

FREE

School News

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Covering The Redondo Beach Unified School District

VOLUME 5 ISSUE 47

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NOVEMBER 2011

SUPERINTENDENT



Prescription for Success

In Redondo Beach, the “whole child” is a prescription for success. Not only do we strive for each child to attain academic excellence

Dr. Steven Keller

though rigorous curriculum, we desire deeply that they are socially, emotionally, and physically healthy.

Emotional and social wellness enables children to arrive at the classroom prepared to put forth their best effort. We have implemented several student support systems within our schools, such as Link Crew and Safe School Ambassadors, and our teachers continue to communicate clear expectations about student interaction and behavior. Students are praised for appropriate choices, including outstanding attendance, and our staff deeply desires safe

SEE SUPERINTENDENT • PAGE 11

Sandy Pringle—Education Advocate Of The Year 2011-2012



RBUSD's Education Advocate of the Year 2011-2012, Sandy Pringle!

From the District

Sandy Pringle, of inspection firm Sandy Pringle Associates, received the Education Advocate of the Year award from the Redondo Beach Unified School District's Partners in Education (PIE) at the State of Education event early last month.

His commitment to both site development and staff service is unparalleled. He has professionally and personally provided insight to assist the district to make a direct impact on students through his support and promotion of Measure C, protest and visible collaboration against State and Federal budget cuts, and detailed adherence to district plans for site improvements. He has personally donated more than \$25,000 to programs that support staff members and students. He has provided many staff members with counsel and has represented the district's vision within the greater community at several meetings and gatherings. Mr. Pringle's belief in the district's mission has never wavered and his dedication to the students within our district has never been doubted. We appreciate his service!

BOARD OF EDUCATION



Raising and Rewarding Healthy Children

Did you know parents are the most important people in a child's life? Your words, actions, and lifestyles will have the greatest impact

Anita Avrick
Vice-President

on your children. A healthy lifestyle begins at home. Many families use food to reward children for good behavior and academic performance, such as a cookie after school or a treat for a good test score. It is an easy and inexpensive way to bring about short-term behavior changes. But using food as a

SEE BOARD OF EDUCATION PAGE 15



Brad Serkin
President

The Redondo Beach Educational Foundation has just received its first-ever private trust grant to help fund RBUSD programming for the 2011–12 school year.

Windsong Trust granted RBEF over \$300,000 in funding that will help existing and expanded programming for all K–12 students. This is the largest single amount of funding the foundation has received to-date.

The official announcement was made at the annual State of Education held in October at Washington Elementary campus in Redondo Beach. The announcement was made by RBEF President Brad Serkin during RBUSD superintendent Dr. Steven Keller's state-of-education presentation to parents, community members, staff and school board members.

Windsong Trust will be funding an array of K–12 college-prep programming. Funding will include a college-readiness liaison staff person who will work districtwide to help principals and their counseling staffs better prepare all students

Private Trust Grant Donation

for a college-bound path after high school; a two-year contract for Naviance software that will aid middle and high school students by providing an online student career and course pathway portfolio; expanded elementary science teachers; a music center teaching-artist-residency program; expansion of student laptops for middle and high school students; family science night programming; and teacher grants.

President Serkin stated, “We are so pleased to have a relationship with Windsong Trust, an organization that believes in making a difference and helping K–12 students, and in particular our Redondo students, and helping them with their college preparedness.”

“This is a very exciting time for our Ed Foundation,” said Ted Craddock, the Ed Foundation's director of business affairs and board member. “We will always be dependent on our parental support via our events and annual donor drive—but tapping into other resources, whether through a private trust or corporate partnerships, will help impact our students' education tremendously.”

Community & School Support



Polly Kinsinger
President

With more than one million members, California State PTA is the largest volunteer organization in the state dedicated to improving the well-being of all children and youth, whether members or not.

Joining PTA supports local, state and national efforts to improve the education of children and the lives of families. Membership provides the opportunity for individuals to raise their voices with others throughout the state and nation, to protect children's rights. Membership ensures that PTA's voice is heard on issues affecting young people as well as providing opportunities for parent education, communication and leadership development.

Joining PTA does not mean you need to volunteer. Your valuable membership dollars enable your children's school to receive support for school and district wide programs that would otherwise not be funded due to budget constraints and by State and National academic performance standards that focus primarily on reading and mathematics.

Most importantly, membership in your child's school PTA sends the clear message to your child about the importance you place on his or her education experience. Please join PTA today!



