

Covering The Redondo Beach Unified School District

VOLUME 6 ISSUE 55

www.schoolnewsrollcall.com

SUPERINTENDENT



Yes, we've all heard it—these are tough times. What's the good news? Redondo Beach Unified School District is staying positive and optimistic in spite of reality and the media's hype over the present state of our country. Yes, this is the "great recession," but we have **Dr. Steven Keller** much to stay happy about and be thankful for in our district, such as:

The residents of RB that supported Measure C: There is no school district in Southern California with a more profound and demonstrative school bond outcome than RBUSD's Measure C.

Higher test scores and student achievement: All of our elementary schools performed above 900 on the 2012 API. The state's goal is above 800.

RBUSD is now a destination district: We have many more students wanting to attend our schools from outside the district.

Redondo Union High School graduates continue to attend elite/nationally-ranked colleges and universities: The list of these colleges and universities is so extensive that we don't have enough space here to print them all. RUHS is the finest high school in the South Bay. Even a former President stated this fact!

RBUSD boasts a thriving Parent Teacher Association (PTA) and Educational Foundation: PTA leaders will be asking you to become a member. Please do so. The Redondo Beach

Education Foundation will also ask you to donate. Please do so. Without their leadership and support, our kids' education would be compromised.

We continue to manage the state's budget crisis in spite of fewer dollars—sure, there is a decrease in spirits, but overall the staff and parent community understand that in the grand scheme of things we are better off than many districts throughout our state.

The future looks bright with our upgraded facilities, excellent staff, terrific parents, and most importantly... the BEST students around.

I am sometimes accused of being the "glass half full" leader or the "positive spin doctor." Have at it! What's the alternative—pessimism, negativity, blame, criticism, and despair? No, thank you. Based on RBUSD's measurable and demonstrative results over the last few years, we have earned a strong sense of optimism. So enjoy that beverage that is half full. I'm willing to bet it tastes great!

The Arts are Alive in RBUSD



Parras Middle School students perform Aladdin.

BOARD OF EDUCATION



Laura Emdee

The 21st-Century Classroom: Why Do We Have to Change?

"If we teach today as we taught yesterday, we rob our children of tomorrow."

-John Dewey (1859-1952)

When you hear the Redondo Beach Unified School District talk about technology, we are discussing infrastructure and we are discussing how to prepare our kids for the future, even with larger class sizes.

We need up-to-date classrooms that enable collaboration. We need technology that assists teachers in teaching to diverse learning styles.

Teachers should have real-time feedback and access to enhanced instructional materials in order to meet the challenges they face. When you have 35 students, you have 35 needs. Some students perform above grade level, some students struggle with a concept inside a larger content area, and some students need more individualized intervention. Technology is available to meet all of our students' needs through instantaneous feedback and customization. We need to invest in interactive white boards, online courses for those that fall behind or want to get ahead, and assessment and intervention software.

SEE BOARD OF EDUCATION PAGE 18

MindUp



Jefferson Elementary School Counselor and students prepare for Blue Zone event MindUp performance. (please see page 6)

Inside: RB Council PTA page 2 • Schools pages 4-9 • RB Ed. Foundation page 9 • AHA for Kids pages 10-16 • Contests pages 14 & 15 RBUSD Student Svcs/Spec. Ed., Alternative Ed., RBUSD Instr. Svc. page 17 • Child Dev. page 18 • South Bay Adult, Vitality City page 19 1401 Inglewood Ave., Redondo Beach, CA 90278 • www.rbusd.org

PTAs Are in Full Swing



Polly Kinsinger President

Every school in Redondo Beach has an active PTA, and each one of those units has stepped up to provide assistance and programs to students, parents, teachers, and staff for the 2012–2013 school year. I know this because I receive a newsletter from each school, letting me know what's going on at their site. I receive this information because I am a community member for the Redondo Beach Council of PTAs.

Community membership gives individuals membership at all 11 school site PTAs and helps Council PTA provide funding for district-wide programs. Council PTA provides financial support,

information, man-power, and refreshments for a variety of programs throughout the year. Activities like the Back-to-School Rally, State of Education Evening,

sending students and adult chaperones to Sacramento to learn about government and advocacy, providing transportation for students from the two middle schools and the high school for the annual Teen Scene event, and a variety of parent/student educational evenings put on throughout the school

For more information about community memberships, please contact me at kinsingers@roadrunner.com.

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Please keep your eyes and ears open for information about Red Ribbon Week activities and the National PTA Reflections Arts Contest, which will be promoted at all Redondo Beach Schools.





Kay Coop Founder / Publisher



Fall is in full swing and so is learning in the classroom. It is so exciting to be a student today with all of the academic choices and it is exciting for us to follow along on their journey. It is most impressive how you, the community, rallies to be part of the solution to the continuing budget crisis. Now more than ever all districts rely on their communities to compensate for the lack of funding for programs vital to offer to students.

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Have a happy and safe Halloween.



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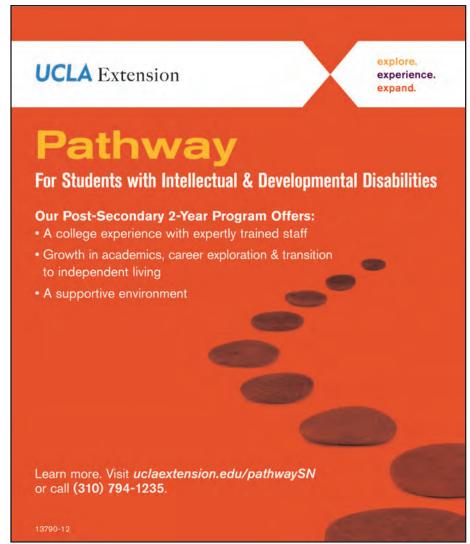
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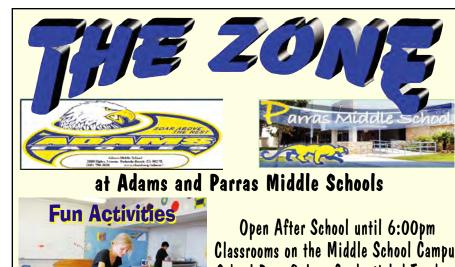












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Adams Middle School (6-8)

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



Anthony Taranto Principal

WEB: Where Everybody Belongs

The transition to middle school is an adjustment for students and parents alike. There are usually more teachers to know, a complicated class schedule to navigate, and a new campus to adjust to. While it is an exciting time of growth and adventure, it can also be challenging. Research shows that students who have a positive experience in the first year of middle school experience increased opportunities for success.

