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School News

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Covering the Redondo Beach Unified School District

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OCTOBER 2013

SUPERINTENDENT



Dr. Steven Keller

Physical fitness, like learning, should be life-long. We begin teaching students reading, writing, and math skills at an early age; why not make physical fitness a part of that fundamental knowledge base?

Health is not impacted by a large, holiday meal or a lazy Saturday afternoon; it is a total cumulative effort of positive life practices. Schools play a large role in modeling this healthy lifestyle, and at RBUSD, we are committed to assisting children make the correct choices about their wellbeing. Our teachers and support staff are dedicated to meeting California State Standards for Physical Fitness and creating fresh perspectives on total welfare. Standardized tests administered to measure total health in schools include: Aerobic Capacity, Body Composition, Abdominal Strength and Endurance, Trunk Extensor Strength and Flexibility, Upper Body Strength and Endurance, and Overall Flexibility. One hundred percent of RBUSD students were tested from grades five, seven, and nine, equating to 1909 participants in all six test subsets. In last year's California Physical Fitness Test, ninety percent of students passed at least four of six state assessments aimed to measure children's health. This is indeed indicative of RBUSD's commitment to the "whole" child.

See SUPERINTENDENT • Page 9

Board of Education Regular Meeting Schedule 2013

Oct. 8	Nov. 12*
Oct. 22	Dec. 10*

* Due to holiday schedule, only one Board meeting in Dec. and Nov.

R-U Involved?



Sammy & Sally Sea Hawk encourage students to participate in at least one club at Redondo Union High School.

BOARD OF EDUCATION



Brad Serkin
Vice President

Welcome back! We hope that all of the students, teachers, staff and administrators of our wonderful district had a Happy and Healthy summer. As we move forward into this new school year, we are looking at a somewhat brighter horizon for our district. State funding restoration for our schools has helped us to get rid of our furlough days for this year as well as provide greater support to our teachers, staff and administrators. With the passage of Measure Q in our community (THANK YOU), we look forward to continued technological upgrades at all our campuses.

You will soon see our Solar project come to fruition at all of our campuses allowing our district to save hundreds of thousands per year on our energy costs and allowing us to be a greener community! We should all be very proud of our beautiful campuses and I believe the best from our district is yet to come. Although we are still facing some headwinds, they are noticeably decreased!

A huge THANK YOU to all of our staff for all of your HARD working and leadership and for doing whatever it takes to make our school district the BEST that we can be and for their tremendous support over these past few years. The district is only as good as its staff and I believe we have one of the best group of teachers, staff and administrators around. To our parents, your time and efforts to ensure your child's success has not gone unnoticed and we THANK YOU for your time and support.

I am proud to be a parent in this district and look forward to amazing things to come! Please volunteer and help support your PTA's, donate to RBEF and volunteering in your child's classroom or at their sporting or community events, etc. As busy as all of our lives are, a few hours really does make a difference for both your children and the community at large. Wishing everyone a Wonderful Year and thank you for supporting this outstanding community!

Read. Compete. Win.



Tulita Elementary third graders checking out a few books from the Battle of the Books list. (please see page 9)

Inside: Schools pages 5–9 • RB Educational Foundation page 2 • Beach Cities Health District, Blue Zones Project page 3 • RB Council PTA page 5
Miller Children's Hospital LB page 4 • RBUSD Child Development, RBUSD Alternative Education page 14, South Bay Adult School page 15

Making Big Waves



Ted Craddock
President

The Redondo Beach Educational Foundation is making big waves at all the RBUSD schools this year. RBEF is proud to be funding staff and programs to support college readiness, music, science, athletics, and social-emotional health.

RBEF is funding teacher positions for lab science, band, and vocal music at the elementary levels. We are also supplementing district resources and other grants to fund counselors.

Additionally, RBEF is funding the following programs:

- Teacher grants for innovative approaches to promote college readiness
- College field trips for elementary, middle school, and high school students
- Early participation college aptitude tests
- College readiness parent education
- Family Science Nights for all elementary schools and middle schools
- Middle school intramural sports
- Middle school vocal music enrichment programs
- Peaceful Playgrounds at the elementary schools
- Music Center Artists in Residency programs for the elementary schools

To help RBEF make more waves at your school, please register to join your school team at the Skechers Friendship Walk on Sunday, October 27th. The funds raised go directly back to the schools for site-based needs. Last year RBEF earned \$45,000 at the Friendship Walk. Those funds helped renovate a school library, funded an after school intervention program, paid for teachers to attend summer workshops, supported the RUHS Friendship Circle, and much more. Go to www.skechersfriendshipwalk.com to register today. Remember to join your school team and select RBEF to benefit from your donation. See you at the beach to make more RBEF waves on October 27th!



Kay Coop
Founder/Publisher



School is well underway and students have settled into their routine. Dr. Keller sets a positive example for a healthy lifestyle which benefits the students, staff, parents and community as a whole.

With Fall upon us holidays are right around the corner and that often means food choices normally not part of our daily menu. Superintendent Dr. Keller's message is timely to remind all of us the need to make good decisions on a daily basis including physical fitness and nutrition.

Happy Halloween!

School News

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Covering the
**REDONDO BEACH UNIFIED
SCHOOL DISTRICT**

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Blue Zones Project

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

BlueZaPalooza



Jens Brandt
RUHS Assistant
Principal/
Blue Zones
Project Liaison



Lauren Nakano
Director
Blue Zones Project

Blue Zones Project™, presented by Beach Cities Health District, is hosting the first ever “BlueZaPalooza” on Saturday, October 12 at the Hermosa Beach Community Center. Stop by between 2pm-6pm and visit our LiveWell Expo or RSVP at www.bzp.eventbrite.com for our inspiring, TEDx-style Speakers Series from 2pm-4pm. The Expo will include:

- Free arts and crafts for kids!
- Free class demos from AdventurePlex and inflatable fun!
- Free healthy samples from local Blue Zones Restaurants!