Kay Coop
Founder / Publisher



Congratulations Sandy Pringle, Education Advocate of the Year. The Education Foundation private trust grant and the continual community support of the RBUSD speaks volumes about both the district and the community focus on education.

You have let me know you love contests! We had a record number of entries in the Seen 'n Find Contest last month. The new contest is on page 10 and you will see who won for October. Also, the Word Search contest is on page 8. Have fun!

Happy Thanksgiving to you and your families. Or next issue is December 7.

School News

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Covering the
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Flu Watch 2011



Jens Brandt
 RUHS Assistant
 Principal/
 Vitality City Liaison



Lauren Nakano
 BCHD Vitality
 City Program
 Manager

While many of us have healthy immune systems and can mount an effective response without “getting sick,” we all can become carriers of the flu.

When you are a carrier, you can transmit the infection (even when you are not “sick”) to at-risk populations, including infants, children, individuals with chronic diseases, and older adults. Some simple tips for prevention:

- Get vaccinated
- Wash your hands regularly
- Sneeze and cough into the crook of your arm
- Don't touch your eyes, face, or nose
- Avoid close contact with sick people
- If you are sick, limit your contact with others

BOOST YOUR IMMUNE SYSTEM the Blue Zones Way:

Move Naturally, Right Outlook, Eat Wisely, and Connect

- Get your vitamin C—oranges and lemons
- Sleep 8 hours a night! Sleep has been linked to balanced hormone levels (including the stress hormone, cortisol). This balance is essential for maintaining a strong immune system. Elevated cortisol levels decrease your immune system response.
- Decrease the carbs in your diet and eat more proteins. Diets high in carbs increase your blood sugar, which stresses your immune system (and bacteria and viruses love sugar). Protein is a building block for your immune system.
- Eat lots of fruits and vegetables—build up your anti-oxidants (blueberries and broccoli are great sources)
- Physical activity strengthens your immune system, it decreases stress, improves circulation (all the things you need to fight off infection).
- Take care of your SELF! Take a meditation class, get a massage. Find a way to reduce stress in your life. Spend time with your friends and family. Remember optimal health includes social, spiritual, and emotional wellness.

Visit BCHD's FluWatch <http://www.bchd.org/resources/FluWatch.html>
 Visit (www.vitalitycity.com) and learn more about the Blue Zones 9 principles

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Forever Winners



Theresa Van Dusen
 Director

On July 15, our Child Development Center students in second through sixth grades were able to participate in a very unique athletic experience provided by WinForever. This program, inspired by Pete Carroll, is a proven system of success for those who compete to maximize their potential in sports and life. A team of coaches and volunteers got together and put on a “camp-etition” at the Redondo Union High School Sea Hawk Bowl, where our students participated in a high-energy experience that taught them to always compete to reach their full potential.

At 8 a.m., the students began to enter Seahawk Bowl to meet the coaches on the field. By 8:30 a.m. almost 200 students from all of our Child Development Centers had arrived and were being introduced to the coaches. At 9:45 a.m., the fun began!

The students took part in training drills used by high school and professional athletes to improve their agility and endurance and listened to guest speakers during hydration breaks. They participated in team-building exercises, and most importantly they had a great time. It seemed as though the students never stopped moving during the three-and-one-half-hour event, and there was never a complaint. They were engaged and loving it. You could hear a coach yell out,



Parachute Drill, Run, Run, Run!



Mr. Taranto volunteers as a Coach!



Competing with the Coach

“Win forever!” and all the students would respond, “Always compete!” The highlight of the day was a motivational talk from Pete Carroll, the head coach of the Seattle Seahawks and former head coach at the University of Southern California.

This experience is one that none of us will soon forget. Our students and staff talked about it for days and weeks.

Program Supports Student Success

By Dr. Aaron Benton



Frank DeSena
 Asst.
 Superintendent
 Student Services



Dr. Aaron Benton
 Director
 Special Education

A perfect example of Redondo Beach Unified School District’s commitment to the social and emotional well-being of whole child this is the establishment of the Improving Personal Accountability Skills for Success program (IPASS). In its second year operating on the Redondo Union High School (RUHS) campus, IPASS is designed for students with social or emotional challenges, most of whom have returned from alternative settings.

IPASS is staffed by highly qualified, highly trained professionals, including one teacher, two instructional assistants, and a school psychologist. IPASS students benefit from high-quality instruction in a standards-based curriculum, integration into general education classes, and individualization of programs specific to their needs. Students also benefit from smaller class sizes, embedded behavior management systems, intensive psychological services, and academic and career counseling.