This year, Adams Middle School introduced a new, student-led initiative called Where Everybody Belongs (WEB). A transition

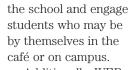
and enrichment program which welcomes new students to Adams and helps them feel more comfortable with their move to middle school, WEB empowers eighth-graders to become mentors and positive role models to their fellow



Eagle mascot welcoming a new student to Adams.

students. WEB leaders are trained to provide the guidance and support students need to make connections with their peers, as well as their new school environment.

In preparation for the first day of school, WEB leaders participated in a two-day training session in August. Then, they put their skills into play with our new students at Camp Adams. Camp Adams is optional event run by Adams staff to introduce new students and help build a positive school culture. WEB leaders also interact with students during lunch by revealing fun facts about



Additionally, WEB leaders facilitate teambuilding activities and workshops on social and emotional growth, academic success, and problem solving while enhancing character development and creating an anti-bullying environment. We are excited to bring WEB to Adams and look forward to helping students on their journey through



WEB leaders participating in WEB training.



WEB leaders and new students participating in team building activity during Camp Adams.

Alta Vista Elementary (K-5)

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

Susan Wildes *Principal*

A Special Thank You

Volunteers and the PTA are what set the Redondo Beach Unified School District schools apart. The definition of volunteering is: an altruistic activity, intended to promote good or improve the human quality of life.

At Alta Vista Elementary School, volunteering can take on many different forms, such as helping students at dismissal as part of our parent-valet brigade or leading over 300 students through morning exercises. Our volunteers serve as Hands-On Art instructors, nutrition and garden docents, room ambassadors, and daily class-

room volunteers, not only working directly with students, but also helping to support the classroom teachers. We have volunteers who tirelessly advocate for our school and seek out monetary donations and sponsorships. Without these warriors, events such as the Young Writer's Conference, the Father/Daughter Dance, the Jog-A-Thon, and more would cease to exist. The impact our volunteers have on the community of Alta Vista is immeasurable.



Alta Vista Volunteers

Each volunteer holds his or her own special set of skills. Regardless of the amount of time each volunteer can donate to the school, whether it be participating once as a guest reader, spending a few minutes at night preparing materials for the classroom, or giving multiple hours a week, we are grateful f or our volunteers, and our appreciation goes beyond words. The unique blend of talents works in harmony to lift the learning experiences for our children, promote a positive environment throughout the building, and improve the quality of life, not only the students but, we hope, for the volunteers as well.

Thank you from the bottom of our hearts for all you do for our students, faculty, and community.

Board of Education Regular Meeting Schedule

2012	2013					
October 2	January 8	April 9				
October 23	January 22	April 23				
November 13	February 12	May 14				
November 27	February 26	May 28				
December 11*	March 12	June 11				
* Due to holiday schedule, only one Board meeting in December.	March 26	June 25				
	*April 9 – Organizational Meeting					

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

Beryl Heights Elementary (K-5) 920 Beryl St. Redondo Beach, CA 90277 • 310/798-8611 • http://beryl.rbusd.org



Karen Mohr Principal

Reach, Reach, Reach

As we continue our journey as a Beryl Heights Elementary School community, it is our collective vision that we will continue to reach for greatness by creating an atmosphere where we all become lifelong learners. Throughout the year, we will reiterate our philosophy and our vision of success, and we will reassure all parents that the idea of a village raising a child is the key to a student's success in school and in life. This translates into making positive connections with staff and becoming an integral part of your child's learning and education. We realize the importance of

having a positive outlook on life, and our staff incorporates this outlook into our daily routines. We also recognize that educating the whole child leads to success in life, and this idea will be a central theme throughout the school year. Our Walking School Bus will expand this year, and another route will be added to our already successful school route. Our morning exercises, gardening, Moving Children, and nutrition lessons will continue to be taught to motivate students to live healthy lifestyles. We will celebrate our bronze award from the Alliance for a Healthier Generation for being a model school in the area of educating the whole

Legendary coach John Wooden, when commenting on working together, said, "We can become great in the eyes of others, but we will never become successful when we compromise our character." Character development is taught daily at Beryl, and we will continue to recognize students for respect, responsibility, caring, fairness, trustworthiness, and great citizenship at our trimester assemblies. We also realize we need to grow as teachers and people in order to reach greatness; when we do, we affect our students' lives in a positive way: academically, socially, and emotionally. Therefore, our staff will continue to learn and support one another throughout the year, and we will support all efforts to teach students and reward students for their accomplishments.

Greatness comes from learning to rise to every occasion, giving our best effort, and making those around us better as we do it. Let's make this year the greatest



Walking School Bus group at Beryl.

Birney Elementary (K-5) 1600 Green Lane, Redondo Beach, CA 90278 • 310/798-8626 • http://birney.rbusd.org



Lisa Johnson Principal

On the Path to College

Birney Elementary School students are learning from an early age that college is in their future. By creating a college-going culture in elementary school, our hope is that students will aspire to a lifelong path of higher education and deeper learning that ends with a degree. This begins with high expectations and academic achievement. We aim to instill in our students the belief that they can go to college and promote the work ethic to ensure it is a reality.



Birney's library where college pennants are proudly displayed.

Sharing Redondo Beach Unified School District's vision of College for All, Birney believes exposure to college campuses is one of many ways we can promote higher education. Our fifth-grade students visited a local four-year university this past year, and, thanks to the generosity of the Redondo Beach Education Foundation (RBEF), all fourth-grade students will be able to share in the experience this school year. We are also fortunate to receive through RBEF the services and resources of Phyllis Hart, a college-going culture consultant. We are confident this exciting partnership will strengthen our commitment towards ensuring our students are academically prepared and of the mind to attain higher education.

Birney's students are on a path to success, and we welcome you to join us on this journey! It is never too early to begin the discussion of college and goal setting. These rich conversations are one of the many ways families can support us in our goal to ensure all students are college-prepared and bound.



