

# School News

*Education + Communication = A Better Nation*



**Covering The Redondo Beach Unified School District**

**VOLUME 6 ISSUE 56**

**NOVEMBER 2012**

## SUPERINTENDENT



**Dr. Steven Keller**

With twenty-four hours in the day and only five of these waking hours spent at school, students need support from other adults to retain the vast amounts of information presented in their lessons. Students will also need much more than this mere support to master these skills and concepts and be able to actually apply them in the real world. As education continues throughout a child's educational career, rigor and complexity increases. Couple this with the intensity of competition in schools, colleges, and universities, children need all the help they can get to succeed. Redondo Beach Unified School district aims to prepare each child to excel at this elite level, if desired, and we need your help. It will take more than just five hours a day to get each child there!

Shared responsibility and cooperative participation by adults in a student's education allows for a variety of individuals to invest in a child's success. The purpose of this teamwork is to provide children with a powerful voice, relevant resources, and a strong advocacy; RBUSD wants this is on behalf of the well-being of each child within our district. When families and loved ones become involved in the education of a child, the child is empowered and becomes engaged in learning. This participation lets leaders, teachers, and parents share ideas and strategies for individual student success, improving the potential for accomplishment school wide and district wide. This team approach highlights the importance that adult influences have upon all children, each day, and allows this crucial network to support students to perform better in school and navigate through the challenges of growing up.

Join Redondo Beach Unified School District's various site PTAs and our Education Foundation today!

## RBUSD Teacher of the Year, Mrs. Melanie Sullivan



**RBUSD 2012 Teacher of the Year, Mrs. Melanie Sullivan, with Jefferson students.**

*By Kara Heinrich, Principal  
Jefferson Elementary School*

Sometimes in our life we meet a special person—a person we can honestly say has had a great impact on us because he or she changed something deep within us. Sometimes this person is a parent, a community leader, or a teacher.

Mrs. Melanie Sullivan is just that kind of person. This Jefferson Elementary School fourth-grade teacher touches the lives of her students, colleagues, and families daily. It may be with a word of wisdom, a bit of advice, or a kind deed always for the sake of others, but the impact she makes is great. The Redondo Beach Unified School District (RBUSD) is very pleased to announce Melanie Sullivan as our 2012 Teacher of the Year and finalist in Los Angeles County's top 25 candidates.

SEE TEACHER OF THE YEAR • PAGE 18

## BOARD OF EDUCATION



**Jane Diehl**  
*Presiding Officer*

### Centered on Students

It has been very important to the Redondo Beach School Board to have a strategic plan for the past six years. We have been fortunate to have Marilyn Snider to lead us through the process. She has been involved with the city's strategic plan for many years, and recently she has also been involved with Beach Cities Health District. Both of these groups are active partners with the school district. I think this makes our strategic plan with Ms. Snider even more significant. When we have decreased funds, people may question why we have done this the past six years. The reason is that our strategic plan is centered on the students of Redondo Beach. The Board's task is to set direction for our students, and we have chosen to set direction for the students in a collaborative style.

We have five goals that we will be working on over the next three years. We will have to implement Common Core State Standards in the coming years. The district is being forward-thinking and has set a goal of seamless transition to Common Core State Standards implementation. This goal requires a trainer-of-trainer model to assist the elementary teachers. The elementary trainers will then train other teachers in Common Core State Standards. The goal will also require that the elementary report card be revised to reflect the Common Core State Standards. The secondary teachers will be involved in training in English

SEE BOARD OF EDUCATION PAGE 18

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### Board of Education 2012 Regular Meeting Schedule

**November 13**  
**November 27**  
**December 11\***

**\* Due to holiday schedule,  
only one Board meeting in December.  
(2013 Schedule please see page 18)**





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# School News

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covering the

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**Kay Coop**

Founder / Publisher



Fall is here and with it comes holidays. Happy Thanksgiving to you and your family from our *School News* staff. The fine RBUSD leadership reminds us we have much to be thankful for. With the Common Core State Standards being implemented students will be even better prepared for college and careers. As we consider our thankfulness, we are ever mindful of the brave service men and women serving in our armed services, who will not be with their families this holiday season.

Thank you for reading *School News* and supporting the RBUSD.



## Redondo Beach Educational Foundation

409 N. PCH, #310, Redondo Beach, CA 90277 • 310/954-2004 • [www.rbef.org](http://www.rbef.org)



## Gaining STEAM!



**Brad Serkin**

President

Thank you to everyone who has stepped aboard RBEF's train to support our students and schools this fall! The mission of the Redondo Beach Educational Foundation is to raise the tide by enriching the educational experience of all children in the Redondo Beach Unified School District. How do we achieve that mission? The answer is by fund-raising and through strategic grants of funds right back to the schools. Since 2008, when RBEF was revitalized, our organization has raised close to \$2 million to support programs primarily in science, technology, engineering, arts and mathematics. Not only are our students gaining STEAM in their educational experience but also our organization has gained exceptional momentum. In 2012 alone, RBEF is poised to raise one million dollars for the students of Redondo Beach.

We had two successful fund-raisers last month, and we would like to thank everyone who participated or donated. In October, LA25's Art90266 auction raised money to send all of Redondo Beach's second- and third-graders on a field trip a renowned county art museum. The opportunity to see and appreciate world-famous collections of art is sure to nurture creativity and inspiration in our young students.

Again in October, Redondo Beach families were out in force for the Pier-to-Pier Friendship Walk produced by an athletic shoe company, and all of the funds raised by RBEF in that event will go directly back to the schools to use for site-based needs and programs.

Thank you for helping us continue to raise the tide!

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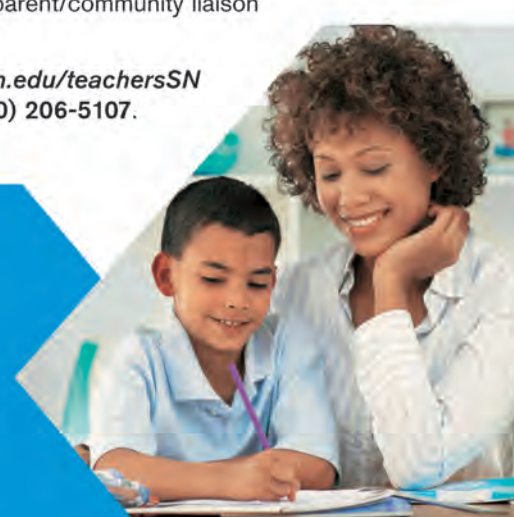
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# Small, But Mighty!