BlueZaPalooza isn't just for kids. As a parent, come learn about healthy opportunities to get involved at your school and in your community. The Speakers Series will include dynamic individuals such as Dan Buettner, Founder and Chief Executive Officer of Blue Zones, LLC and the New York Times best-selling author of “The Blue Zones: Lessons for Living Longer from the People Who’ve Lived the Longest,” and Dan Burden, Co-Founder of the Walkable and Livable Communities Institute, named by TIME magazine as “one of the six most important civic innovators in the world.”

Ultimately, BlueZaPalooza is a celebration of how far we’ve come as a community in improving well-being in our schools, restaurants, grocery stores, businesses, at the city policy level and with individuals. Three years ago, Beach Cities Health District successfully competed against 55 other cities nationwide to pilot Blue Zones Project™ in Hermosa Beach, Manhattan Beach and Redondo Beach. This innovative, grassroots initiative is focused on helping people live longer, better. By making small but evidence-based changes to all the places we live, work and play, healthy choices become easy choices. Learn more at bchd.org/bzp.

Beach Cities Health District

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

Shoo the Flu



Dr. Lisa Santora
Chief Medical Officer

The school year has started and that means the seasonal flu is around the corner. Flu is a contagious, preventable respiratory illness caused by influenza viruses. It spreads from person-to-person and can cause mild to severe illness, and in some cases, death. And since children spend most of their time indoors at school and in close contact with other children, they are at an increased risk of catching the virus.

As a mother, half of my conversations with the “spirited one” (my three-year-old son) revolve around hygiene. “Wash your hands.” “Take your fingers out of your mouth.” “Cough or sneeze into your elbow.” “Don’t touch your sister.” But, a millionth of a meter-sized flu

particle is stronger and smarter than my son and me. The flu has been known to infect humans for thousands of years, and we’re not even close to eradicating this virus.

That said, we can avoid catching it.

While many of us have healthy immune systems and can fight the flu virus without “getting sick,” we all can become carriers of the flu. When you’re a carrier, you can transmit the infection (even when you’re not “sick”) to at-risk populations, including infants, children, individuals with chronic diseases and older adults.

Vaccination is the single best way to prevent becoming a carrier or contracting the flu. The Centers for Disease Control and Prevention now recommends universal vaccinations for everyone six months and older (unless contraindicated), and I encourage you to consider the benefits of vaccination for the seasonal flu.

Remember an ounce of prevention is worth more than a pound of gold:

- Get yourself and your children vaccinated.
- Wash your hands regularly.
- Teach your children to sneeze and cough into their elbow.
- Teach your children not to touch their eyes, face or nose. Fun (bizarre?) fact: Humans touch their faces more than monkeys.
- Avoid close contact with sick people.
- Keep your children home from school when they are sick.
- If you or your children are sick, limit your contact with others.

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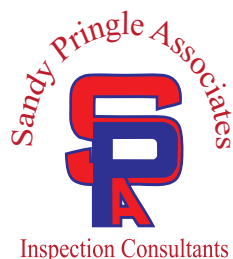


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Keep Halloween Spooky, But Safe



Divya Joshi, MD
Chief Medical
Officer

The chance to dress up in costume, run around the neighborhood after dark and stock up on sweets, makes Halloween the highlight of the year for many kids — from toddlers to teens. However, roughly four times as many children aged 5-14 are killed while walking on Halloween evening compared with other evenings of the year, and falls are a leading cause of injuries among children on Halloween.

Make this year's Halloween trick-free and safe for your entire family.

Trick-or-Treating Tips

- Accompany young children (under age 10) on their trick-or-treating rounds.
- Ensure that your child knows their home phone number, the cell phone numbers of parents and any other trusted adult who's supervising and how to call 911 in case they get separated from the group.
- Give your kids flashlights with new batteries to help them see where they are going to prevent falls and help them be seen by vehicles.
- Have them wear reflective sneakers or other reflective items to make them visible to traffic.
- Limit trick-or-treating to your neighborhood and the homes of people you and your children know.
- Trick or Treat on well lit streets.
- When your kids get home, check all treats to make sure they're safely sealed and there are no signs of tampering, such as small pinholes, loose or torn packages, and packages that appear to have been taped or glued back together. Throw out loose candy, spoiled items and any homemade treats that haven't been made by someone you know.



- Don't allow young children to trick or treat while eating hard candy or gum, it could cause choking.
- For older kids who are trick-or-treating on their own, make sure you approve of the route they'll be taking and know when they'll be coming home. Also be sure that they follow the same Halloween Safety tips you taught them when they were younger:
 - go in a group and stay together
 - only go to houses with porch lights on and walk on sidewalks on lit streets (never walk through alleys or across lawns)
 - know to never go into strangers' homes or cars
 - cross the street at crosswalks and never assume that vehicles will stop
 - carry a cell phone, if possible
- Oh, and use the opportunity for a teaching moment on moderation in eating candy!...(Without spoiling the fun.)

These tips can help your family have a spooktacular and safe Halloween.



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Olivia was born at only 28 weeks, not even 3 pounds, and was immediately rushed to the Neonatal Intensive Care Unit at Miller Children's – where she would be under the same roof as her recovering mother. Olivia needed to be put on a respirator and she was born with a hole in her heart. To her parents' relief she was in our level III NICU with access to the most advanced neonatal care in the state. After 2 months, Olivia was home. Today she dances the day away without a care in the world. *From tip-top head to itty bitty toes, Miller Children's is the leader in getting kids better.*

Follow the leader to Miller Children's.

MillerChildrens.org/NICU

800-MEMORIAL

Olivia, 2 days old in NICU, weighed only 2 lbs, 11 ozs



Our specialty:
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Olivia's specialty:
Princess Ballerina

Olivia, 3-years-old, preemie



Redondo Beach Council PTA

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

Red Ribbon Week

Lisa Christensen, *President*

Red Ribbon Week (RRW) is the nation's largest drug awareness and prevention campaign, involving 80 million people each year. For over 25 years, PTA has partnered with the schools in helping promote and organize RRW activities to take a stand against illicit drug use in our communities and make a commitment to healthy living.