Jefferson Elementary (K-6)

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



Kara Heinrich *Principal*

Being Mindful

When you think of school, you often think of reading, writing and math. Although it is true that much knowledge is taught in these and other subjects, we at Jefferson feel that it's just as important to educate the whole child.

Encouraging the intellectual health of our students is one aspect of thinking about the whole child. Motivation, promoting a love for learning, metacognition, reflective thought, and the teaching of critical thinking skills all fall under this category of intellectual health.

Jefferson supports the development of these skills by actively engaging its students in the learning process. Active engagement occurs within the classroom and through programs like the health program "MindUp." This past year, the RBUSD expanded its partnership with the Beach Cities Health District to join with Vitality City to offer MindUP in each classroom.



MindUp Focused Awareness Lesson with Mrs. Spiwak.

MindUP is a comprehensive, evidence-based curriculum that fosters social and emotional awareness. It enhances psychological wellbeing and promotes academic success. The program's lessons provide students with effective skills to become more resilient, focused and mindful learners. The students learn about the brain and how it functions; in doing so they they also gain insight into their own minds and behaviors as well as those of the people around them.

In today's world, beyond academics, our children must be able to think critically and communicate well. Children who are educated about, and gain the understanding of both themselves and others, will be better equipped to handle the technological and global demands of the world, and to become more productive members of society.



Lincoln Elementary (K-5)

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

After-School Opportunities



Jeff Winckler Principal

The benefits of after-school enrichment opportunities are numerous. Increasing student knowledge and skills in areas outside of the core curriculum makes for a more well-rounded and confident child. These learning opportunities are typically high interest and low pressure, making them very enjoyable for students. These programs also offer students the opportunity to spend time with friends outside the regular classroom environment. These extended learning opportunities are also beneficial to parents, who often struggle with childcare issues and busy work schedules.

Over the course of this past school year, Lincoln Elementary School was able to offer a number of after-school enrichment offerings, including Boy and Girl Scouts, tennis, piano, karate, Spanish, yoga, and performing arts. These opportunities run for various lengths of time throughout the school year. This year we will be offering a new skill-based basketball class. Each program offers scholarships for families in need.



Students in the Academic Chess Program



Students in the Afterschool Theatre Program

Perhaps one of the most popular offerings is the after-school academic chess club. When the club is in session, attendance is huge, with dozens of enthusiastic students participating. Academic chess will again be returning to Lincoln this fall.

Lincoln is continually in the process of reviewing our after-school offerings. We are considering many different classes and one-time

> workshops, with both fee-based and free opportunities being considered. Parent and local community volunteers are proving to be valuable assets in our quest to expand the menu of enrichment opportunities.

> At Lincoln, we recognize the value of after-school enrichment opportunities, and we are working hard to provide variety for our students.





Students in Karate Class

Madison Elementary (K-5)

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



Joseph Ledoux Principal

What is STEM?

Madison Elementary has adopted a new school focus on Science, Technology, Engineering and Math (STEM).

A number of educational studies have suggested that students need to learn science and mathematics through more hands-on and inquiry-based lessons. In fact, many 21st century jobs in the United States will require a strong set of STEM skills and knowledge base.

Madison has risen to the challenge, and is in the process of planning and implementing these new STEM-based lessons. Over

the summer, both Madison and Alta Vista Elementary Schools hosted a STEM camp provided by Camp Invention. During this week-long session our students were encouraged to problem-solve complex issues through a hands-on approach to learning.



A student taking apart a computer during Camp Invention.

To help build experiments, the students were asked to bring materials from home, such as old TVs, VCRs and cardboard and plastic water bottles. In one such lesson, the students were awarded prize money if they could move water from one location to another by building an aqueduct out of recycled materials.

A local aerospace company has adopted Madison Elementary as a partner school, thus making us eligible to apply for a variety of grant opportunities. Through various local partnerships Madison is also going to outfit an empty classroom with science equipment like microscopes. This way our students can engage in more collaborative and hands-on science throughout the course of the school vear.

The Madison teachers and staff members are excited about this great program. They stand ready to tackle the challenges that the 2012/2013 school year will bring. So go, Comets!

arras Middle School (6-8)

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



Dr. Lars Nygren Principal

Great Performers, in Many Ways

For the 2012-13 school year, Parras Middle School will continue to build upon its academic success. The hard work and effort put in by the staff, parents and students paid off over the last school year. Our school made year-to-year gains in achievement as measured by the percent of proficient and advanced students. Parras's eighth-grade students scored an incredibly high 96 percent advanced and proficient rate. Additionally, our eighth-grade students scored 88 percent for language arts and 85 percent for history. Success can not only be seen in the growth of the API but also in the programs that are offered to our students.

This year, the number of students participating in the arts has grown larger than it ever has. Our instrumental music program has benefited from the early exposure to music in our elementary programs. We have over 150 students participating in our band program. Last year, our Jazz Band students were recognized with a gold rating at the Irvine Forum Musical Festival. Our drama, art and creative writing classes have all experienced a significant increase in student participation. Our theater arts program takes advantage of our facilities to put on large and elaborate productions. Our largest and most elaborate production was a wild success last year. Students performed Disney's Aladdin for hundreds of people.



Parras Jazz band students.

For this school year, Parras will once again challenge its students in many ways. We work to help our students reach their fullest potential so they may go on to be successful in high school. With the help of parents, community and staff, we will continue to make great achievements.

School News l

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Redondo Union High School

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

Dr. Nicole Wesley *Principal*

'RU In?'

We have one simple question for all of our students, staff, parents and friends of Redondo Union High School: "RU In?"

RUHS kicked off the school year with an uplifting Spirit Week. Students were greeted on the first day with a Back to School Rally, in which students and staff competed in various Olympic-themed events. The message was clear: This is going to be an engaging and spirited year.

The momentum continued on the second day with "RU Proud?" It is our goal to encourage a student body that is inclusive,

respectful and proud of our spectacular campus. Students had the opportunity to sign antibullying and antigraffiti pledges and watch an Integrity video created by $11^{\rm th}$ -grader Caleb Walker, which highlighted what it means to be a Sea Hawk and to be "Involved."