Dr. Erin Simon  
Principal

As we continue to strive for greatness, it is the Alternative Education Department’s collective vision to prepare our students for the second half of the 21st century and beyond. Alternative Education, in particular Redondo Shores High School, has made great strides in improving test scores and increasing the level of rigor in all courses. In order to become even stronger, Shores has established an Associated Student Body (ASB) leadership class and is currently in the process of starting a Parent Teacher Student Association (PTSA). We believe the aforementioned will increase the students’ academic success in school and foster positive social, emotional and physical well-being.



Dr. Simon (far right) poses with Redondo Shores’ ASB Leadership students

The ASB leadership class is designed to provide emerging and existing leaders with the opportunity to explore the concept of leadership and to develop and improve their leadership skills. Instruction will consist of an introduction to and development of leadership skills, team-building, and improvement of writing, speaking, social, and organization skills. Additionally, this class will be responsible for the planning and execution of the majority of the school’s functions and activities. PTSA at Shores will be student-led, spearheaded by the students within the ASB leadership class. PTSA at Shores will be an engaging and enterprising endeavor that will pride itself in being a persuasive voice for our students.

It’s going to be a great year for Alternative Education! We are confident that our vision will rein in student power to enhance the culture within our programs and help all students continue to reach for greatness.

# A Grateful and Patient Staff

By Aaron Benton



Frank DeSena  
Asst.  
Superintendent  
Student Services



Dr. Aaron  
Benton  
Exec. Director  
Special  
Education

In spite of the volumes of paperwork and countless meetings that go along with a job in Special Education, many in our ranks consider themselves fortunate to have learned about what it takes to reach all students and to have learned even more about themselves. I recently asked staff to share with me their reason for entering the field of Special Education.

As the Redondo Union High School Special Education Department chair, Marie Koorsen reflected, “My first Special Education assignment was in a high school special day class long-term substitute position. From the first day of school to the last, I fell in love with this population. I don’t think ‘just anyone’ can work with this population successfully. I found stores of patience and understanding that I didn’t even know existed within myself.” Speech and language pathologist Jill Wilke shared, “I decided to go into Special Education after my son was diagnosed with tuberous sclerosis. He was not speaking by age two. A therapist would come to our house three times per week and taught him how to sign, and eventually he began talking. I thought the whole process was amazing!”

Adams Middle School Special Education teacher Diane Kleen described how she got involved: “I hated study hall in high school, and the counselor suggested I go across the street and volunteer in a TMR (formerly ‘trainable mentally retarded’) classroom. I did that for four years, and I was hooked!”



Ilana Lopez gets to know  
one of her students better over lunch.

Ilana Lopez, a Lincoln Elementary School Special Education teacher, recalled, “I had just finished my social science teaching credential, as well as my first year with Redondo Beach Unified School District as an instructional aide. I was at a non-violent crisis intervention training. At one point, the man providing the training started talking about how children with disabilities are more likely to be abused by frustrated staff members because of their behavioral challenges. He said, ‘Many of you might have plans to go to school and do something else with your lives. But if you have patience and love for these children, please consider Special Education, because they need people like that looking out for them and keeping them safe.’ I actually broke down and started crying right in the middle of the training because I knew I had to go back to school and get a Special Education teaching credential.”



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## “C” the Changes



**Vivian Ibarra**  
Director

The South Bay Adult School (SBAS) would like to thank the entire Redondo Beach community for the passage of bond Measure C and for continuing to make education a top priority in this community.

This past summer at SBAS, Measure C funds were used for renovating and upgrading our main office and classrooms, located at 3401 Inglewood Avenue. The front of our school has new glass windows, wrought iron fences, new landscaping, and a garden on the corner. We have: a fresh coat of paint on all buildings; new roofing; plumbing improvements and water-saving devices, such as automatic faucets; electrical improvements, including a state-of-the-art bell system and fire alarm panel; parking lot reconfiguration to help accommodate our thriving student population; and many other small improvements.

The SBAS staff and community are excited about upgrading the Edison Center facility for our students. Our classrooms have been painted inside and out. We have new energy efficient LED lights in all classrooms and an upgraded computer lab. The school provides more parking spaces and new restroom facilities for everyone. Our preschoolers love their bright and clean new classrooms. Edison is busy from early in the morning until late at night, with everyone enjoying classes in our new space.

Next time you drive down Inglewood Avenue, take note of the newly renovated SBAS Edison Center, which has transformed into an updated lifelong learning facility that looks as good on the outside as we already are on the inside.



**Garden and Preschool playground**



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Visit us on the Web at [www.southbayadult.org](http://www.southbayadult.org) for information on any of our programs. Our winter catalog will be out December 1.

## What is a College Going Culture?



**Dr. Annette Alpern**  
Asst.  
Superintendent  
Instructional  
Services

Word on the street is that RBUSD is focusing on strengthening the “college going culture”. What is that? How would I know what that looks like when I walk into the schools? It can range from small activities to long range planning. Some examples:

- High expectations and rigorous work in the classrooms
- Support in place for students who need additional assistance
- Teachers, counselors and other staff relate their own college experiences to students
- Events for families to learn about how to prepare and pay for college
- Field trips to colleges and universities
- Maps of the U.S. (and the world) that show where the staff, faculty and students went to college
- College pennants and banners as you enter the schools which send a message that higher education is valued

We are committed to a comprehensive approach to create this culture in every classroom.