The purpose of Red Ribbon Week is to present a unified, positive and visible commitment toward a safe and drug free America. PTA is committed to arming parents, caregivers, and educators with the latest drug and healthy living information so that, in turn, they may guide students as they grow – from kindergarten, all the way through high school – through the multiple hazards of drugs, alcohol, tobacco and other substances that can rob our kids of their health, education and future.

Please take a moment to have an honest, age appropriate, conversation with your child about the dangers of drugs. Support your local school in the Red Ribbon Week activities planned during the week of October 23-31. RBUSD is providing each student with a Red Ribbon as their commitment to stay drug free. Encourage your student to wear their Red Ribbon with pride!

Beryl Heights *Elementary (K-5)*

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



Karen Mohr
Principal

Change Is Good

The Common Core State Standards have been adopted in California, and our staff is participating in staff development this year to prepare for the implementation of these rigorous standards in the 2014-2015 school year. Teachers are preparing their students to build meaningful connections and use collaboration and experimentation to solve real-world problems. Technology will be a big part of teaching and assessing our students. The Beryl Elementary School staff is ready for the challenge!

Did you know that our school will be building four new classrooms this year? Because of our increase in enrollment, we have been using portable buildings on our school grounds. However, thanks to our bond measures, we will build new classrooms to accommodate our students, along with restrooms on our playground. This will be a great relief for our students and staff, particularly since our facilities will be much more accessible to them throughout the day.

Thanks to the passage of Measure Q all district schools will be going solar. Beryl's solar panels will be located on the back of the grass fields, and the panels will be elevated so views will not be obstructed and students will be able to continue using the grass field. The panels will provide a shaded area and will present wonderful opportunities for our students to learn about conserving energy and the impact of the sun.

We want to thank the Redondo Beach community for all of their support and for helping our students thrive in this ever-changing world.

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Birney *Elementary (K-5)*

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



Lisa Johnson
Principal

Get Involved

There is a direct correlation between parent involvement and student success. When schools and families work closely together to support learning, children tend to perform better in school, have a positive outlook on education, graduate from high school at a higher rate, and go on to higher education.

One way to play an active role in your child's education is to establish effective modes of communication with the school. In this era of technology, a great deal of information can be gleaned from school Web sites and teachers' Web pages, including school policies, upcoming events, and information regarding the academic program. Additionally, many teachers provide information via the Internet regarding classroom expectations, homework assignments, class projects, and field trips. If direct communication is warranted, a sound suggestion is to begin by communicating with the person closest to your concern. For example, concerns regarding homework would best be answered by your child's teacher, whereas campus security might be directed to the principal.

Becoming a participant in school activities is another way parents can become more involved in their child's education. Attend parent conferences and school events, join the PTA, volunteer time in the classroom, and attend sports and extracurricular events.

It is equally important to have open and ongoing conversations with your child. Talk to your children about their day and let them know that you share in their accomplishments and are a source of comfort and assistance if something is troubling them. Most importantly, let them know that you believe in them and their potential to achieve great things.

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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

Middle school is an exciting time of growth and adventure, yet the transition can be a big adjustment for students and parents alike. Navigating a new campus and class schedule can be a complicated process. But research shows that if students have a positive experience in the first year of middle school, their opportunities for success will increase.

To assist students in this transition, Adams Middle School has recently implemented a student-led initiative called WEB. This stands for “Where Everybody Belongs.”

The WEB transition and enrichment program welcomes new students to Adams and helps make them feel more comfortable with the move. WEB empowers the older eighth-graders to become mentors and positive role models to their fellow students. These WEB leaders are trained to provide the guidance and support our newer students need to help make a positive connection with their peers and new school environment.



Adams-Where Everybody Belongs (WEB)!

This year, WEB leaders were hard at work during the first few weeks of school interacting with our new students during lunch. They revealed fun facts about our school, as well as engaged those new arrivals who might have otherwise been alone by themselves in the café or on campus.

Throughout the year, WEB leaders will help facilitate team-building activities and workshops on social and emotional growth, academic success, and problem solving, while also enhancing character development to help create a strong anti-bullying environment. We are excited to have WEB at Adams, and look forward to helping our new students on their journey through middle school.

Alta Vista *Elementary (K–5)*

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



Susan Wildes
Principal

Keeping Our Children Motivated

One of my favorite aspects of the beginning of the school year is the excitement and pure motivation exhibited by students, from rising at the break of dawn for the first day to the unwrapping of new supplies to racing home after school to complete those first homework assignments. As parents, however, we often see that motivation starts to diminish as the weeks go by, with homework becoming more of a struggle, the amount of battling required to get assignments completed increasing, and morning routines taking longer. All of this culminates in upset children and screaming adults. Here are some changes that you can make early in the year in order to help prevent your child's motivation from slipping:

Give frequent, early and positive feedback to your child when you catch him or her exhibiting the motivated behaviors that will serve him or her well during the school year. Praise your child for self-starting assignments, utilizing agendas and checking off work, making use of folders, and packing backpacks the night before school.

Praise your child when you perceive him or her exhibiting patience or persistence to work through a difficult task. Remember to praise the behavior and not just your child so as to increase the behavior's frequency.

As your child is working on homework, highlight how the assignment helps him or her as a learner so the value of work can be understood.

Set your child up for success by establishing clear and positive expectations. For example, create a poster for your child's room that outlines five positive steps for getting ready in the morning or completing homework. Include pictures capturing your child in the act of getting dressed, eating breakfast, brushing teeth, putting on shoes, etc.