On day three, students were asked "RU Healthy?" In partnership with Blue Zones and a workout-gym corporation, students had the opportunity to eat healthy snacks and participate in various boot camp and obstacle courses that promoted ways to stay active. The gym's trainers visited classrooms to encourage



Ms. Gross, our ASB advisor, and Mr. Schonberg, counselor, are excited about the new school year.

students to create fitness goals. They also gave out 800 free onemonth passes. Students who completed the Blue Zones pledge for a healthy lifestyle were entered into a drawing. Our lucky winners received an iPad and a beach cruiser.

Our Spirit Week culminated with students being asked "RU Ready?" Guest speaker Jeff Yalden from MTV's *Made* inspired our students to make the most of every day, and dance like nobody is watching and sing like nobody is listening.

An amazing video titled "RU In?" created by Chris Farmer, class of 2012, emphasized how great it is to be a Sea Hawk. It was shown to the student body and staff.

So, RU In? We R!



The fabulous RUHS Dance Guard team excites the crowd at the Back to School Rally.

Tulita Elementary (K-5)

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



Christina Giguiere *Principal*

Expectations for Success

Last year Tulita launched a school-wide initiative called "Expectations for Success." The entire learning community strives to meet and exceed these high expectations. Our goal is to promote habits and beliefs that will help our students be inspired and confident learners inside and outside of school. During the first week of school the teachers involved the students in learning about the expectations. Mrs. Giguiere discussed the initiative at the New Family Orientation and Parent Orientation Night. She also made a visit to each classroom to read aloud Coach John Wooden's book, Inch and Miles: The Journey to Success. The story stresses the importance of hard work, enthusiasm, cooperation, and self-control.



Mrs. Giguiere spent time in each classroom reading Inches and Miles: The Journey to Success and reviewed Tulita's Expectations for Success.

Our Expectations for Success are:

- We are self-confident learners. We set goals, monitor our progress, and strategically work to achieve our goals.
- We value challenges and obstacles as opportunities to learn and grow.
- \bullet We communicate. We share thoughts, questions, ideas, and solutions.
- We collaborate. We work together to reach a goal putting talent, expertise, and smarts to work.
- We are critical thinkers. We look at problems in new ways, linking learning across subjects and disciplines.
- We are creative. We show innovation and invention by trying new approaches to get things done.
- We use technology as a tool to research, organize, evaluate, and communicate information.
- We are mindfully aware. We are aware of our thoughts and actions and their impact personally, locally, and globally.
- We value empathy and optimism.
- We express gratitude.

Thank you for supporting our community in our effort to raise expectations. Character counts!

Washington Elementary (K-5)

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



Jacqueline O'Sullivan Principal

Dual Immersion

Washington School is proud to report that its new dual immersion program, called the Washington Language Academy (WLA), is underway and doing well, with 58 kindergarten students and two

Each year the program will add a new grade level until it reaches the fifth grade. It is open to all students who attend the Redondo Beach Unified School District.

Teachers Mrs. Irma Vasquez and Ms. Alicia Sabanero use a Two-Way Immersion model (TWI) to provide the traditional core curriculum through instruction in both Spanish and English. There

An Example of

The Washington

Language Academy utilizes

a 90/10 model of instruction.

This is the approach to a

dual language classroom

which has demonstrated the highest level of

academic achievement

in both native Spanish

speakers and English

speakers alike.

a graduated 90-10

approach, whereby the

majority of instruction

in Spanish in the kinder-

garten and first grade,

with the ratio gradually

tapering to 50 percent

English and Spanish in

Our dual immersion program is just another

example of the "excellence"

that Washington School can

For more information about

provide for its students.

dual immersion, and the 2013/2014 school year,

please check the Washington Elementary School home page.

grades four and five.

and linguistic development

The model refers to the

proportion of time that our

teachers utilize Spanish vs.

English as their language of instruction. WLA will utilize

(90 percent) will take place

Excellence

are a range of opportunities for creative expression and experiential learning. Dual immersion students will have the same opportunities as every other student at Washington Elementary too, such as hands-on art, hands-on science, LiveWell Kids (nutrition, gardening and physical education), field trips and community events.

Considered the most effective model of dual language education, TWI brings native Spanish speakers and non-speakers together with the goal of achieving academic excellence while also becoming bilingual and biliterate. Students can acquire knowledge and skills in core content areas through instruction in both languages, with the added benefit of learning a second language at a young age.



Mrs. Vazquez's helps Elijah with a painting



Mrs. Sabanero singing with her students.

Redondo Beach Educational Foundation

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



Be a Success Stakeholder!



Brad Serkin President

Welcome back! We hope that all of the students, teachers, staff and administrators of our wonderful district had a happy and healthy summer. The Redondo Beach Educational Foundation (RBEF) is very pleased to have been able to continue to help the district in bridging the gap for programs, technology and other needs across the elementary, middle and high school levels. We are looking at a very challenging budgetary year, so we appreciate your continued support. You can always find information on our website. As a reminder, we are a volunteer organization and welcome any time you can give, even if only a few hours a month.

We are continuing our teacher grant program for the coming year, which put dollars directly back into your children's classroom to help support our wonderful teachers in bringing new and innovated programs to their students. Encourage your teachers to apply at our website.

We are also pleased to announce our support along with that of Beach Cities Health District to ensure that our elementary counselors are able to return for this coming year to our campuses! Additionally, we are further renewing our continued support for another year of our elementary science teachers for 2012-13, Family Science Nights at the elementary level, and music programs for the elementary-level students. We are also increasing our laptop-loaner program from our

As a reminder, we are a volunteer organization... We want to thank all of you who have contributed or volunteered to RBEF to better your children's education, and we appreciate your continued support. Please tell a friend about us, and let us keep the momentum going! RBEF has made a difference and will continue to make a difference with the support of our outstanding community!

current 80 laptops to 160 laptops for this coming year for the middle and high school. We will continue our college-going consultant at the high school level. New this year is our funding of the College-Going Parent Education program to allow parents to better understand what college will cost and its options. We are also funding a program to allow our seventh-grade students to visit college campuses to allow them to get excited about what the future holds. For our 11th-graders, we are funding to allow *all* students to take the PSAT test for the coming year.

A Safe Place to Be Themselves

Also, as we have in the past, we continue to support the Safe School Ambassador program. The RBEF and the PTA have partnered once again to bring the Safe School Ambassador Program to our district. Safe School Ambassadors is a nationwide program that harnesses student power to stop bullying and violence at our schools. Safe School Ambassadors will be at every school in our district, including elementary, middle and high schools. By reducing bullying, violence and social mistreatment on campus, grades and attendance rates improve, as well as student morale. Please ask your principals about the program; they have already seen much success at the campuses.