The IPASS Team: Mark Arranaga, Erin Jurgensen, Kelly Six, Rodney Nichols, and Jason Johnson

IPASS offers learning plans designed according to each student’s stated goals and interests. Students use district-adopted instructional materials, supplemental materials, modified textbooks, and Web-based courses. Access to typical peers is essential to success in the real world, and IPASS builds social competencies so integration will be possible for our students. Staff in the IPASS Program utilizes the Boys Town Education Model and Lifespace Crisis Intervention curricula, which are designed to increase academic instruction by reducing total time spent addressing inappropriate behaviors. Last month, staff implemented the highly motivational Why Try curriculum.

The existence of IPASS makes it possible for students to stay at their home schools while receiving appropriate levels of intensive counseling services. We have partnered our school psychologist with a local clinical psychologist, drug rehabilitation professionals, and mental health professionals to provide a higher level of support to each student. Because social-emotional issues are often linked to family relationships, IPASS involves parents in the therapeutic process, sharing responsibility for student progress toward learning and social goals.

If you have questions, please e-mail Aaron Benton at abenton@rbusd.org.



Teaching Old Dogs New Health Tricks



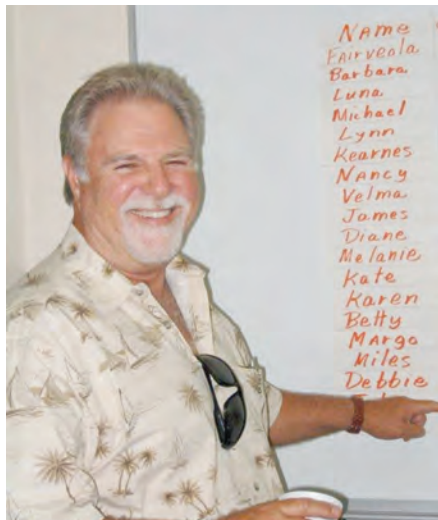
By Don Torluemke, Brain Fitness Classes Coach

Vivian Ibarra
Director

Quick, the healthiest part of the ballpark hot dog is—the mustard! Three times each year, students of our leading-edge brain fitness program share potluck “brain food” to celebrate weeks of intensive brain exercise “workouts” that on average more than double their brains’ processing speed. In class, they learned that the yellow in mustard comes from curcumin and that folks who eat it are far less likely to get dementia. They learn that frozen blueberries typically have five times the antioxidant power of fresh blueberries and that spinach under supermarket fluorescent lights improves in nutritional value. They learn that too much strenuous exercise increases risk of dementia. And they learn to chew gum again, as long as it’s cinnamon, because cinnamon improves cognition.

Having used and abused their brains for decades, people are shocked to learn that two-thirds of dementia is dictated by lifestyle. Participants incorporate Neurobics into everyday routines. You can, too! At the next family dinner, use your opposite hand to eat. You’ve just made your brain rewire itself. That’s brain plasticity at work.

Neurogenesis gives you new brain cells to work with every day. Unfortunately, most of us have bad brain-health habits. The brain requires a trifecta of novelty, challenge and reward to improve. Doing Sudoku doesn’t cut it once the brain has developed its “Sudoku problem-solving wiring.” The brain is always asking, “What’s new? What’s next?” Healthy lifelong learning is not a catch-phrase at SBAS, it’s a mantra. *We* are what’s new, what’s next. Think faster, focus better and remember more with the Brain Fitness Program at SBAS. Come visit us and sample one of our Brain Fitness classes.



Brain Fitness students measure their progress



A Brain Fitness Food Feast to celebrate progress

Social and Emotional Well-Being



Dr. Erin Simon
Principal

Rather than being seen as exceptions to the rule that schools cannot be flexible in order to help students succeed, Alternative Education is providing innovative and resourceful programs to help in that endeavor. Therefore, the impetus of this short but succinct article is to discuss one program that has been implemented to nurture the social and emotional well-being of Alternative Education students.

Project Toward No Drug Abuse (TND) Program is an effective drug-abuse prevention program that targets senior high school-age students 14–18 years old. Its purpose is intended to break the chain between drug use and abuse. Moreover, the program provides students with detailed information about the social and health consequences of drug misuse, offers motivation enhancement strategies such as health as a vital value, and includes instruction in stress management, coping skills, tobacco cessation techniques and self-control. After the completion of this program, Alternative Education students should be able to refrain from, stop or reduce the use of cigarettes alcohol, marijuana and hard drugs as well as provide accurate information about environmental, social, psychological and emotional consequences of drug misuse and abuse.

