SOUTH BAY YMCA
 2900 West Sepulveda Blvd., Torrance, CA 90505
 P 310 325 5885



Contest!

This student is in this publication. When you find him, email the **page number** to:

Kay@schoolnewsrollcall.com
 (Please put RBUSD in the subject line)



Your entry must be received by October 15, 2018
 From the correct entries, we will draw a winner to receive
GAZUMP — dice/card game.

Rabina's Review



Rabina K.

An Impactful Book

A Wrinkle in Time is a kind of science fiction, as the characters in the story travel thru time and space to go to fifth dimension. But there is plenty in the book that touches humanities. The



heroine of the story is a lonely girl who conquers her negativities and weaknesses to fight against 'IT', the darkness and brings her dad back to earth from fifth dimension. The story has a happy ending with the whole family united together on earth.

Meg has a sense of herself as somebody who does not fit in. It is the struggle all of us face, to be ourselves despite the overwhelming pressure to be like everyone else. This battle in Meg comes to an end when Mrs. Whatsit tells them that life is a sonnet. You all are given the form but you have to write the sonnet yourself.

I give this book a five star rating.

Rabina is a 5th grader, who enjoys reading historical fiction and biographies. Writing is her passion. Besides, reading books and writing, she also enjoys playing soccer and piano.

Birds –Word Search Contest

Rules! One word in the list is NOT in the word search.

When you have completed the word search, one word will be left and that word you email to: Kay@schoolnewsrollcall.com Please put RBUSD in the subject line.

Entries must be received by October 15, 2018

From the correct entries one name will be drawn to win a GAZUMP card/dice game - fun for all ages!

FINCH	CARDINAL
ROBIN	EAGLE
COWBIRD	HAWK
PHEASANT	FALCON
CHICKEN	TERN
QUAIL	SEA GULL
DOVE	PELICAN
PIGEON	WREN
TURKEY	SWAN
DUCK	BUZZARD
BLUE JAY	



Congratulations to Taylor Roth, Janet Lindquist, Jake Hatakeyama
Winners of our June Word Search Contests!



**Providence has you covered
evenings, weekends and for those
“right now” moments.**

Providence Urgent Care can help you with:

- Injuries: Sprains, Broken Bones and Lacerations
- Cold and Flu
- Immunizations



**PROVIDENCE
MEDICAL ASSOCIATES**



Compassion. Commitment. Convenience.
It's how we care for you.

866-909-DOCS

We've got six Urgent Care locations to serve you.

Clinics open 8 am – 7 pm Monday through Friday, weekends 9 am – 5 pm *(not all clinics are open on Sunday)*

San Pedro 310-241-2590

*(open 7 days a week) 1499 W. First St.,
(at S. Western Ave. and W. First St.)*

Del Amo 310-792-4444

*(open Monday-Saturday) 21311 Madrona Ave., Ste. 100-C
(near Del Amo Fashion Center, at Madrona and Fashion Way)*

Torrance 310-618-9200

*(open 7 days a week) 2382 Crenshaw Blvd., Ste. 5
(at Crenshaw and Sepulveda Blvd.)*

Manhattan Beach 310-376-6262

*(open 7 days a week) 1010 N. Sepulveda Blvd.
(at Manhattan Beach Blvd. and N. Sepulveda Blvd.)*

Redondo Beach 310-318-9992

*(open Monday-Saturday) 520 N. Prospect Ave., Ste. 102
(at N. Prospect between Beryl St. and Diamond St.)*

Carson 310-835-9227

*(open Monday - Friday) 21501 South Avalon Blvd. #100
(entrance at rear of the campus)*

 **Put Providence on speed dial.** We are here when you need care.

Some secrets are best kept — but this isn't one of them

DESIGNED EXCLUSIVELY FOR SCHOOL EMPLOYEES

- **1.5% cash back** on all purchases
- Rates as low as **9.25% APR¹**
- **Interest-only payments** in the summer²
- **Skip-a-payment** option in January³

Learn more at schoolsfirstfcu.org/schoolemployeecreditcard



JOYCE F.
Cardholder Since 1991



SCHOOLSFIRST 
FEDERAL CREDIT UNION

Insured by NCUA

APR = Annual Percentage Rate. **1.** SchoolsFirst FCU's credit card program features a range of interest rates based on a variety of factors, including the applicant's credit rating. Rates quoted are effective as of 8/1/18 and are subject to change without notice. Variable rate, subject to change after account opening. Foreign transaction fee: 2% of the transaction amount in U.S. dollars. **2.** Offered during June, July and August. Members must contact SchoolsFirst FCU to confirm eligibility and to take advantage of interest-only payments. **3.** Automatically offered during January billing cycle to qualified Members. Interest will continue to accrue during the skip payment period.