This is a detailed but not comprehensive list of all that we do for the children of RBUSD! Please visit us at our website for a list of upcoming events and ways

Our inaugural art auction will be held in October! More information will be coming via e-mail and will be available on our website.

We want to thank all of you who have contributed or volunteered to RBEF to better your children's education, and we appreciate your continued support. Please tell a friend about us, and let us keep the momentum going! RBEF has made a difference and will continue to make a difference with the support of our outstanding community!



This section features enrichment opportunities for children to find their passion!







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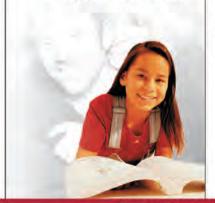
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Super Bunny and Giant Cat Bear and Charlie

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The Adventures of Super Bunny and Giant Cat Bear and Charlie is an action packed kids book with a lot of humor. heart, and wonderful artwork. Parents and kids will love these vibrant and silly characters, and will laugh at their charming attempts to reach the moon. It's a book about friendship and big dreams, and is perfect for beginning graphic novel readers!



Kevin and Patrick, the author and illustrating team of this exciting book, will embark on their own adventure this fall to bring these exciting characters to a school near you! They will also share a whole new book with the adventursome trio entitled, How to Catch a Cloud. All books by Treehouse Bandits are available on Amazon.com. If you'd like Kevin and Patrick to visit your school and share their inspiring stories please e-mail annie@paperfarms.com. You can read more about this book and it's creators at www.treeshousebandits.com.

Books are available online and in your local bookstore, library, and children's retail shops. www.treehousebandits.com

FRAM 7th Annual **6v6 Holiday Tournament**

Registration deadline is November 18th!



Boys & Girls U7 & U8 age group Saturday, December 1st 2012

Boys & Girls U9 & U10 age group Saturday, December 8th 2012

No AYSO permission required Insurance coverage provided by the Tournament.

FRAM Coaches will be forming teams of individual players not a part of any team

COST: \$150 per team



REGISTER & PAY EARLY SPACE IS LIMITED

Teams will not be considered for acceptance until payment is received

To Register your team or get your child placed on a tournament team visit:

www.framsoccer.com/6v6tournament

For additional information www.framsoccer.com or contact the Tournament Staff at tournament@framsoccer.com Phone: (310) 606-2109 • Ext 5











Nutrition Update

Fun With Food-Roll Your Own



would run to the local corner tacos shop for their fix, I go to the local supermarket with a grocery list in hand. Buying your own ingredients for a healthier delicious Mexican meal is less expensive and puts you in control. My favorite is a burrito.

I was jonesing for Mexican food the other day and while most

Let's Take This Step by Step

Tortilla: Whole wheat or flour. Nutritionally speaking there is not much difference so find one you like. Size is more important \dots no need to buy bigger than a 12 inch unless you plan on one burrito

as big as you head that can feed a family of four. Most 12 inch burritos have about 300 calories and serve as a nice vehicle for your favorite fillings.

Fillings: ground or shredded beef, carne asada, chicken, carnitas...all are good but keep portions small, one to two ounces per person. Better yet...make a veggie burrito. Beans: refried (no added fat), or whole pinto or black beans work well. One half cup makes a good base. Spread heated beans around on your warmed tortilla. Rice: I see no place for rice in a burrito... pass.

Veggies: chopped or shredded lettuce (preferably the darker varieties), chopped tomatoes, sliced black olives, actually any veggie you like!

Cheese: There is so much going on in my burrito that I usually skip the cheese, but if you must have, sprinkle 1/2 ounce of your favorite on top of heated beans.

Salsa: There are many fine salsas on the market but you can make your own simply. See recipe below. Know that salsa is fat free and full of vitamin C, carotenoids and fiber. Extras: I enjoy a dollop of nonfat plain yogurt to add extra tang and calcium to my masterpiece.

Pièce de résistance—the guacamole: my husband and I went on a cruise a few years ago and one of the tours in Puerto Valltarta was a cooking class that included how to make a killer guacamole. And while others on the cruise laughed at our tour choice, we use no other recipe.

When nothing else but a Mexican dish will do, take the time to make it special and make it at home. By the way, if you want to leave out the tortilla these ingredients make a bomb salad.

Salsa

2 Roma tomato, chopped

1 white onion, chopped

1 garlic clove, chopped

1 jalapeno, seeded and chopped

1 tablespoon cilantro, chopped

Juice of 1 lime

Mix well, chill to marry ingredients. 1 tablespoon cilantro, chopped

Guacamole, 1 medium avocado, peeled and mashed

1/2 Roma tomato, chopped

Juice from 1/2 lime

1/2 Serrano chili pepper, seeded & diced

1/4 medium white onion,

salt and pepper to taste

1 tablespoon cilantro, chopped Mix well, chill to marry flavors. Serve.

Carol Berg Sloan, RD is a nutrition therapist in Long Beach. She can be reached at cbsrd@verizon.net.

On The Run

Stress Fractures



Dr. Doug Richie

Sometimes, a dull aching pain on the top of the foot may represent the beginning of a serious injury. Stress fractures in the bones of the feet can occur in runners of all ages and sometimes lead to long term disability. These injuries seem to be on the rise with the popularity of barefoot running and "minimalist" shoes.

The bones of the feet are subjected to tremendous bending forces during running and somehow seem to adapt and perform miraculously despite the punishment they receive. Sometimes, however, the applied stress exceeds the capacity of the bones to strengthen and adapt. This will occur when a runner suddenly

increases the length or intensity of their training sessions. The sudden increased stress will cause the bone to crack or fracture.

Stress fractures in the feet do not always begin with extreme pain. Many runners will unknowingly continue running with a fracture assuming that the dull ache they feel will soon go away. The metatarsal bones across the ball of the foot are the most common location of stress fractures in the feet. The pain is almost always felt across the top of the foot.

Usually a stress fracture begins with a microscopic fracture which will not show on x-ray. It may take two weeks until the healing process of the fracture will finally be visible on the x-ray. Therefore, whenever there is a suspicion of a fracture, rest is always the best advice. Once diagnosed, most stress fractures heal with immobilization in a special boot. However, the runner will usually miss at least 4 to 6 weeks of training. Prevention, through better training techniques is the best remedy for stress fractures of the feet.