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# Adams *Middle School (6-8)*

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

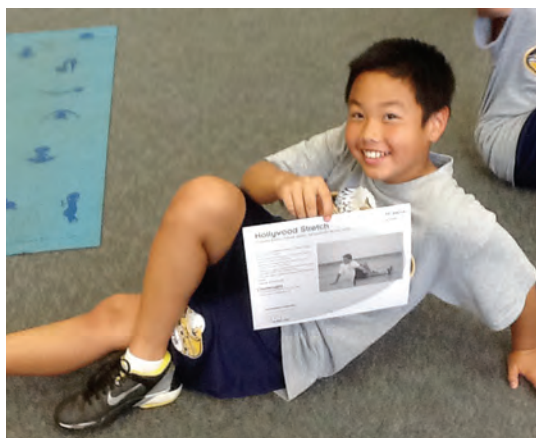


**Anthony Taranto**  
*Principal*

## Physical Fitness

Did you know that each spring, students in grades five, seven and nine are required to take the California Physical Fitness Test? Fitness testing is an integral part of fitness education, which is a key component of physical education.

The Fitnessgram is a comprehensive health-related fitness battery developed by the Cooper Institute. It's designed to assess students in the following six fitness areas, with an example of how students are assessed: aerobic activity, through PACER (Progressive Aerobic Cardiovascular Endurance Run) and one-mile run; abdominal strength and endurance, through curl-up; upper-body strength and endurance, through push-up or modified push-up; body composition, through body mass index (BMI); trunk-extensor strength and flexibility, through trunk lift; and flexibility, through shoulder strength.



**Hollywood Stretch**

The primary goal of testing is to assist students in establishing lifetime habits of regular physical activity. Research indicates that the physical well-being of a student is linked to promoting his or her academic learning as well as building self-esteem and developing sportsmanship. Although testing occurs in the spring, physical education programs in our schools work daily to improve the fitness levels of our students.



**Adams students learning to play volleyball**



**Horizontal rock climbing wall**

# Alta Vista *Elementary (K-5)*

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



**Susan Wildes**  
*Principal*

## Allowing Everyone to Shine

On a crisp evening last December, over a hundred eager third-grade students were lined up outside the Alta Vista cafeteria. Nervous giggles and whispering chatter could be heard as their teachers tried to keep them all assembled, settled and neat. Inside, parents, grandparents and families sat with cameras and recorders at the ready to capture the forthcoming magic. What they were awaiting was as exciting as any event held during the school year: our annual Holiday Vocal Music Concert.

The next 50 minutes were filled with song, drama, movement and dance, and instrumental music, all written and choreographed by our wonderful Megan Melrose, elementary music teacher. The semiannual concert, which is heard in December and June, is unlike any other school event. Mrs. Melrose, along with our third- and fourth-grade teachers, provide moments for each student to showcase his or her musical and dramatic talents and unique personality. The musical numbers are well rehearsed and students are prepared, but it is the unexpected moments that steal the show. The humorous dialogue, the distinctive dance moves and the surprising integration of instruments allow each and every student to find a way to make the show his or her own.

The yearly holiday and end-of-year musicals as well as our fifth-grade band performances are important parts of the education that we provide to our students. The emphasis that we place on providing these musical experiences is just as great as any other subject area. They ignite parts of our students that you might never get to see during the academic-subject times. Would you like to experience the magic? Come join us Tuesday, Dec. 18 at 5 p.m. for our third-grade musical and at 6 p.m. for our fourth grade performance.

# Birney *Elementary (K-5)*

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



**Lisa Johnson**  
*Principal*

## Continuing to Reach

Birney Elementary School is excited to kick off another successful school year! We are looking forward to a rewarding year as we continue to reach for greatness.

I am thrilled to return to Birney for my second year as principal. The school comprises outstanding students, supportive parents and dedicated professionals, and I am eagerly anticipating another fulfilling year working with all stakeholders to ensure that our students have a rich and rewarding elementary experience.

Birney believes that in order for students to reach for greatness, they must be supported academically, socially and emotionally. Reader's Workshop and Writer's Workshop, two components of our instructional program, provide engaging, rigorous instruction that is differentiated to meet the needs of all students.

Character education is also important to us at Birney, and on a daily basis, students are encouraged to be kind and thoughtful human beings. Through our Safe Schools Ambassadors and "Bucket Filler" programs, we strive to ensure that Birney Bobcats are compassionate, confident and critically thinking good citizens.

We are very fortunate to have a wonderful on-site support team available to provide assistance and guidance. A learning center teacher, a counselor, a psychologist, a speech therapist and numerous paraprofessionals make up a closely knit group whose sole mission is to support our students, their families and our teachers.

At Birney, we embrace the power of family and unity. It is a pleasure being a part of such a wonderful school community, and I am confident that this will be the greatest year ever at Birney!



# Beryl Heights *Elementary (K-5)*

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



**Karen Mohr**  
Principal

## Who Could Ask for Anything More?

We have an amazing 2012–2013 year in store for our Beryl Elementary School students and families. We have quite the calendar for the rest of the year.

Our Walking School Bus is stronger than ever, with a second route beginning this year that comes down Vincent and makes its way to Beryl. We just enjoyed a successful principal and PTA coffees, and another one is scheduled for March 8 right after drop off in the morning in the cafeteria.

Our Family Math Night is January 30, where we have multiple tables of math activities for students to participate in. As we rotate around the room, students are learning games and strategies to become better mathematicians. On February 27, we have our second annual Science Night, and on March 27, we have our annual Family Reading Night, where students come dressed in their pajamas and enjoy stories from multiple readers. The students always love a good book!



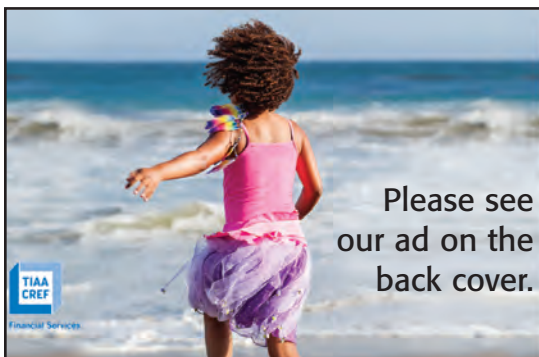
**Beryl's Safe School Ambassadors**

Our fifth-graders always look forward to their week-long adventure to the beautiful mountains in Big Bear for Science Camp in November, and the fourth-grade students learn all about ranchos and California history as they experience Rancho Day. To add another exciting day to the year, on March 27, the fifth-grade classes experience a Colonial Day that they will never forget!

On April 19, we have our annual Talent Show in the beautiful Redondo Union High School auditorium. Our students are so talented and have so much to share that it becomes an amazing event for our parents and community.