Have your child set a goal for the number of such expectations he or she can meet for a week and then track and reward the progress. Create a morning or homework routine that is positive and meaningful to your child. Work together to make expectation posters, set goals, and negotiate rewards. As your child attains goals, praise the feeling that reaching goals and completing work gives him or her. For example, you can say, “It must feel great to be a student who works so hard to complete homework before dinner.”

‘Perfect’ Isn’t the Goal

Make rewards attainable. Perfection is hardly possible to achieve for anyone, even adults, so don't expect it from your child. Build in room for mistakes, for example, eight out of 10 correct. Rewards should also be realistic and not overly extravagant. Weekends at theme parks aren't sustainable, but family dance parties or a trip to the grocery store with Mom along are.

Allow your child to have some say in choosing what homework is completed first or the order in which he or she gets ready in the morning.

Unfortunately, there is no magic formula for motivating students, as not all students are motivated by the same values, needs or desires. However, establishing good, everyday routines and expectations and providing feedback in a positive manner will go a long way as opposed to waiting until morning routines or homework have become a battle.

Seek ‘n Find Contest!!

This smiling pumpkin is hidden in this publication. When you find it, email the **page number** to:

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



RBUSD readers love
contests!
Thank you for reading
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Your entry must be received by October 25, 2013
From the correct entries, we will draw a winner to receive a \$20 gift certificate redeemable at Barnes and Noble.

Jefferson *Elementary (K-6)*

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



Kara Heinrich
Principal

Mindfulness: Engage, Explore and Reflect

When educating the whole child, the MindUP program has been instrumental in engaging both the social-emotional and physiological aspects of the learning process. MindUP has the ability to modify the landscapes of our classrooms and better prepare students by teaching them the interworking of their own minds.

It has become well established that social and emotional skills, such as the ability to manage one's own emotions, or relate well with others, can play an integral role in both academic achievement and success in life.



Engaging in supportive relationships

Each MindUP lesson begins with contextual information on the brain, and introduces a specific area of concentration with a specific activity. Students see concrete examples of how their brain functions. This helps them become more observant about their own learning process, in addition to seeing how these functions and their own strengths can connect them to the real world.

MindUP connects students to the real world by preparing them with the learning and behavioral characteristics that are necessary to continue on to higher education, as well as by connecting the lesson's content to future careers. These lessons expand the discussions beyond the classroom by offering students an opportunity to engage, explore and reflect upon the content, while also formulating their ideas in a tangible application.

MindUP offers both educators and students the insight to respond to the innate thoughtfulness of children, helping lead to the self-regulation of their emotions and behavior. Children who learn how to monitor their own emotions and senses can become more aware in the classroom, and will better understand how to respond to the world in a reflective manner rather than through automaticity.

The outcomes from this enhanced awareness can lead students to become resilient, reflective, aware and self-confident individuals, with core characteristics which can support them through college and into a successful career as happy and productive individuals.



Engaging, exploring, and reflecting in MindUp with Counselor Spiwak

Lincoln *Elementary (K-5)*

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



Jeff Winckler
Principal

It Takes a Village

As principal, one of the greatest things I take pride in about Lincoln is the fact that our school is truly a model community school. Our success comes from contributions of time and resources from staff, school families, the school district and the greater community of Redondo Beach. Whether it is a parent who comes to volunteer in the garden, a local business that comes to Career Day or the Redondo Beach Educational Foundation (RBEF) supporting the Music Center arts program, it takes a village to make Lincoln the great school it is.

With the school year now well underway, I encourage every Lincoln family to become involved in our community. Your time and talent help our students go so much further. There are some exciting school-based PTA, RBEF and RBUSD events and programs this year that can only work if everyone pitches in to help. I ask all of our families to make the commitment to become involved in at least one activity or event this school year. This can be done through supporting a one-time event such as volunteering at our Jump Rope for Heart Day or by supporting an ongoing activity such as the PTA's Hands On Art program.

The more committed families can be to our school, the more high achieving and well-rounded our children can become. It does indeed take a village to make Lincoln great, and with total support from everyone, Lincoln can become even greater.

Madison *Elementary (K-5)*

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



Drew Gamet
Principal

Invest Your Good Time

Letting your child know that education is an important part of your family's life is a vital component of his or her own education. Aside from taking time out of your day to say that to your child, an important action that you can take is volunteering at school.

Volunteering shows your child that the work that he or she is doing every day matters so much to you that you are willing to provide support to make his or her daily experience even better. While volunteering is not something that many of us can do on a daily basis, it is important to find time to volunteer, even if for just a little bit each month.

The main entity supporting volunteerism at Madison Elementary is the Madison Parent Teacher Association, led by association president Caroline Osborne. Together with an executive board of highly dedicated parents, they work tirelessly to provide our students with opportunities they would not otherwise have. Events like assemblies and programs like STEM, LiveWell Kids, Hands on Art and STAR Reading would not be possible without volunteers taking time out of their days to make them happen. Additionally, daily activities such as Morning Valet do not work smoothly without parents taking time to make sure all students and parents have a safe and timely drop off in the morning.

If you are interested in volunteering, please e-mail our PTA at madisonpta90278@gmail.com. As Margaret Mead once said, "Never doubt that a small group of thoughtful, committed citizens can change the world." We ask that you start by volunteering at Madison Elementary!

Please Drive Safely Students are Back in School



Parras *Middle School (6–8)*

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



Dr. Lars Nygren
Principal

Off to a Great Start!

Parras Middle School was excited to re-open the doors for the 2013–2014 school year. We welcomed 1,070 students! Our school has seen continual growth over the last 10 years and is expecting even more growth in the years ahead.

To accommodate the increasing number of students for this school year, Parras was fortunate to hire additional outstanding teachers and open new classrooms. We are proud of Parras Middle School and feel fortunate to be a part of the Redondo Beach community.



Parras students perform in last year's school play.