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



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(November 1, 2012) \$25 Second Sibling

School Talk



Dr. Shari Sweetnam

Dear Dr. Share

My son and daughter both just started school. I know it is a significant time, and I want to know what I can do as a parent to help them. My son (who is older) talks a lot about his day, but my daughter is much more reserved and just listens to her brother talk about his experiences. I am afraid that we are missing something by allowing our son to do all of the talking, but I don't want to discourage my son from sharing. If I tell him to stop talking so we can listen to his sister, he clams up and says nothing more out of embarrassment. What do we do so our daughter will open up more?

—Gillian G., California



Dear Gillian,

The newness of the school year ushers in a great deal of excitement, a myriad of emotions, and can leave children feeling a great deal of stress. Committing uninterrupted time to discussing their day is the first step to helping them have a great experience in school. It seems as though you are doing a great job to this end!

Discussion Topics

After allowing your children to tell you about their day (your son to tell his stories), have a few questions of your own! Let your children know that you are very interested in hearing about certain aspects of their day. Explain that you want to hear from both of them about each topic you mention and help them engage in the conversation together about how different or similar their experiences are. Here are some topics to get the ball rolling:

- **Favorites and Fears:** What are your favorite things about the class, teacher or school. Is there anything that worries you?
- **Friendships:** Are there old friends in your class? Who have you met? Who would you like to get to know?
- **Feelings:** How do you feel about being back in school? What are you most looking forward to? Are there field trips or exciting lesson plans on the agenda?
- Strengths and Weaknesses: Do you have a favorite subject yet? Is there a subject that seems more challenging than others?

There may be topics that your daughter will not be as likely to expand upon in front of others, especially if she is more reticent about sharing her feelings in general. Make a point of gently approaching those topics during calmer times when you are alone with her. This will allow her to revisit topics that she has already broached, making the experience easier and more comfortable.

Congratulations on your commitment to be involved in this aspect of their lives—they will undoubtedly benefit!

Dr. Shari Sweetnam is the Founder of BRAINPOWER *The Ultimate Program for Schools*, Author, Motivational Speaker. Follow on Youtube and twitter: DrShariS, contact: info@doctorshari.com

Formula One Racing—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 is the word you email to: Kay@schoolnewsrollcall.com (Please put OUSD in the subject line)

Entries must be received by October 20, 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 Taylor Wallace, student, for this Word Search

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Mr. Diddie Wah Diddie, Randy Kaplan



Here's how to create a blues artist moniker: Pick an ailment, a fruit, and the last name of a president and presto! you've got a groove going. It worked for Blind Lemon Jefferson.

Whether it works for musical artist Randy Kaplan is for you to discover in this extraordinary project. Blues music fuses seamlessly with education, history, biography and very clever lyrics in tunes originated by seminal blues musicians legendary or nearly forgotten—Muddy Waters, Bessie Smith, Hambone Willie Newbern and over a dozen others, all adapted as tributes, with no loss of essence or infusion of cuteness. Songs about running away from

Kate Karp

home, a two-timing babysitter, and a neighborhood bully who doesn't quite get it are rendered in yodelin' blues, scattin' blues, slappin' blues—you always drop the g when you're talkin' blues—and a little ragtime. In between songs, enigmatic bluesman Lightnin' Bodkins—he got his name from his speed in making mittens and the extra bodkins he keeps the hair out of his eyes with—rasps out facts about the artists and the social conditions that had them singing the blues. He also persists in suggesting names for a reluctant Randy Kaplan, apparently the only person alive who knows of Mr. Bodkins. Hmmmm....

The 20-page booklet accompanying the CD broadens the history and bios. Teacher lesson plans are available for free download at www.randykaplan.com.

Mr. Diddie Wah Diddie is one of the most remarkable children's music collections I've encountered. If you have to have the back-to-school blues, these are the best kind.

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



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Keeping Your Kids Safe During Halloween!



Jodie Lvnn

Parents are always concerned with issues that can crop up on the eve of Halloween. From toddlers to teens, something always seems to go astray. Here's a few safety tips that might ease a parents' mind.

There are few holidays that conjure up as much excitement in kids as Halloween. Along with it comes great anticipation of trick-or-treat activities...more treats than tricks!

Needless to say, there are some real threats to the safety of our kids during this high profiled experience. To make this vastly projected event run smoothly and to keep everyone safe, here

are a few tips that parents need to consider and talk about beforehand with their kids.

Have your children dressed in aged appropriate costumes. Make it large enough to wear one layer of normal clothing underneath for warmth, but if it's too big or long, they can easily trip and hurt themselves. Make sure all materials are fire-retardant.

Be sure that it has a retro reflective strip placed between the shoulders and knees to alert drivers on the street and other kids, especially large groups. Should the costume not have these types of panels woven into the material, retro reflective tape can be bought just for this purpose.

No running. Tell your children there will be no running allowed. Falling down is one of the number one injuries of children during trick-or-treating. Have them stay on sidewalks and/or walk facing traffic if there are none.

Do not allow them to cross yards. Even though many people keep their lights on during the evening, most of the time, they do not shine over the entire yard. There could be something in the yard that could trip or hurt your child. In fact, sometimes, there are holes or low points in the lawn that cannot be avoided.

Stay with children under the age of 12. If your child is younger than 12, stay with them. If you are allowing them to go with another adult other than yourself,

be sure that your child knows the name of that person and vice versa. It's always a good idea to have the name of your child, address and phone number written on a piece of paper and tucked away in a pocket or pinned to their costume on the inside of the waist. Remember, when a child is excited, frightened or hurt, they forget facts. Tell them what the piece of paper is, what it says, why it is there and when to use it.

Monitor toddlers and young children for putting things in their mouth. Keep an eye on toddlers and young children as they try to begin eating their candy right away. As a rule of thumb, it is best for none of the kids to eat any treat until someone has gone through it. However, with little ones, they will instantly put goodies into their mouths, wrapper and all, possibly provoking a choking hazard.

Establish a safe route and return time. Draw up a simple map of your neighborhood and mark-approved houses with a red marker. These should be people that you know and trust. Give them a time of when to return home and have a "no room for discussion" rule.