To keep up our physical activity, on May 17 we will have our annual jog-a-thon, and on the 18 we will have our parent party/silent auction, called A Walk on the Wild Side, at the Redondo Beach Elks Lodge. Of course we have our monthly restaurant nights as well, so come and join us when you can.

It is truly amazing to be part of the Beryl bunch. Check out our Web site on a weekly basis for our upcoming events, and come by and see us when you can!




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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

## Measure C Progress

This past summer, Lincoln School was fortunate enough to receive a second round of facility improvements through the Measure C bond. This work completed the installation of new classroom windows throughout the campus. The process originally began just over two years ago, when Measure C funds were first used to improve the school's facilities and infrastructure.

An incredible amount of work was done in a very short period of time in order to have the classrooms ready for the start of the school year. Work began the day after school ended, with the teachers diligently packing and preparing their rooms for the construction to come. Shortly thereafter, the district's partner in construction quickly began and completed the demolition and installation process during the following nine weeks.



**Lincoln students and new classroom windows**

We are very pleased with the results of the window installation. Our new windows update the school's appearance, and also provide improvements in classroom insulation, light and sound.



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## Happy Thanksgiving!

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**Anthony (Frank) Kelly II**  
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# Jefferson *Elementary (K-6)*

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



**Kara Heinrich**  
Principal

## Staying Healthy One Step at a Time

Jefferson's award-winning Running Club goes the distance to stay healthy one step at a time. And the best part is that membership is free! Our students can join at any time, and the benefits are priceless.

Parents too are welcome to get involved, whether it be to volunteer, or walk or run with their child. We love to see our community moving!

The Running Club has received top honors for its effort to keep students physically motivated, in line with the goals of Vitality City. This year alone our club received a \$5,000 grant from the Beach Cities Health District. This was in addition to recent recognitions from Congresswoman Janice Hahn, the Kiwanis Club, and Mayor Gin with a receipt of a mayoral commendation.

Jefferson's Running Club provides the students with a positive and healthy way to develop a daily routine of physical exercise and sense of community. Paired with Jefferson's whole-school daily morning exercises, it offers the benefit of regular before-school exercise. Running can help with increased focus, attentiveness and positive learning behavior.

## Now a Tradition

The Jefferson Running Club was organized in 2008 by the PTA to encourage health and fitness, and it has since logged over 35,000 miles. On any given school day, one can see large groups of students hanging on the entrance gate before it opens, excited to get onto campus and start running. The students begin running at 7:50 a.m. before class, and continue until the bell rings at 8:10 a.m. They then transition into their morning exercises.

Last year our students ran more than 13,800 miles. This year, Chair Mr. Dean Bennett and Co-chair Mrs. Bryn Zbyszewski have vowed to maintain a 100 percent student participation, in addition to setting the running goal at 15,000+ miles.

Go, Dolphins!



**Ready, Set, Go! Jefferson Running Club goes the distance.**



**Jefferson Running Club representatives receiving Redondo Beach Mayoral Commendation.**



# Madison *Elementary (K-5)*

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



## Get Your Motor Running!

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

**Joseph Ledoux**  
Principal

Another example of our commitment to fitness can be seen in Madison's Milers Club. A dedicated parent meets the students each morning before school to record how many laps each student completes in 15 minutes—seven laps equals one mile. Our primary students in grades one and two earn a foot-shaped charm that goes on a necklace for every five miles they run. Our upper grade students, third through fifth, work a little harder—they need to run 10 miles to earn their foot charm.

This school year, our Madison Comets will also be participating in Jump Rope for Heart, which is a fund-raiser for the American Heart Association. Besides raising money for a good cause, students will learn the importance of living a heart-healthy lifestyle. Furthermore, students learn what it means to have high cholesterol and high blood pressure as well as what the warning signs of a heart attack are.



**Mr. Ledoux coaching/refereeing**

Another physical-fitness opportunity for our upper-graders is Madison's Noon League Sports Program. Every year, fourth- and fifth-graders enjoy the opportunity to play on an organized football, basketball or soccer team during lunch recess. Through competing with their friends, students learn the values of both physical exercise and good sportsmanship.

It is always the right time to get up and jump into some physical exercise. Go Comets!



**2012 Noon League 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

## Concerted Efforts

Parras Middle School has an especially strong band program this year taught by Mr. Erskine. There are currently five band classes with a total of more than 200 members, ranging from beginning to advanced band and a jazz ensemble. There is also an after-school pep band that rehearses every Tuesday.

Students in all bands are currently working very hard to prepare for the many challenging upcoming concerts and events. They have already shown a high level of dedication, holding after-school rehearsals and small-group practices. The advanced bands are currently preparing the University of California, Los Angeles (UCLA) Fight Song for the upcoming halftime show performance alongside the Redondo Union High School Band.



**Mr. Erskine prepares the Parras Middle School band for their Spooktacular concert October 30th.**

Some of the ensembles are also preparing to perform at the school's first-ever Spooktacular on October 30 at 6 p.m. In this fun concert, students will perform spooky pieces while dressed in costumes. Some of the haunting tunes will include theme songs from "Harry Potter" and "The Addams Family," as well as "Thriller," and "Creepy Crawlies." We encourage you to attend!

Future events will include performing at a Torrance Memorial fund-raiser, festival competitions, and performances at theme parks. This should be a very exciting year for the Parras band. Students are showing a high level of musicianship and are already sounding great.



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# Redondo Union *High School*

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



**Dr. Nicole Wesley**  
*Principal*

## Go, Literacy!

Are you truly literate? Immediate thoughts may go to reading and enjoying a good book. But, there are other literacies as well.

In a job interview we are sometimes asked if we are “computer literate,” which we usually interpret to mean as being able to navigate the Web or have a command of Excel and/or Word. However, true literacy comes in all forms.

Computer literacy also encompasses understanding which Web sites are reputable, or which can be used as a valid source or reference for a school project or personal edification. So besides

helping her students master the aforementioned literacies, our librarian at RUHS, Miss Shaun Lloyd, also works with them to master other competencies such as media and information literacy.