Based on the research data, I believe that Project TND works when it is implemented with fidelity by teachers who have completed Project TND training. It is a difficult challenge to improve the social and emotional well-being of students; however, if educators do not take on this challenge, we are unlikely to achieve the goal of leading students to success in school and life.

Rather than being seen as exceptions to the rule that schools cannot be flexible in order to help students succeed, Alternative Education is providing innovative and resourceful programs to help in that endeavor.

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Anthony Taranto
Principal

The Whole Child

While middle school can be an exciting time, it can also be a challenging one for students and parents. That's because it is characterized by rapid growth, challenge and adventure.

Because of this, each student needs support and guidance in order to successfully navigate their way through the diverse personal and developmental challenges that can impact student achievement. This means that the school counselor is a vital member of the team of educators who must work to assist each student through the transition.

By providing short-term individual and group counseling sessions, Counselor Brett Ploumen focuses on helping Adams' students balance the demands of school, family and friends. In addition to academic achievement, he also focuses on the physical health and well-being of each student, and their social and emotional development.

Students are guided through peer and conflict mediation and career and college planning. These sessions teach them how to advocate for themselves with their parents and teachers, a process which can help to develop the whole child.

Adams Middle School and Mr. Ploumen are also very fortunate to have the support of several school social work and school-counseling interns from local universities and colleges. These individuals provide more direct services to students and their families. And under Mr. Ploumen's tutelage, interns provide countless hours of support to all stakeholders.

When obstacles present themselves to our middle schoolers, Adams is well prepared to assist and support them. We want each of our students to navigate their own way towards "Reaching Greatness!"



Adams Middle School Counselor, Mr. Brett Ploumen, providing group supervision to counseling department interns.



Alta Vista *Elementary (K-5)*

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



Susan Wildes
Principal

A Healthy Body Leads to a Healthy Mind

Stop by Alta Vista Elementary any morning, and you may wonder where we all are. You won't find us in the cafeteria or in our classrooms, and you won't find us in the library. At 8:15 a.m. every school day, you will find us outside on the blacktops warming up our bodies so that we may better use the most important muscle our body has: the brain. This morning workout, sponsored by the Beach Cities Health District and led by parent volunteers, begins with a series of cardiovascular exercises that target major muscle groups and culminate in stretching and deep breathing.

Why spend the first 10 minutes of our instructional day exercising? Aside from the physical benefits of building and maintaining healthy bones and muscles, daily exercise by young people has been proven to reduce feelings of depression and anxiety while promoting the child's psychological well-being. According to the Centers for Disease Control, regular daily exercise may improve students' academic achievement and grades as well as academic behavior. Daily exercise can increase students' concentration, attentiveness and time on task. Our 10-minute commitment returns hours of benefits to us in the classroom.

The benefits of exercise aren't limited to just school-based physical education and recess. There are numerous studies that examine the positive link between extracurricular physical activities and academic performance. We appreciate all our Wildcats involved in soccer, baseball, gymnastics, karate, dance and more. Your family's time commitment—and we know that some sports are a whole-family commitment—empowers your child and allows us to accomplish even more with them in the classroom.



Fourth and fifth grade students cooling down and stretching.

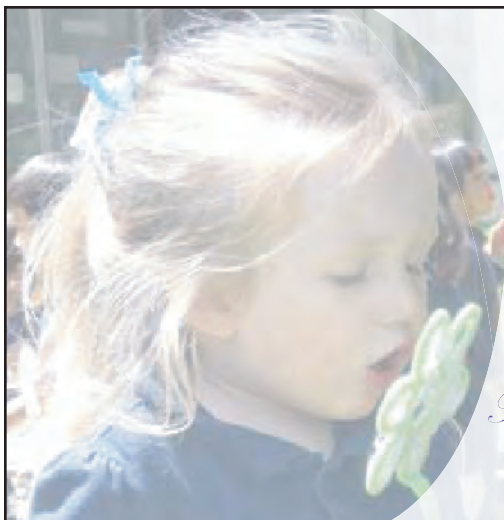


Earl Sanchez leading morning exercises for grades 1-3.

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Word Search—RBUSD Schools

NEW Rules!!!

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

Entries must be received by November 25, 2011

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

Adams	Madison
Alta Vista	Middle
Beryl Heights	Parras
Birney	Redondo Shores
Elementary	Redondo Union
High	Steven Keller
Jefferson	Superintendent
Kindergarten	Tulita
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Note-ables

All Together Now, Little Monster Records



Kate Karp

I'm old enough—I might add “proudly”—to remember when the four mop tops known as the Beatles stepped off the plane at JFK Airport and made their debut on *The Ed Sullivan Show*. There, they set a record for the largest TV audience in history—73 million to Elvis Presley's 60 million.