Use face paint instead of masks. Face paint is now preferred by most safety agencies as the safest way to dress up the face for Halloween. Be sure the paint meets the Federal Standards of Cosmetics in order to prevent possible rashes or use a homemade recipe where you know which ingredients have been used. If you do go with a mask, be sure that the holes for the eyes, mouth and nose are open enough to avoid safety challenges in seeing, talking and breathing.

It's a special night so monitor your children closely by supervising the younger ones or as a sidewalk supervisor by "hanging out" with the older ones from a distance. Stay safe and have fun.

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

HALLOWEEN 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 is the word you email to: Kay@schoolnewsrollcall.com (Please put RBUSD in the subject line)

Entries must be received by October 20, 2012 From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

Thank you **Brecken Runquist** for this Word Search Contest

BLACK CAT GHOST SPIDER WEB **GHOUL CANDY** SWAMP CREATURE **CARVE GOBLIN** TRICK OR TREAT **GRAVE CEMETERY VAMPIRE COSTUME WEREWOLF** HAUNTED HOUSE **DECORATIONS** JACK O LANTERN WITCH **ZOMBIE FRANKENSTEIN** MUMMY **FRIGHTFUL** SKELETON

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RBUSD Student Services / Special Education

Student Services:1401 Inglewood Ave., Redondo Beach, CA 90278 • 310/937-1231 Special Education:1107 Vincent St, Redondo Beach, CA 90277 • 310/798-8683 ext. 1301 www.rbusd.org/specialeducation/

Learning to Work Together



Frank DeSena Asst. Superintendent Student Services



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

By Aaron Benton

After eight years as a Special Education director, I still continue to learn and grow. Special Education is a tough line of work. It can be emotionally charged, and the stakes are high. The Individualized Education Program (IEP) process itself requires stamina, and disagreements sometimes arise about what is appropriate for students. But, through this process, I've gleaned some valuable truths. First, in spite of the added stresses of the job, most special educators are highly committed individuals who experience higher levels of job satisfaction and personal

reward because of the nature of their work, many seeing their work as a calling.

Secondly, the interests of students, parents, and the district are one in the same. If students do not succeed or make progress toward the goals and objectives as outlined, the district is not doing its job. Third, in the world of Special Education, perfection is virtually impossible. We have great staff and great providers, but we are all human, and we all have our moments. Our goal is always to learn from and not repeat our mistakes, so that we can move forward. Finally, because IEP work is carried out in teams, communication between team members—from parents to general education teachers—is all-important. Every team member must feel heard, and be treated with respect.

This school year, the Redondo Beach Unified School District Special Education Department will be undergoing a state-level self-review. It is everyone's responsibility to focus this year on areas for growth within the department and to provide honest feedback so we can improve. And, because the Southwest Special Education Local Plan Area (SELPA) understands the importance of open communication, SELPA employs a neutral Alternate Dispute Resolution Coordinator, Mr. Marc Purchin, to assist in mediating disagreements with district staff. Feel free to contact Marc at (310) 944-3217 if you have such a need.

Have a great year!

RBUSD Alternative Education

1000 Del Amo St, Redondo Beach, CA 90277 • **310/798-8690** • https://rshs-rbusd-ca.schoolloop.com

Our Success Begins Today!



Dr. Erin Simon Principal

Welcome back to the 2012-13 academic year! Although students will enroll in the Alternative Education program for myriad reasons—attendance issues, credit deficiencies, inconsistent work habits or personal reasons—my greatest initiative has been to provide instructional leadership that will facilitate a positive school environment within all school sites. Ultimately, the aforementioned will provide different options to learning to meet the needs of all students to the best of our ability. Our educational program strives to be academically rigorous, engage each student by linking the curriculum to previous knowledge and experience, and be riveting enough to promote and encourage further exploration of new ideas.

Parents, teachers, support staff and administration all play

important roles in inciting our children to become active learners. It is my sincere desire to provide progressive and greater opportunities for our students to acquire the necessary skills to become productive citizens in a vastly changing society. To this end, consistent with the Alternative Education mission, we must take pride in providing opportunities for student success.

We implore you to visit our improved website, which reveals our revamped attendance policy, new courses, dress-code policy and discipline plan, and conveys pertinent information that pertains to Alternative Education.

The Alternative Education motto is "Our students' success begins today!" We look forward to another great year at Redondo Shores, Redondo Beach Learning Academy and Independent Study, and to working with each student and his or her family.

RBUSD Instructional Services

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

Opening the Doors to College to All



Dr. Annette Alpern Asst. Superintendent Instructional Services

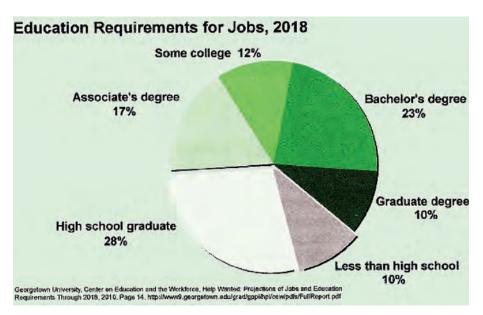
By Phyllis Hart, College-Going Culture Consultant

Shouldn't all students go to college? Not necessarily. But all students should be given the opportunity to make that choice at the end of their high school careers. Redondo Beach Unified School District (RBUSD) is committed to creating a K-12 collegegoing culture that opens the doors for all students to have a life of options, not one of limitations.

The statistics can be a wake-up call. As the chart below illustrates, more than half of all new jobs by the end of this decade will require a postsecondary certificate or degree.

The economic health of our community is also dependent on an educated population. The best jobs and fastest-growing

firms, whether in biosciences, technology, manufacturing, trade or entertainment, will gravitate to communities, regions and states with a highly qualified workforce.



RBUSD leaders are committed to strengthening a college-going culture so that all students and families will know the academic preparation required as well as the financial aid and scholarships available to make great postsecondary

Administrators, counselors and teachers are working together with staff and the larger community to make a college-going culture a reality in every classroom and every school. We are measuring the results and are confident that the data will demonstrate that our goal of reaching all students will be realized.





The 'Other Day'...



Theresa Van Dusen Director

Child development funding started during War II. There was an enormous demand for women's labor in the war industries; with men being gone, someone had to do the work. So the federal funding for child care was established to ensure the ability of mothers to work and children to have a safe place to go. At the end of the war, federal funding stopped, but California was one of the few states that continued funding programs.