Thanks to a grant given to Redondo Beach Unified School District by an international petroleum company, we have added an additional elective class. Exploration to Engineering, part of the Science, Technology, Engineering, and Mathematics (STEM) program, offers student access to new laptops, software, and equipment to explore flight and space in addition to molecules and electrons. This class was created to address the growing demand for STEM courses and to offer a fun yet challenging elective. We hope to expand our STEM program next year and offer additional classes.

We are looking forward to yet another wonderful year! We will continue to pursue academic excellence and provide students with a well-rounded education. Please stay informed about the great things happening at Parras by signing up for our PTSA's electronic newsletter at www.parrasmiddle.org.

Redondo Union *High School*

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



Dr. Nicole Wesley
Principal

R-U Involved?

By Lindsey Corcoran-Assistant Principal

It's that time of year again! So R-U in? Being "in" volved with clubs, activities or athletics can help students feel more connected to school and more engaged in learning. One of the best ways to succeed at Redondo and in life is to become more involved!

Whether it's being on an athletic team, trying out for a play, joining a club, or becoming a part of The Flock, there are endless opportunities at RUHS. Involved students are happy students, and happy students graduate with higher GPAs and more college and postsecondary options.

Being involved in high school also helps students achieve at higher rates. Last year, those who were involved with extracurricular activities had an average GPA of 3.2, versus 2.7 for nonparticipants. Being involved with a sports team, safe school ambassadors, Link Crew, drama, choir, band or any other RU extracurricular activity can help students develop talents, build friendships with highly motivated peers, and be part of a stronger, more spirited student body.

Lots of Choices

This year, RU students can choose from between 65 clubs, 25 athletics programs and a number of extracurricular activities ranging from salsa to ecology. Student-led clubs and activities offer great opportunities to explore passions and connect with others of similar interests.

Here at Redondo we have students who are diverse, energetic, hardworking, and goal oriented – which makes us the best student body around! So October is the perfect time of year to get "in" at RU! Joining a club or activity has a positive influence on educating the whole child, and makes sure that outside interests are well-represented in the school environment.

So ... R-U in?



RUHS Drama students promote their club.



At RUHS, there is something for everyone!



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Tulita Elementary (K-5)

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



Christina Giguere
Principal

Read. Compete. Win.

Last, but definitely not least, Tulita elementary will be joining the other RBUSD elementary schools in the Battle of the Books competition. This is a voluntary reading-incentive program designed to motivate and encourage students to read books at home. Upper-grade students read books from a leveled list and come together to demonstrate their comprehension. There are schoolwide and districtwide competitions in the spring in which teams of students compete in a style similar to *Family Feud* or *Whiz Kids*.



Third graders checking out a few books from the list.

Students in third, fourth and fifth grades at Tulita will be provided with a list of books and are encouraged to read as many as possible. There are 12 books on the third-grade list and 30 books on the fourth/fifth-grade list. In order to participate in the school battles, third-grade students are required to read a minimum of seven books and fourth/fifth-grade students must read at least 10 books on the list. Our parent coordinators and library technician will provide opportunities for students to meet throughout the school year to discuss books and to practice the different styles of battles. Student participants spend the majority of their time preparing for battle by reading as many books as they can on the book lists. Adults will support their efforts by making sure they have access to the books, explaining the battle types, and organizing the battle.

For more information, check out battleofthebooks.org. We look forward to being active participants at the districtwide battle in April. Watch out, Comets—the Tidalwaves are coming for you!

Washington Elementary (K-5)

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



Jacqueline O'Sullivan
Principal

Love of Reading

Washington School is successfully completing its second year of implementing Reader's Workshop (RW) in kindergarten through third grade. This year fourth and fifth grades will join in. The workshop model is part of a balanced literacy program that teaches students to become lifelong readers and to comprehend various texts in an engaging manner. This method of reading instruction is also in line with the new national Common Core State Standards.

Students "shop" for the books they read once a week and read for an extended period daily. This extension leads to stronger reading skills, increased vocabulary development, and better fluency. In the fall, with the help of the PTA, Washington teachers shored up their classroom libraries with leveled fiction and non-fiction books. Students are frequently assessed to ensure they are reading books at the proper levels.

The RW model includes mini-lessons to teach new concepts each day, book talks in which students promote and recommend books they enjoy, one-on-one time with teachers to meet individual student needs, and opportunities for teachers to work with small groups to catch up on certain skills. Classes work on building reading stamina each day.

To support this work, teachers spend time out of the classroom monthly. During this time, teachers plan units of study and engage in lesson study to improve their practices.

We are proud of the progress we've made with reading instruction and can see the love for reading developing in our students!

SUPERINTENDENT • From Page 1



Dr. Steven Keller

As an adult, I have maintained a daily exercise regime, regular doctor and dentist visits, a diet rich in vegetables and fruit, and instilled a regulated sleep schedule for many years. This has greatly enhanced my quality of life and my productivity at work. Despite a difficult commute and strenuous workday, I am committed to the prospect of such fitness standards. By continuing to practice positive habits, I have contributed to modeling life-long health to those around me. This is the expectation that I share with my family and my staff.

RBUSD continues this effort through partnering with Beach Cities Health District to further this message through programs such as LiveWell and Moving Children. The objectives of these programs include:

- Nutrition education
- Garden education
- Locally grown fresh fruits/vegetables
- Parent Education
- BMI assessment/reporting
- Physical activities – morning, lunch

It is our hope that the community of Redondo Beach will support our practices and continue these healthy efforts at home. There are many ways to make lifestyle choices that will be inclusive for all family members and therefore, something permanent and lasting.

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

Redondo Beach Unified School District Board of Education



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Board of Education Regular Meeting Schedule

2013

Oct. 8 Nov. 12*
Oct. 22 Dec. 10*

* Due to holiday schedule,
only one Board meeting in Dec. and Nov.

2014

Jan. 14 Feb. 25
Jan. 28 Mar. 11
Feb. 11 Mar. 25

(3/25/2014 – Organizational Meeting
Effective 4/22/14)



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Remember When?