## Staying Informed

Media literacy is the ability to understand, disseminate and evaluate the barrage of messages that are constantly coming our way, through news reports (television, print or digital), Internet blogs, radio broadcasts, tweets, and pop-up ads, among others. Miss Lloyd teaches filter tips and tricks which can help the students become savvy in terms of the decisions they make.

From forming political opinions to deciding upon purchases, media literacy is also key to the development of our young citizens in this country.

Helping students become lifelong learners of course is the first and foremost goal of the Library Media Center staff. Our students have access to thousands of fiction and non-fiction books for pleasure reading and/or research. This year RUHS is also adding digital books to its collection, which can be downloaded to various types of e-readers. Some of these new e-books will also allow simultaneous research on every computer in the library!

As the world around us evolves and adapts to these trends and technologies, the newly remodeled RUHS library is also adapting to the changing needs of our students and staff members. Our newly renovated library is open, so come visit!



**Miss Lloyd, our librarian, shows off the new circulation desk at the entrance of the library.**



**Students enjoy hanging out under the trees in front of the newly renovated Library Media Center.**



**Students are able to use computers for research and reports, as well as study in a quiet setting.**

# Tulita *Elementary (K-5)*

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



**Christina Giguere**  
*Principal*

## Taking Note of Music

At Tulita Elementary School, we are thrilled to be able to offer music for our third- and fourth-graders and band for our fifth-graders. Thank you to the Redondo Beach Educational Foundation for sponsoring two wonderful teachers: Mrs. Megan Melrose for music and Mrs. Yvonne Zoetewey for band. These energetic, inspiring, and passionate educators come on campus once or twice a week to offer instruction to our upper-grade students.

Right now in band, the students are learning to how put together, clean, and maintain their instruments, including flute, clarinet, saxophone, trumpet, and trombone. Mrs. Zoetewey said, “Being the band director at Tulita has been a great experience. It has been exciting to watch the program expand year to year. It is rewarding to watch my students make progress playing their instruments and reading music. For me, band is an amazing learning opportunity for the students to learn discipline through practice, take pride in progress, and cooperate and interact with their classmates.”

In music, the students are learning how to count rhythms using quarter notes, quarter rests, and eighth notes. They will apply these rhythms to rhythm sticks, as well as a variety of percussion instruments. Mrs. Melrose shared, “This is my fourth year teaching vocal music at Tulita, and I absolutely love it! The teachers are so supportive, and the students are very musical and fun to work with! We are able to accomplish a lot in our once-a-week music class.”

Tulita will be hosting a variety of musical events this year. Our Vocal Winter Concert on will take place on December 12 at 5:30 p.m. for third-graders and 6:30 p.m. for fourth-graders. Our Band Coffee Concert on March 19 from 1:50-3:20 p.m. promises some great entertainment. And mark your calendars for our Vocal Spring Concert on June 6 at 5:30 p.m. for third-graders and 6:30 p.m. for fourth-graders.



**Music teacher Mrs. Melrose playing the piano.**



**Fifth graders Jenna Menough and Jenna Edwards playing the clarinet in band.**



# Washington *Elementary (K-5)*

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



**Jacqueline O'Sullivan**  
Principal

## Fitness in As Little As Eight Minutes!

At Washington School, students exercise not only their minds but their bodies, too! Together with Beach Cities Health District and PTA, staff is able to help students meet health and fitness goals in several ways. On a rotating schedule throughout the year, every student at Washington receives Physical Education (PE) instruction with Moving Children, a standards-based program that helps teachers reach the state goal of 200 minutes of PE every two weeks. Teachers learn new ways to meet the physical fitness standards through engaging lessons taught by Mr. Morlock, Washington's resident fitness expert.

Like all elementary schools in Redondo Beach, Explorers gather every morning for eight-minute morning exercises. A series of exercises are set to music, and the routine changes daily. With guidance from teachers, students demonstrate these fun routines for classmates by doing crazy jacks, three pointers, high knees, quick feet and mountain climbers, to name a few. The routine ends with some deep breathing and yoga poses, and students are then ready to start the day, energized by exercise.

Not only are Washington students getting in shape but they are also learning fun ways to add healthy food choices to their diet. LiveWell Kids, another of BCHD's programs, fights childhood obesity by supporting our school garden and providing nutrition classes taught by parent docents.

Our PTA supports healthy choices, too, by sponsoring a running club twice a week and a Jog-a-Thon in February. Students keep track of miles and successes by adding a foot charm for every five miles run.

## RBUSD Child Development

1401 Inglewood Ave., Redondo Beach, CA 90278  
310/798-8683 ext. 1312, 1321 • [www.rbusd.org](http://www.rbusd.org)



## Singing and Dancing



**Theresa Van Dusen**  
Director

Research shows that music improves a child's memory, cognitive development, learning skills and ability to express emotion. Music makes a child a better learner, teaches self-control, improves coordination, enhances creativity, and inspires a lifetime appreciation of music and movement. —Gretchen Axton

Once a week, each of our preschool classes is visited by Gretchen Axton, a music therapist and music educator. She is there to provide a quality program unique to each age group that will help develop the whole child through music.

This is not a traditional music class with the children sitting quietly and singing songs. For example, our 3-year-olds are using music to exhibit expressive language combined with imagination and pretend play. During class, the preschoolers also play an active role in making choices and expressing ideas, as they sing, explore rhythm instruments and move and participate in pretend play to music.

The class for 4-year-olds even has an early introduction to reading and writing music! Its lessons involve rhythm concepts, singing, rhythm instrument play, notation and music vocabulary.

Ms. Axton's classes don't look like classes at all, either; the students are spinning with scarves, driving with paper plates and playing drums. There is lots of singing, laughing and learning going on. So stop by one of our Child Development Center preschools to see all the fun we have. But be prepared to sing and dance!