That record setting is one of the 12 fun facts in the cardboard booklet accompanying *All Together Now*, a Beatles music collection aimed at families with children up to age 8. Songwriter/musician Kevin Salem's production and accompaniment by professional musicians, among them singer and guitarist Marshall Crenshaw and the Bangles of “Walk like an Egyptian” fame, successfully avoid cutie-pie renditions of favorite songs. Included are 12 of the Beatles' most child-friendly creations—and there have been plenty to choose from.

Each song has its own illustrated page in the book, along with a poem having to do with growing up. The rhyme accompanying “I Want to Hold Your Hand” talks about all the things hands can do. “All Together Now”—with the lyrics ever so slightly edited—invites a romping exercise session. “Hello Goodbye” cleverly teaches not only opposites but contrariness between children and grownups. “Happy Birthday” is, of course, happy birthday, with a nod to the dangers of a sugar rush—ah, adults have to spoil everything!

The Beatles' legendary creativity has given them wide appeal throughout three generations. This collection makes it easy to pass their music on to the next one.

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

FRAM 6th Annual 6v6 Holiday Tournament

Registration deadline is November 19th!



Boys & Girls U7 & U8 age group
Saturday, December 3rd 2011

Boys & Girls U9 & U10 age group
Saturday, December 10th 2011

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



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Birney *Elementary (K-5)*

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



Lisa Johnson
Principal

Healthy Minds and Bodies

Birney School students strive on a daily basis to maintain active bodies and minds. Our students begin the day with morning exercise, designed by Beach Cities Health District and led by teachers, which is focused on getting students' hearts and minds pumping prior to beginning instruction.

Our students also participate in Moving Children physical education lessons led by Birney's teachers and Mike Morlock, the wonderful physical education specialist assigned to our campus by Beach Cities. Over the course of the year, students and teachers increase their physical activity and learn the value of being physically fit. A very active school week culminates in a Friday morning Running Club, led by Samantha Leddel, fifth-grade teacher, and parent volunteers.

The Birney community has pledged to live nutritionally sound lives, and with the help of LiveWell Kids, there are several programs in place to support this goal. Students actively participate in the cultivation and harvesting of a school garden that produces fruits and vegetables, in addition to having access on a daily basis to a salad bar at lunch time. Parents are also encouraged to take an active role in our healthy lifestyle pledge by acting as nutrition and garden docents. Volunteers learn interactive classroom lesson and activities, which they then teach to the student body.

From the staff to the students to the parents, Birney has adopted a healthy lifestyle that encourages sound minds, sound bodies, and sound souls!



Students enjoying a PE lesson with Physical Education Specialist Mike Morlock.

Contest!! Where's the Beanjar ad?

The Beanjar advertisement is somewhere in this publication. When you find it, email the **page number** to: kay@schoolnewsrollcall.com

(Please put **RBUSD** in the subject line)

Your entry must be received by November 25, 2011.

From the correct entries, we will draw a winner to receive a \$20 gift certificate redeemable at Barnes and Noble.

Thank you for reading *School News Roll Call*!

Congratulations **Rukhaa Kamran** the Oct. contest winner

Beryl Heights *Elementary (K-5)*

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



Karen Mohr
Principal

Physical Fitness and Good Nutrition

Every day our students prepare their minds and bodies through daily exercise, a standards-based curriculum, nutrition lessons and physical fitness testing. This is particularly the case for our fifth-graders, who will soon be taking the annual California Physical Fitness Tests in March.

Through hard work and determination, our students are learning about fitness and how they need to keep their bodies in good physical condition. We even exercise for eight minutes every morning with Linda Buck, our wonderful parent volunteer and PTA



Beryl students excited about the garden growth!

president. LiveWell lessons are also taught by parent docents. Through these efforts our students are learning about the value of good nutrition and how it can effect their minds and bodies to help them be successful in school and life.

Behind the CDC each grade level also has its own garden planter. Here our students and parent volunteers harvest vegetables so that everyone can eat the fruits of their labor. This year we harvested some great pumpkins! We are looking forward to producing several other kinds of vegetables, too.

Garden Delights

Afterwards, our amazing parent volunteers come out to feed the students carrots, lettuce and radishes from the garden. And the children thoroughly enjoy eating them! Our school cafeteria menus have also improved tremendously. During lunch they now provide a salad bar along with fruit and water.