A Season of Sports - It Must Be Fall



**Charlene
 Ashendorf**

I was an only child and I was Daddy's girl. My father was the youngest of nine. I grew up with loads of uncles and lots of cousins, male (mostly). So my bonding experiences with Dad and the relatives were spent in Wrigley Field, Soldiers Field and the Chicago Stadium.

For a Chicago sports fan, memories of playoffs and championships are more often bitter than sweet, with the exception of "da" Bulls. Growing up in Chi-town it wasn't a matter of whether you followed sports or not, you just chose your alliance to the north or south side as is the case with baseball. And, if like me, you recall seasons as a Cubs fan, those were years of frustrations.

When we moved to the left coast I realized all too soon my biggest loss would be sports. California had far too many baseball and basketball teams and what could the land of fruit and nuts know about the only real sport, hockey? Now it's true there was this team called the Kings, but imagine what a silly name for a team in a land where hockey would never rule.

For me, nothing could compare to the excitement of taking the bus and heading to Wrigley Field seeing apartments rise up from the pavement on Sheffield Avenue while sitting in the bleachers. There were vines that were planted in the '30s and then there was—the wall...and peanuts, hot dogs and cokes. Oh, and that "Take me out to the ballgame" organ. It was simple and so sweet. I grew up knowing the name of Ron Santo, Billy Williams, Joe Pepitone and Ernie Banks as well as I knew those of my neighbors. Even though there was never a post season appearance by my Cubbies in the 50s, or 60s or 70s... they were a fans team.

And then there was the only true sport, the game of hockey. How lucky I was to be able to tag along with Dad and his band of brothers to the Chicago Stadium. This place was huge. (You know how sometimes your memory plays tricks on you and things aren't really as big as you remember?) Actually it was the largest indoor sporting arena in the world. And if you thought the organ at Wrigley Field was something...As I remember the story my Dad told, this organ was built in the late '20s in Wisconsin and was so big, it took 24 railroad cars to transport it to the stadium. When my dad said we were going to the "Madhouse on Madison Avenue" my face would light up like the stars in the heavens! The Blackhawk's were known to have kept the fans on their feet with fights on the ice and in the stands.

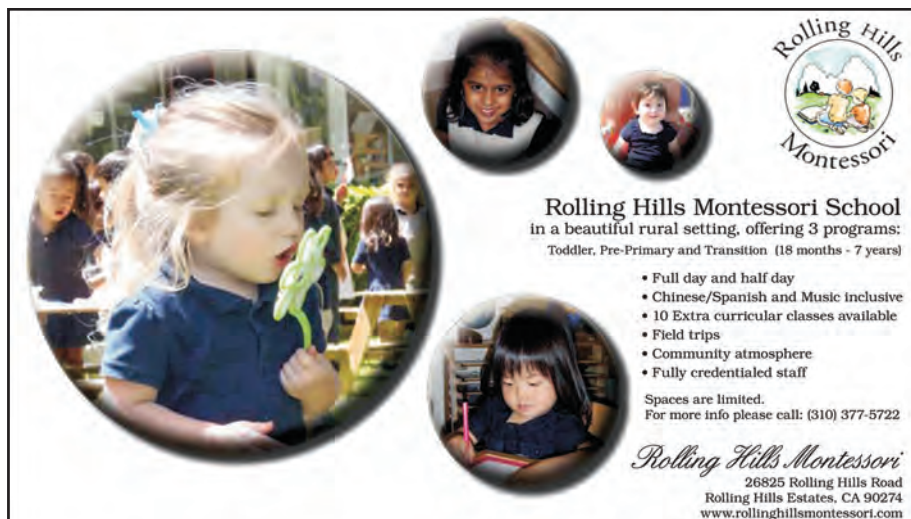
1960 was a turning point in my life. The family relocated to Florida and the Blackhawk's would win the Stanley Cup without me. I never recovered from that season. Until Wednesday, June 6, 2007 when the Anaheim Ducks (first known as MIGHTY) would become the first team in west coast history to raise the Stanley Cup across the ice at the Honda (once upon an Anaheim) Pond.

It's fall, that season of sports is in the air and I will be watching my favorite teams on the sidelines while my dad will be looking down from that big arena in the sky.

Remembering when...

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 Samantha.**

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Note-ables

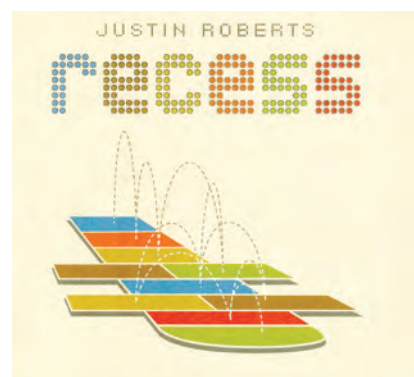
Recess



Kate Karp

Recess is here, and just in time, too. Award-winning musician Justin Roberts, along with his Not Ready for Naptime players, has whipped up a whimsical collection of songs to play, imagine and relax along with and have a generally good time in the process. Just like recess.

Everyone, whether a dreamer or a doer, has a song here. “My Secret Robot” and “Otis” concern a couple of most unusual imaginary friends—the name Otis is a clue to one of them. “The Princess Wore Pink” is a fantasy of how a gently subversive individual—OK, she happened to be a princess, so she had perks, but she used them for leadership—made a much-needed change to her town. “Looking for Trains” is a lovely, lilting song reminiscent of autumn evenings with an added flavor of Simon and Garfunkel. “Every Little Step,” dedicated to Roberts’s dog, Udo, sounds just like what a dog would think and feel: “There’s no trouble as big as my heart is wide.” And if you’re a teacher and “School’s Out (Tall Buildings)” doesn’t choke you up with happy tears, I don’t know what will.



The collection is available on CD, and there’s a limited edition that includes a pop-up robot and special web links for craft activities and bonus media.

Who among us hasn’t waited for that last enchanted click of the minute hand that rings the bell? Take a little break and enjoy *Recess*!