## Vitality City

Jens Brandt, One Sea Hawk Way, Redondo Beach, CA 90277 • 310/798-8665

Lauren Nakano, 514 N. Prospect Ave, Redondo Beach, CA 90277 • 310/374-3426x115 [www.vitalitycity.com](http://www.vitalitycity.com)

## Live Well Tots!



**Jens Brandt**  
RUHS Assistant  
Principal /  
Vitality City Liaison



**Lauren Nakano**  
BCHD Vitality  
City Program  
Manager

This fall, a new program with Beach Cities Health District (BCHD) called LiveWell Tots—a childhood obesity prevention program for preschool-aged children—will launch at four CDC locations, including Alta Vista, Lincoln, Tulita and Washington. LiveWell Tots aims to improve the knowledge, attitude and social-emotional behaviors of preschoolers as related to nutrition and well-being. This program builds upon BCHD's successful LiveWell Kids program in RBUSD, which continues to reduce levels of childhood obesity through nutrition education, daily morning activities, school gardens, healthier school-lunch options and parent education.

Using mindful-based learning techniques, LiveWell Tots trains teaching staff to not only help children learn why it's important to eat healthy but also to teach them how to utilize their senses while eating and to be open-minded about trying new foods. Other key messages in the program include selecting high-quality foods that are closest to nature's source, eating a variety of fruits and vegetables and appreciating food and where it comes from. Parents will also receive information that helps deliver these messages and enables them to promote positive changes in the home.

Please join RBUSD in welcoming LiveWell Tots to our community and improving the well-being of children, staff, and families. We are pleased to expand healthy programming through our continued partnership with BCHD!



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## School Smarts

### Developing a Mindset of Giving Back



Rajeshri Gandhi

As parents, you teach your children important values and are the primary architect of their character. Much of what they learn is through experience, by watching you and by living as a part of your family. Compassion and a habit of giving of one's self is one of those important values and as parents, you can explicitly teach your child to have a mindset of service and giving back. Anyone, regardless of economic or demographic category has the ability to contribute to a greater cause and giving of one's self is something that each of us can do—it costs us nothing but a bit of time. It's

also never too early and children as young as preschool age can begin to have volunteer experiences to develop service as a lifelong habit. Volunteering is a win-win activity—those who one serves benefit from the actions and those who serve gain confidence and sense of self worth, while feeling fulfilled that they have contributed to a greater good.

Giving back and performing service to one's community have become a focus for children, particularly in school. Many high schools require students to perform a set number of hours of community service to fulfill graduation requirements. Colleges and universities have separate areas on the application for students to list their various community service activities, indicating an expectation that students have spent a significant amount of time engaged in some sort of volunteer activity. While schools can facilitate and be conduits to opportunities for students to perform service, families can instill this habit and also use it as a means of building self-esteem and strengthening familial relationships. As parents, you can help your children see community service as more than just something to complete a requirement or just look good to colleges. While it may seem daunting to add volunteering to the seemingly endless list of tasks on the "Parent" job description, there are many ways to incorporate community service and develop a mindset of giving back into the normal course of family activities.

Model service, talk about its importance and create a mindset of giving back. Whether it's serving as a mentor to a colleague, donating blood or contributing to a local charity, parents have examples of their own service activities to share with their children. As parents, you have a tremendous amount of influence over your children and by talking to them about the service activities that you do, you are leading by example, endorsing the idea of giving back and helping your child to develop that mindset. Community service shouldn't be just a box to check off—it's an opportunity to develop a sense of self, gain confidence and learn compassion, while performing a social good.

Find activities to do as a family. Families can participate in many different types of service activities. Some families have traditions of giving back such as serving at soup kitchens on holidays, conducting collections of books or winter clothes, and participating in charitable walks/runs. Working together on towards a common goal can be fun and rewarding. The important thing is to find something that fits your family's culture, has a role for everyone, is meaningful to your family, and is something that you all can reflect upon afterwards.

Emphasize sustained, long term efforts. Getting kids involved in a project or with a group that involves a more sustained, continuous effort allows them to commit to a cause, see the impact of their work and connect with those who they are serving. As children can experience the impact that their actions have and witness the positive change that occurs over the course of time as a result of their efforts, they can begin to understand and appreciate the true value of giving.

Don't overlook the little ones—young children can serve too! While a 16-year-old can take on more independence than a 6-year-old, there are things that even the youngest children can do to begin to learn the value of giving back. It's important that younger children have someone guiding their efforts, frequently pointing out the value/impact as they go along to keep them focused and motivated. Small tasks done in partnership with adults can allow these young givers to feel involved in a larger effort and help to develop giving as a core value. Kids also respond well when they can physically contribute. Letting them carry, collect or count items, help serve or clean up, or perform some sort of physical task (run a lap in a jog-a-thon, etc) allows children to physically feel their actions and better comprehend their impact.

Encourage your children to be leaders and help them create opportunities for others to be involved. I believe that people inherently like to give and be involved, but for some, it is not always easy to figure out how to contribute. Leadership is also an essential skill that can be taught and developed in and outside of the classroom. Once they have developed a habit and mindset of giving back, your children can share that value by finding or creating service opportunities that are meaningful to them and involving others. There is no shortage of need and by thinking creatively, your children can exponentially increase the impact of the service activity and help shape a new group of givers.

Rajeshri holds a BS from the University of Michigan and a MA in School of Leadership with Principal Certification from Harvard University. She uses her background in public and private schools both teaching and administration to collaborate with students, parents and schools about the various educational options available. Rajeshri may be reached at [rgandhi24@gmail.com](mailto:rgandhi24@gmail.com) [www.rajeshrigandhi.com](http://www.rajeshrigandhi.com)

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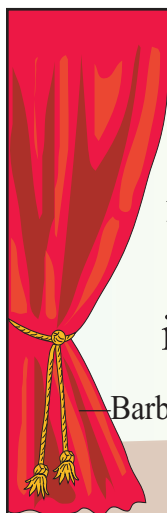
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—Barbara Grizzuti Harrison

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# Things to Consider Before Saving for College



Susan D. Marshall

Saving for college can be an overwhelming thought for young families that are just starting out and are trying to buy a first home. If you are also saving for retirement, the cost of college can be paralyzing.

The changes in governmental rules also provide challenges. For example, 529 Plans originally were not considered in the financial aid calculation but now are. Here are four suggestions that can smooth your way.