On January 22, 1969, the Redondo Beach City School District opened our first center, the sixth in the South Bay. It was located at the South Bay Community Church of the Brethren on 190th Street. Children who attended the school-age program had to be

transported to and from the facility.

REDONDO BEACH

SCHOOL REPORTER

Vol. 18 - No. 2 Official Publication, Redondo Beach City School District

February, 1969



Redondo Beach Children's Center Teachers Plan Program

On opening day, there were eight students and a total enrollment of 40. Within one year, the enrollment grew to 120, with 30 on the waiting list. So in September 1970, we opened our second location at Lincoln. The third center we opened was Tulita to support the south side of town, and the summer program was held at Franklin.

When the program began, it was 100 percent subsidized by state funds, but we expanded over time to offer a fee-based program to include other families in need of care. By 2007, the program had expanded to four preschools and school-age programs at all eight elementary schools. In 2008, we opened our first Zone at Adams Middle School. Parras Zone followed the next year. Last year, we expanded by one school-age classroom at all eight elementary schools, bringing our enrollment to 1,163. This fall, we are expanding by one preschool room at Lincoln and adding four school-age classes at other sites, bringing our enrollment up to 1,355.

For more than 43 years, we have been serving our families, and we look forward to doing so for at least 43 more.

Board of Education • From Page 1



Laura Emdee Vice-President

With increased technology demands, we also need a strong foundation. Our network, data connections, servers, and other equipment need to be upgraded. We must invest in this less glamorous infrastructure that few notice. With a strong foundation, we can utilize technology better and more effectively, no matter what the future brings.

Investing in technology is not about devices; we are talking about a balanced approach to education. Imagine a classroom where a teacher knows instantly who is learning a concept and who is not. Imagine students having the option to review what was discussed in the classroom while they are doing their homework in

the evening. Imagine students turning in their assignments electronically in a format the teacher can easily grade; no more lost papers in the backpack abyss. The possibilities are endless.

An interactive classroom is essential to teach the 21st-century student. There is an old Chinese proverb that says, "Tell me and I'll forget; show me and I may remember; involve me and I'll understand." Perhaps all of us would have benefited from interactive chalk boards or real-time feedback.



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Redondo Beach

Unified School District

Board of Education

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Laura Emdee Vice-President



Todd Loewenstein *Member*

Daniella Ruotolo, Student Member

Board of Education Regular Meeting Schedule

2012

October 2 October 23 November 13

November 27 December 11*

* Due to holiday schedule, only one Board meeting in December.

January 8 April 9
January 22 April 23
February 12 May 14
February 26 May 28
March 12 June 11
March 26 June 25

*April 9 – Organizational Meeting

at Adams and Parras Middle Schools

Fun Activities • Hang with Friends • Homework Help

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Ext. 1312 or 1322

Please see our ad on page 2
for more information.

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



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

Take Advantage of Our Resources



Vivian Ibarra

Director

education.

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young. —Henry Ford

Have you ever thought "I want to learn how to...?" Well, the South Bay Adult School (the SBAS) may be the place for you!

For more than 90 years we have offered a wide variety of classes for adults of all ages. We have classes to help you learn a language, cook a meal, exercise your body or brain, paint a picture, buy a house or play an instrument. Adults who need to learn English or gain their high school diploma can also come to SBAS to further their

This fall we also started a new online learning program, with over 200 classes. We have everything from SAT test preparation to digital scrapbooking and travel

Try Our Favorites

Some of our most popular classes are in parent education. Here families with children from birth to age five can sign up for parent-child programs. We offer these classes during the day, and at night for working parents. The adults make lifelong friends and the children can get a great preschool experience.



Music in the park is fun for children and parents alike.

So come learn, enjoy yourself, and meet new people. You can develop new talents or refine your skills. We invite you to take advantage of the wonderful resources that are available to you. Discover why so many people take classes at SBAS each term. Our teachers are exceptional, our classes are interesting, and our prices are affordable!

Registration for any old favorite or new addition is easy. Just log onto www.southbayadult.org and sign up. Or like us on Facebook to receive early updates and special offers. The winter term starts on January 7, 2013.



The South Bay Adult School newly renovated campus is now open.

Walking School Bus







Lauren Nakano BCHD Vitality Principal / City Program Vitality City Liaison Manager

The world's longest-lived people are either born into or choose to create social circles that support healthy behaviors. Ikarians in Greece enjoy tightknit communities that socialize frequently, while Okinawans in Japan build "moai" groups of five friends that commit to each other for life.

What better way to support healthy behaviors and engage with old and new friends in our community than by walking to school? Have your family participate in the Walking School Bus program at your elementary school and take steps toward a healthier life.

Schools will be launching their Walking School Buses the first week in October and participating in the International Walk to School day October 3. Walking is fun, promotes healthier habits and a safe and cleaner environment. Encourage your family to get in the healthy habit of walking or riding bikes to school today!



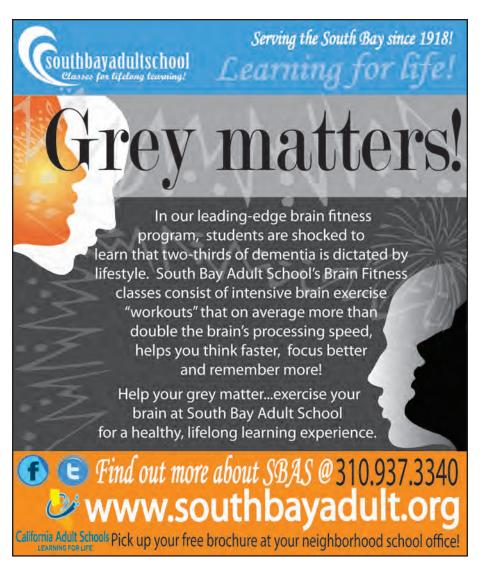
Beryl students walking to school.

For more information contact your school's Walking School Bus Coordinator or visit www.bluezonesproject.com

Lincoln Elementary - Heidi Powell wsblincoln@gmail.com

Beryl Heights - Rebecca Moore akmo7@hotmail.com

Birney Elementary - Lori Beauchamp usbeauchamp@yahoo.com





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