This year, our "Jog On The Wild Side" jog-a-thon will take place on Friday, May 18. The students will run around the track for 30 minutes to raise donations for their effort. At its conclusion, each participant will be given a Beryl T-shirt with a special design by one of our amazing students.

To top off this wonderful jog-a-thon event we will also be having our annual Walk on the Wild Side silent auction and parent party at the Elks Lodge on May 19. This will be a fantastic, fun evening.

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



Beryl students eating the fruits of their labor.

Jefferson *Elementary (K-6)*

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



Kara Heinrich
Principal

Beginning Our Day with Healthy Habits

Jefferson School believes that students who begin the day as healthy individuals are better able to learn and are more likely to have positive educational experiences.

For this reason we encourage a holistic approach to wellness in combination with a quality academic program. Our goal is to instill healthy bodies, healthy minds and healthy spirits. We want to make sure our students can reach the fullest of potentials.

We begin modeling a healthy lifestyle with a daily running club before class. We then continue with whole-school morning exercises to start the instructional day off right!

Jefferson also believes in maintaining special events and partnerships that focus on healthy lifestyle choices. This includes such events as our annual Jog-a-Thon, Jump Rope for Heart, Walk-to-School Wednesdays and a partnership with the Beach Cities Health District (BCHD). These events and partnerships



Mrs. Sullivan jogs with her students during the Jog-a-Thon



PTA President, Marian Clausen, stretches with students before the Jog-a-Thon



Jefferson Students assist in building their new gardens

are important models for our students, and can help them establish a healthy lifestyle early in life.

Our partnership with the BCHD is invaluable. It brings us nutrition lessons, beautiful school gardens, garden lessons, and a PE specialist. All of these things can enrich the daily lives of our staff and students.

Included in this enrichment is Jefferson's strong academic program, as well as the connections made through economic or

visual and performing arts activities like Hooked-on-Art, music and Junior Achievement.

Learning to make healthy choices early in life will help support your student's physical progress, brain development, resistance to illness and motivation to continue to learn and grow as an individual.



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SUPERINTENDENT • FROM PAGE 1



Dr. Steven Keller

and welcoming learning environments. This information is monitored through informal student surveys, student average daily attendance, and district-wide discipline data, as well as through the California Healthy Kids Survey, annually.

Redondo Beach Unified School District (RBUSD) has made a commitment to physical health in partnership with Beach Cities Health District through the Vitality City movement and through improved facilities district-wide. Students are taught about nutritional choices and will be able to put these skills to use in elementary gardens and at the high school upon the completion of the new student union/cafeteria. Our students perform well annually on the California Physical Fitness Test, monitored closely by both site and district personnel, and many students participate in national walk and bike to school events throughout the year. Our families and community have responded well to the improved athletic facilities at our sites and participation in extra- and co-curricular activities has increased as a result.

The complete education of each child in Redondo Beach is paramount. While we strive to "Reach for Greatness" in our district, we do so on behalf of our most important client—the student.

Redondo Beach Unified School District
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Lincoln *Elementary (K-5)*

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



Jeff Winckler
Principal

Healthy Choices

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

We are particularly proud of our relationship with the Beach Cities Health District, which helps our school promote physical fitness and wellness through the Moving Children Program, the garden program, and classroom-based nutrition lessons. This year we are particularly excited about supporting the Vitality City initiative, which is taking shape in Redondo Beach with the support of the Beach Cities Health District. Vitality City promotes social, environmental, and physical well-being in the community.

One component of Vitality City that we have put in place at Lincoln this fall is the Walking School Bus program. The Walking School Bus is like a carpool without the car. It combines the benefits of exercise with opportunities to visit

with friends and neighbors. This program has been organized by a few very committed Lincoln parents, who have been trained as volunteers. They have coordinated taking turns walking children to school from established meeting points along safe walking routes in three sections of our neighborhood. We are looking forward to growing this program throughout the year. For more information on the Walking School Bus, please contact the Lincoln front office.

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



Redondo Beach Mayor, Mike Gin, participates in morning exercises with Lincoln students.

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Lincoln's Walking School Bus!

Madison *Elementary (K-5)*

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



Joseph Ledoux
Principal

Looking Good, Feeling Good

Each morning, Madison's students rise and shine and get their blood pumping with an eight-minute workout routine that includes warm-up exercises, calisthenics and yoga. And every Wednesday morning, Mike Morlock from the Beach Cities Health District leads exercises that demonstrate perfect yoga form.