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

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What You Don't Know Can Cost You...



Susan D. Marshall

School is back in session! Soon, seniors will be busy with college selection and applications. After the 1st of January, one important form approximately 8 million students fail to file each year is the Free Application for Federal Student Aid (FAFSA). Filling out the FAFSA marks the end of saving FOR college and begins the process of saving ON college. There is no cost to complete it, so why don't more students fill out the FAFSA?

Excuse #1: "We make too much money." There are two types of financial aid: Need based aid and merit-based aid. Merit aid is not based on financial need, but the student's own excellence or ability - based on a number of factors. Many times the submission of the FAFSA is required to qualify for merit aid. This is FREE money you don't have to pay back.

Excuse #2: "My grades are too low." Need based aid isn't based on students' grades, but on a family's financial need. When you fill out the FAFSA, you will receive a student aid report that will tell you what your expected family contribution (EFC) is. Your financial need will be the difference between the cost of attendance and your EFC. This is the maximum amount of aid a family may receive.



Excuse #3: "Our parents haven't filed taxes." The form can be amended after taxes are filed, but educated estimates can be used and then updated later.

Colleges are not required to meet all of your financial need, however they do their best in the form of either gift aid or self-help. Gift aid includes grants and scholarships, while self-help is federal student loans, PLUS loans, and work study.

Ultimately, the goal is to maximize the amount of external funding for college and minimize what you pay. When your students are young there are strategies available to save for college and tax strategies that you can employ to help with the amount you need to save. When your students are in high school, you will want to focus on ways to increase your ability to qualify for different types of aid.

Check out our website for free financial aid and FAFSA workshops. Set up your "saving for college" plan today. We are here to be a resource to you and your family.

Susan both educator and advisor specializes in college planning. She helps families save for and pay for college. If you have questions you would like answered in a future article contact her at Susan@College4Less.com or on her Web site at www.college4less.com

Los Angeles County Office of Education

9300 Imperial Hwy., Downey, CA 90242 • 562/922-6360 • www.lacoe.edu

Keeping Students in Class



Arturo Delgado, Ed.D.
Superintendent

I have joined an exciting partnership working to recognize September as School Attendance Month in communities across Los Angeles County. At a recent press conference, we raised an urgent issue: Too many children are missing too many days of school.

Educators are well aware that whether absences are excused or not, the resulting loss of instructional time is substantial and can lead to serious academic consequences.

Let me share with you some facts:

- Nationwide, as many as 10-15% of students – 7.5 million – miss nearly a month of school every year. That's 135 million days of lost time in the classroom.
- Chronic absenteeism is a red alert that students are headed for academic trouble and eventually for dropping out of high school.
- Poor attendance isn't just a problem in high school. It can start as early as kindergarten and pre-kindergarten.

Here in LA County, the truancy rate is 32.4 percent – higher than the state average, which is 28.5 percent.

Truancy is a complex issue that involves students, the family and the community. While we often think of truants as students who simply do not want to go to school, many times truancy can be a result of underlying issues. Many of our students deal with medical issues, mental health problems and economic factors – including homelessness – that contribute to missing school. Poor school attendance impacts academic achievement and serves as a warning sign that interventions are needed. If those interventions don't take place, students may become disengaged and eventually drop out.

Our role at the Los Angeles County Office of Education (LACOE) is to provide technical guidance and support to school districts. We work with school districts to help them develop comprehensive systems and provide feedback to the Local School Attendance Review Boards or SARBs. We share best practices and strategies related to attendance.

School districts are strongly encouraged to develop comprehensive systems to identify and intervene when they see poor attendance patterns. A comprehensive plan includes prevention, identification and intervention.

Prevention efforts include establishing and communicating expectations related to attendance, promoting positive messaging and helping students build connections to schools. The "I'm in" campaign would be a part of those efforts.

Identification involves monitoring attendance. School staff reaches out to the families of students who are missing school.

Intervention includes sending truancy letters, holding parent conferences, conducting home visits, and so on, to identify the barriers to regular school attendance and to link parents to resources.

Model School Attendance Review Boards or SARBs are outstanding examples of comprehensive systems.

I'm proud to report that four of our local SARBs – Alhambra, Bellflower/Paramount, Montebello and South Bay – have been designated as Model SARBs for 2013. South Bay – which includes El Segundo, Hermosa Beach, Manhattan Beach and Redondo Beach – received the Distinguished Model SARB Award.

These local SARBs lead the way in implementing outstanding results-based school attendance improvement programs. They serve as mentors to other SARBs throughout the County and the State.

While schools alone can't do all it takes to improve student attendance, every successful initiative ultimately relies on educators making the reduction of chronic absence a priority and implementing solutions that work.

I'd like to thank all the school districts – more than 25 school districts so far – that have pledged to offer incentives and implement programs aimed at reaching students who struggle with attendance and rewarding those who stay in school.

I encourage other districts to join us and be a part of the "I'm In" campaign. I also call on parents and community members across LA County to raise their voices and join the effort to improve attendance starting in the early grades.

Chronic absence is a problem we can solve when schools, families and community partners work together to create a culture of attendance.

9300 Imperial Hwy., Downey, CA 90242 • 562/922-6360 • www.lacoe.edu

Halloween Safety Tips



Jodie Lynn

There are some real threats to the safety of our kids during the highly anticipated Trick or Treat night. 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™ (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 word you email to: Kay@schoolnewsrollcall.com (Please put RBUSD in subject line)

Entries must be received by October 25, 2013
From the correct entries one name will be drawn to win
a \$20 gift certificate redeemable at Barnes & Noble.

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

Congratulati—ons to Josie Mace
Winner of the September Word Search Contest!

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

RBUSD Alternative Education

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

Preparing for the Common Core Standards



Dr. Erin Simon
Principal

As Alternative Education moves toward implementation of the Common Core State Standards, which is a vehicle for ensuring that students are prepared to compete for postsecondary careers and educational opportunities, the focus is on the four Cs. These are critical thinking, communication, collaboration and creativity/innovation.