- 1) Make sure you contribute to your retirement plan before you contribute to a college savings plan. Most advisors recommend contributing the largest affordable percentage that your employer will match. If you are a stay at home spouse, set up an IRA or a Roth IRA. Just be aware that these plans typically are invested in stocks, bonds and mutual funds that carry greater risk. The good news is that currently, retirement accounts are generally not considered in the financial aid calculation at most schools.
- 2) Buying your own home should be a top priority as soon as it makes financial and practical sense. It will serve as a future investment. You will build equity over time and it may provide you with collateral that may be used in the future to help pay for college.
- 3) Make sure your income is protected. What does that mean? Should you lose your job, become disabled or not make it home; will your family be able to have the resources to go on? Make sure you have the life and disability insurance to protect your family's future.
- 4) Have an accessible and safe emergency fund. The accounts that provide savings and liquidity are Long Term CD's, Fixed Annuities, Indexed Annuities and Cash Value Life Insurance. Many times working with a trusted advisor will help you find money you don't realize you have. By repositioning assets you may increase your cash flow and add to your savings. When you do begin saving for college, plan and save to maximize your funds and minimize any penalties.

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 e-mail her at Susan@College4Less.com.

## Art To Grow On

# Don't Forget to Enjoy the Holidays

How can it be the holiday season again? I made a mindful effort to not overbook fall activities for our two boys, a first-grader and fourth-grader. I have good news to report that our fall has been a good one! We had lots of park visits, scooter time, and friends over—and even some down time. Sports were still on the agenda, but we cut back a bit, and it made such a difference! My new “moderate” mode became easier and easier as the weeks progressed, especially as I heard more laughter, talked more at the dinner table, and saw more creative play, from painting and taking scooters apart (yes, I allowed this) to movie night.

The holidays ahead are to be celebrated with friends and family, and we are looking forward to a great season! I know the demands triple at this time, but I feel much more confident that we will enjoy this holiday season without the level of stress we have had in the past. Work will be busy with art classes, gingerbread workshops, parties, and special events, along with the boys' schedules and our family schedule.

Enjoy the holidays and celebrate the time you have together! Wishing you happiness, joy, and lots of creative fun for the New Year!

Enjoy each and every day!

Lauren Perelmuter, President/Founder of Art To Grow On Children's Art Center, Inc.  
www.art2growon.com (310) 625-6028

# Rowing Your Way to College

Six minutes and 30 seconds. That's the magic time a male high school athlete needs to achieve on a rowing machine to receive a college scholarship. It's the strangest thing, relying on a machine known as the Concept 2 Indoor Rowing Machine, which measures the amount of work performed while pulling a lever. A football coach doesn't offer a scholarship simply because someone runs a certain 40-yard time. A basketball coach doesn't offer a scholarship because someone can dunk. A baseball coach doesn't offer a scholarship because of how far someone can hit a baseball. But in rowing, when a male athlete records a time of six minutes and 30 seconds, the word spreads like wildfire among college recruiters.



Brad Teter

Brad Teter, a high school rowing athlete at Marina Aquatic Center, and Andy Marshall, a high school rowing athlete at Long Beach Junior Crew, were up for the challenge. Jack Nunn, the owner of Powerhouse Fitness, reviewed their eating habits, examined their old workout routines, and helped them set goals. He developed detailed fitness and nutrition plans, which included daily rowing-related workouts. Both young men also attend Powerhouse Fitness indoor rowing classes at the boathouse and warehouse locations, which they enjoy due to the diversity of the participants.

Since Teter and Marshall have been training, they have gained muscle, increased aerobic endurance, and dramatically improved their rowing times. Both athletes aspire to achieve fast enough 2,000-meter scores to continue rowing in the colleges of their choice.



Andy Marshall

Powerhouse Fitness provides personalized athletic performance training combined with highly effective consulting services. This consulting service, which was developed through two decades of rowing for collegiate and national team coaches, focuses college rowing programs, the recruiting process, and the steps an athlete needs to take to be considered for recruitment to a college or university. Our goal is simple: To ensure that you maximize your rowing potential through training and knowledge, so you can reach your ultimate goal of gaining admission to the college or university of your choice.

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Nutrition Update

Whadda Ya Know?!



Carol Berg Sloan, RD

Sugar consumption has been in the news lately with the soda ban in NYC and like initiatives popping up in cities throughout California. Restaurants will be posting nutrition facts for your information, how will they affect your choices? Nutrition, food and health are always in the headlines. In speaking with many of my clients they show solidarity for such bans and praise calorie postings, but when we start talking about the details of these headlines, many don't understand the basics of what they eat and how it affects their weight and health. I compiled some questions and answers which provide the basics so you can make informed nutrition decisions about what you eat and better understand your health.

How many calories should we consume per day?

The average American adult who does weekly exercise and is at a healthy weight should consume about 2000 calories daily. Obviously this number can vary because our bodies and metabolism are different. My point here is that while many restaurants are posting nutritional analysis there is no point of reference.

How many calories do you have to eat to gain/lose an actual pound of fat?

If you have been maintaining your weight and want to lose or gain a pound in a week without changing your exercise regime, you either need to eat 500calories less or more per day. A pound of fat (adipose tissue) arrives when 3500 calories in excess have been consumed and are now being stored. The same goes for

losing a pound of fat, 500 calories a day should be cut from the daily intake. I find a disconnect with most understanding the calories in = calories out concept. I must also remind you that water can make the scale numbers change without affecting your actual weight.

What is a healthy weight? There are several ways to find out where you land on the weight chart. One is to measure your body mass index (BMI) [www.nhlbisupport.com/bmi/](http://www.nhlbisupport.com/bmi/) or you can measure your waist circumference [www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/risk.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/risk.htm)

The websites above can help you calculate your weight and you will know on paper, if you are overweight, obese or morbidly obese. Needless to say your risk for chronic disease such as type 2 diabetes, high blood pressure and cancer increase with weight.

Lastly back to the ban on soft drinks larger than 16 ounces in various venues in New York and other counties across the nation. I appreciate that Mayor Bloomberg was able to draw attention to the obesity epidemic, but I don't think the actual ban is going to make a difference in calories consumed from sodas. Pointing a finger at one food or beverage as the cause for what ails us is ridiculous. I've been to New York many times and I think a sidewalk pretzel with cheese sauce or slice of pizza ban would be more effective in terms of calories (and saturated fat) consumed.

My hope is that the simple Q&A above will encourage you to become more informed and make healthier changes and choices in the lives of your family.