One example of our commitment to fitness can be seen at Madison's Milers' Club. A parent usually meets the students before school to record how many laps they can complete in 15 minutes (7 laps equals one mile). Our primary K-2 students can earn a foot-shaped necklace charm for every 5 miles of running. But our upper 3-5 grades must work a little harder; they need to run 10 miles to earn the foot charm.



Maia Weinstock with her Character Counts Award

As we know, students are able to reach their full potential when they feel they're part of a safe and nurturing environment. Madison seeks to create such a climate by embracing the several pillars of the Character Counts program. Each month students focus on a particular pillar through various classroom lessons.

Another way that we reinforce positive self-esteem is by rewarding our students daily whenever they demonstrate positive character qualities or make positive choices. Members of Madison's staff routinely hand out "Caught with Character" slips that highlight an individual character trait that the student was "caught" demonstrating.

Our fourth- and fifth-grade students also have the opportunity to participate in Noon League sports programs. This year they will be focusing on basketball and soccer.



2010 Noon Leagues Football Team

Parras *Middle School (6-8)*

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



Dr. Lars Nygren
Principal

Supporting the Whole Child

Developmentally, we know that middle school aged children are developing cognitive skills, personality, motivation, and interpersonal relationships with every passing year. Middle-schoolers are changing dramatically physically, and they are learning to navigate the complex world of inter-personal relationships with peers who are now playing a bigger role in their lives. Socially, we see that our students are excited about their increased independence, and teachers are helping to foster that independence by encouraging self-advocacy and taking an active role in their own education.

The Parras Middle School counseling team strives to provide our students with emotional support by having an "open door" policy, which encourages students to visit their counselors. Counselors can provide students with guidance, as well as referrals and resources for additional emotional support outside of the school. Counselors also work closely with parents/guardians to connect families with community supports, such as parenting classes, referrals for low-cost mental health services, and other opportunities. To address the emotional needs of our students, one-on-one and group counseling services are provided

through our Counseling Department. School counselor interns, working towards their credentials or master's degrees in school counseling, also work closely with students who benefit from more intensive one-on-one services. In addition, counselors run YourSpace, a weekly lunchtime program designed to provide extra social and emotional support to students looking to sustain healthy interpersonal relationships.

An essential component to being a middle school student is understanding how to manage stress by recognizing when stress is being experienced and how to deal with the stress effectively. As academic pressure continues to grow for our students, the Parras Middle School staff is committed to providing our students with the tools to cope with academic and emotional struggles.



The emotional well-being of students is important at Parras.



Band is another opportunity for students to make friends.

Redondo Union *High School*

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



Going for Gold

Once known for many fast food breakfast stops during his morning run, our illustrious former President Bill Clinton has now become a healthy eating advocate. He recently stated that, “without proper prevention and treatment of childhood obesity, the current generation could become the first in American history to live shorter lives than their parents.”

Dr. Nicole Wesley
Principal

This fear has prompted Redondo Union High School and the RBUSD into taking some serious steps towards addressing this national epidemic. In partnership with Vitality City and the Beach Cities Health District, our school has embarked upon achieving “Gold Status” in the Healthy Schools Program. This program is sponsored by the Alliance for a Healthier Generation, at www.healthiergeneration.org.

In achieving this lofty goal, we are targeting the seven specific content areas as outlined in the plan. They are policy/systems, school meals, competitive foods and beverages, health education, employee wellness, physical education and student wellness.



RUHS student athletes work out in our new weight room to keep fit and stay healthy.

Looking to the Future

While our school and district have both made great strides in these areas, there is always room for growth! We have already documented our current efforts by completing the Healthy Schools Program Inventory. Our next steps will be to create a school wellness council and develop an action plan that identifies our resources and goals.



Danny, 10th grade, enjoys one of our new healthy snacks at lunch—peaches!

What will we accomplish? The school and district will be creating an environment where the students and staff members will have access to our beautiful athletic facilities. Thank you, Measure C! This will include physical activities as well as a cafeteria that will allow students to make healthy choices like fruits and vegetables.

We are also eliminating high fat/sodium/starch products, and are providing physical activity instruction that is aligned to the state and national health education standards.

As always, we welcome your input and support as we take on the necessary and beneficial steps towards “the gold”!

Tulita *Elementary (K-5)*

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



Danielle Alphin
Principal

Health and Happiness

At Tulita, we are fortunate to have many programs and support systems that will help our students learn to grow up as healthy and happy individuals. The BCHD, Vitality City and PTA support a number of programs that encourage healthy behavior, including physical education, nutrition education, garden education and even weekly deliveries of farm-fresh produce.