The Common Core State Standards are a set of standards for math and English language arts that were developed by state leaders nationwide to ensure that



all students graduate and are prepared for college or the workforce. The standards are designed to set clear expectations of what students should know and reflect rigorous learning benchmarks when compared to countries whose students currently outperform American students on international assessments.

Common core models a deeper engagement with a smaller number of standards from what California currently requires. The focus is on depth and complexity of knowledge. These standards will require new approaches to teaching, and students should expect enhanced rigor in their courses. Students will need to learn and use more critical thinking and problem-solving skills, collaborate in their learning process, communicate clearly in speaking and writing, and develop the habits of mind that spark creativity and innovation. With Alternative Education students fully prepared for the future, they will be best positioned to compete successfully in the global economy.

It is indeed a very exciting time in teaching within Alternative Education. Please join us in our quest to ask the right questions and to increase the use of critical thinking, communication, collaboration and creativity/innovation.

RBUSD Child Development

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



Finding the Right Program for Your Child



Theresa Van Dusen
Director

Many parents today do not have the luxury of staying home with their child. The reality is, more and more families rely on the help and support of quality preschool and after-school programs.

Here at the Child Development Centers (CDC) of the Redondo Beach Unified School District, we work together to constantly improve our overall program while keeping with the idea of continuously "Reaching for Greatness".

So, what makes an excellent child development program?

- Providing a safe, nurturing environment for all children.
- Developing positive relationships and interactions among staff and the families that we serve.
- Recruiting and hiring only the best staff members who are committed to providing quality instruction and guidance, with each teacher holding a Child Development Credential from the state of California.
- Having a strong staff development program to teach and help further support the best practices in child development.
- Providing a well-rounded variety of activities and opportunities that support the physical, social and cognitive growth and development of all participants.
- Working closely with elementary school staff to ensure that both preschool and after-school academic components and activities are aligned with and enrich school standards and curriculum.
- Establishing a strong partnership with our families and community in order to achieve program goals.
- Systematically evaluating our program and using that information for on-going program planning and enhancement. Each year we survey our staff, children and parents for feedback and program improvement ideas.

The CDC program of the Redondo Beach Unified School District recognizes the importance of possessing and maintaining all of these key qualities that make up an excellent child development program. Make an appointment and go tour the CDC at your local elementary or middle school to learn more about our program.



Aniketh showing off his Alpha friend skills.



I spy friends looking for fun @ CDC.

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RBUSD Educational Services

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Homework – A Necessary Evil?



Dr. Annette Alpern
Deputy
Superintendent,
Educational
Services

Last month, I wrote to you about the transition our schools and teachers will be making to implement the Common Core State Standards in each of our classrooms. So, you might ask, what does that have to do with my child's daily or weekly homework assignments? Ideally, homework assignments should help students practice the skills they've learned at school. Research studies consistently tell us that students who have regular, meaningful homework learn more than students who do not. But, as a parent, guardian or student, you might sometimes ask, does all of this homework really matter? Is the homework being assigned relate to some larger purpose or goal?

Below are four things you can and should do now to get involved in your student's homework:

- Read the Common Core State Standards that apply to your child's grade level. If you don't know the expected learning for a grade level, it will be difficult to make good judgments about the reasonableness of the homework being assigned.
- Review the homework and ask yourself if there is a standard or standards that seem to match the assignment?
- List your questions about the homework, such as "Can your child explain the purpose of the assignment?" and "Can you identify the skills your child will need to complete the homework assignment?"
- Ask the teacher questions you have about the homework. Teachers should always know the purpose of an assignment and the standard it is intended to meet. In today's environment, most teachers prefer email as a form of communication, but work with them to determine what works best for you both.

Students should develop consistent study habits beginning in elementary school. Some students may require a greater level of involvement and oversight by adults during nightly homework assignments and larger projects than do others. As students grow and develop, we would expect them to gain greater autonomy in their ability to work independently; but that will vary greatly from one student to the next. This doesn't mean that parents are "off the hook" when their children go to middle school or high school; it just means that we need to figure out a healthy balance between student independence and responsibility and a little bit of old fashioned and consistent checking in. Together, parents/guardians and educators all have a role to play in making sure that our students are appropriately challenged, engaged and prepared for their life beyond RBUSD.

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Lifelong Learning



Vivian Ibarra
Director

The South Bay Adult School believes in lifelong learning, but you may wonder how this applies to the families in our community.

Lifelong-learning classes can enrich and improve your life. They can help you find different interests or hobbies, or grow in your career, or learn something new and fascinating. At the Adult School you can learn about a living trust, take a cooking class, learn how to line dance, take an exercise class, make a quilt, and many more things.

We offer classes for adults of all ages, too. Some classes are for fun, and others can help you in the job market. Students can even learn English or complete their high school diploma. This year we are also proud to offer more than 300 online courses so that you can learn from the comfort of your couch!

Some of our most popular classes are in the parent education programs. Here families with children from birth to age five can sign up for these classes. The adults make lifelong friends, and the children get a great preschool experience.

The South Bay Adult School has been serving the Beach community for over 90 years, offering a wide variety of classes in a safe, healthy and relaxing environment. Our main office is at 3401 Inglewood Ave, with classrooms at campuses in Redondo Beach, Manhattan Beach and Hermosa Beach.

We invite you to visit us on the Web, at www.southbayadult.org, to sign up for a class. Now you can reach for your own greatness!

www.southbayadult.org

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Instructor
Robert Jordan
Safetynet

Preregistration required. Register online at www.southbayadult.org or call 310.937.3340 x 3300 for information. Walk-in registration (Mastercard, Visa, or check) is on space available basis.

Find out more about SBAS @ www.southbayadult.org "like" us @ www.facebook.com/southbayadultschool

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