Carol Berg Sloan, RD is a nutrition therapist in Long Beach. She can be reached [cbsrd@verizon.net](mailto:cbsrd@verizon.net).



Apples Word Search Contest

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

**Entries must be received by November 20, 2012**  
**(You don't have much time to get this done!)**  
From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

- |               |               |             |
|---------------|---------------|-------------|
| Apple Butter  | Early Harvest | Jonathan    |
| Applesauce    | Fuji          | Juice       |
| Baldwin       | Gala          | McIntosh    |
| Candied Apple | Golden        | Pie         |
| Cider         | Granny Smith  | Rome Beauty |
| Cortland      | Gravenstein   | Winesap     |
| Delicious     | Grimes Golden |             |



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

Congratulations to the October Word Search Contest Winners!  
**Justin Scarbrough—Halloween and Jake Hatakeyama—Formula One**



Learning in Two Languages



Kate Karp

When I first began teaching, I heard one of Hap Palmer’s award-winning recordings in one of my methodology classes. I thought, hey, I can just let this guy teach my whole class with these songs.

Hap Palmer’s first recording, *Learning Basic Skills through Music*, was released in 1969. Over 40 years later, Mr. Palmer is still singing, playing musical instruments and teaching teachers how to teach basic skills through music and movement. The only changes from the early years are the CD format and the brightly colored pictures on the booklets. His latest release, *Learning in Two Languages*, teaches clothing, opposites, days of the week,

colors, directionality, body awareness and adverbs in paired English/Spanish versions of songs, delightfully performed by Mr. Palmer and a band of accomplished studio musicians. The instrumental tracks for each number are included in the last section, to use when children have learned the words. The songs are perfect for assemblies, teaching language at home, and second-language classes in either language, and production quality is as excellent as the CD’s contents—during “What Is This Sound?” I rushed to answer a nonexistent doorbell and the cats perked up at a *meow* from the speakers.

Mr. Palmer’s coupling of music with body movement, or Total Physical Response (TPR), is a long-recognized best practice for teaching language development: “If you’re wearing pants, stand up. If you have any pockets, stand up.” The familiar sequence of days of the week gets an additional boost from the idea that the week doesn’t stop at Saturday—or Sunday in Spanish—but starts over again. In “What do the Animals Say?” Mr. Palmer cleverly teaches the importance of listening by singing, “But the rabbit says nothing—it just listens, listens, listens.”

Listening, music, movement and learning—Hap Palmer’s still expertly combining them all.

Lyrics and activities for each CD are available at [www.happalmer.com](http://www.happalmer.com).



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

French Words Word Search Contest

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

Entries must be received by November 20, 2012  
(You don’t have much time to get this done!)  
From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

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



Polly Kinsinger
President

Children are watching almost everything we do. As parents, aunts, uncles, grandparents or even neighbors, it's imperative that adults lead by example and present themselves as good role models. Children learn how to behave as adults from those around them.
Do you text in the car or talk on a cell phone without a hands-free device while driving? Do you drink alcohol to excess, smoke cigarettes, or use recreational drugs around young people? Do you speak about others in a negative light when children are present?
With the continued pressures our children are faced with from social media, peer pressure, cyberbullying, television and movies, it's so important for young people to have adults around them who make positive choices. Distracting yourself with cell-phone use while driving is very dangerous and not worth the risk. Our lives and those of our children as well as the lives of others on the roads are worth more than the time lost to pull over and stop driving to use your phone.
Speaking disrespectfully about others in the presence of children, whether regarding ethnicity, size or driving habits, teaches them that critical bullying is acceptable behavior. Help our children become good adult role models themselves by remembering that our children are watching and that they're learning from everything we do.

TEACHER OF THE YEAR • FROM PAGE 1

Melanie began her teaching career in Connecticut more than 20 years ago and has taught across the country. She began her career in RBUSD at Jefferson as a first-grade teacher in 2006. Melanie's passion for children and education stands out daily in her work to develop each child's full potential and in her mind-set of "students first." Melanie has an exceptional reputation as an instructional lead and a diligent worker who will go above and beyond as an advocate for all students. She is team player, a motivator, a role model, and, above all, a lifelong learner. Parents, colleagues, and students from all grade levels reach out to her for advice, resources, and support.
The students in Melanie's class are not her only students. Melanie recognizes that all students on campus are our responsibility as educators, and therefore she always extends a helping hand. From creating and implementing a school-wide Family Math Night, beginning Jefferson's First Lego Robotics League, and volunteering to run our middle schools' new running clubs to serving as the Gifted And Talented Education (GATE) Lead, her dedication to children is endless. One will always find Melanie involved in the continued innovation of Jefferson and RBUSD, while making the education of the students her top priority.
Mrs. Melanie Sullivan is that special person who has helped others to understand and learn better and motivates us to greater achievements.
Congratulations, Melanie!

BOARD OF EDUCATION • FROM PAGE 1



Jane Diehl
Presiding Officer

and math, provided by the Los Angeles County Office of Education.
The second goal is to acquire, maintain, and upgrade technology. This area also centers on our students and classroom learning. The assistant superintendent and the chief technology officer, with others, will be working on developing a technology strategic plan for upgrading and integrating technology into the curriculum and instruction. They are also hoping to develop and create an online professional development portal for teachers.
The Redondo Beach School District values the whole child, and that is reflected in the goal to meet the social, emotional, physical, and academic needs of the 21st-century learner. This goal will include expanded offerings and assist high school students in completing the A-G requirements. Alternative ways for secondary students to obtain advance credits or credit recovery will be explored through online classes. The goals will include seamless transition to the middle school and high school in the area of physical fitness. Emotional support will be improved through expanding and publicizing outreach programs. We understand that to help students we need parental and community support. The PTA is very important in this goal and will assist. Other individuals will be looking at communication to expand support district-wide. A community survey will be developed and shared with stakeholders.
We cannot do these things without the next goal of financial vitality. As I write for *School News Roll Call*, I will not know if this goal will be met. The goal includes passage of measure Q. I hope that goal will be reached. If not, the staff will be working harder and harder to try to reach the goals listed above. The community will need to contribute in other ways so we can do the best for the students of Redondo Beach.



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Board of Education Regular Meeting Schedule

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

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