In addition to physical health, Tulita is also committed to helping students with their social and emotional wellbeing.

Counselor Debbie Kantor leads the way on this front. She provides school-based services that meet with individual children or small groups to address a variety of social and emotional challenges, including those which may affect student health, happiness and academic success.

Mrs. Kantor helps in areas such as managing anger and emotions, being a good communicator, and making and keeping friends. She is also an advisor for the Safe School Ambassador program, a student-centered program that helps children avoid peer mistreatment and bullying. She also provides regular classroom lessons to help develop good citizenship, healthy habits and social skills.

We are excited to have Mrs. Kantor implement a new curriculum for her classroom lessons this year. All kindergarten through fifth-grade students will



An office display Mrs. Kantor and her counseling students created together to remind students how to make and keep friends.

now be participating in lessons from the MindUP curriculum. MindUP is a family of social, emotional and attentional self-regulatory strategies and skills that are designed to cultivate well-being and emotional balance.

We are looking forward to this new approach. It will help our children develop as confident and happy learners



School counselor, Mrs. Kantor, teaches first graders a lesson on tattling. First graders learned the difference between tattling and reporting.

Washington *Elementary (K-5)*

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



Jacqueline O'Sullivan
Principal

Workout Before Work!

The Washington School staff prides itself on educating the whole child, especially in the areas of health and fitness. Together with Beach Cities Health District and our PTA, staff is able to approach this goal in a variety of ways. Every morning, all 572 Explorers gather for our eight-minute morning exercises. A series of fun exercises are set to music, and the routine changes daily. Responsible students lead their classmates with crazy jacks, three-pointers, high knees, quick feet and other engaging exercises. The routine ends with some deep breathing and yoga poses. Students are then ready to learn, and teachers report that students are calm and relaxed to begin their day.

On a rotating schedule throughout the year, every student at Washington receives PE instruction with Mike Morlock, our Beach Cities PE teacher. This program, called Moving Children, is standards based and helps teachers reach the state goal of 200 minutes of PE every two weeks. Students learn a variety of engaging activities, and teachers learn techniques to run a successful PE program.

Another fantastic program sponsored by Beach Cities Health District is LiveWell Kids, which fights childhood obesity by installing a school garden and providing nutrition classes taught by parent docents, who also lead the eight-minute morning exercises. Our garden is shared with our neighboring Adams school, and students are enjoying freshly picked pumpkins!

Our PTA supports healthy choices, too, by sponsoring a running club twice a week. Students keep track of miles and are recognized at the Friday Assembly with certificates, medals and trophies for completing their goals. The PTA is hosting a Jog-a-Thon in the spring, and our Explorers will get healthy and raise money at the same time!

Thanks to our partnership with Beach Cities Health District and our PTA, Washington students are learning that eating healthy and exercising can be fun. Our goal is to incorporate a healthy attitude that will last a lifetime.



Morning Exercise at Washington!

BOARD OF EDUCATION • FROM PAGE 1



Anita Avrick
Vice-President

reward can often have long-term negative consequences. Using food as a reward can interfere with children learning to eat in response to hunger and could teach children to prefer unhealthy foods.

Using foods such as candy and cookies as a reward can lead to health problems for children. According to the Centers for Disease Control, the prevalence of obesity among children aged six to 11 years increased from six and one-half percent in 1980 to 19.6 percent in 2008. The prevalence of obesity among adolescents aged 12 to 19 years increased from five percent to 18.1 percent.

Schools and families together have the very important job of helping all children stay healthy. All Redondo Beach schools are part of Vitality City, and we work to help each child choose a healthy lifestyle. I invite you to visit www.vitalitycity.com to get your family involved.

You can choose rewards at home that help your children stay healthy and promote great behavior. Sit together as a family and talk about what you want to do to recognize outstanding achievement. You can take a trip to the zoo, cook a meal together, rent a family movie, or have game night. Rewarding children can also be as easy as special pencils, extra computer time, or new toys or books. Get creative and have fun together. Help Redondo Beach be healthy by starting with a healthy lifestyle in your home.



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2011

October 11
October 25
November 8
December 13

Holiday
Schedule
Nov. & Dec

2012

January 10
January 24
February 14
February 28
March 13
March 27

April 3*
April 24
May 8
May 22
June 12
June 26



*Organizational Meeting

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SHAREFEST 2011

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