

FREE

School News

Education + Communication = A Better Nation



Covering the Redondo Beach Unified School District

VOLUME 8, ISSUE 69

www.SchoolNewsRollCall.com

APRIL 2014

SUPERINTENDENT



Dr. Steven Keller

A Picture Tells a Thousand Words

If you look at the picture here, you will see plenty of people enjoying a sunny Sunday at Parras Middle School in the cool shade of our newly constructed solar panels. Growing up in the South Bay, I never could understand why my skin would burn—I was so close to the ocean and its breeze. As we all know, the sun's fierce rays have been working overtime this year. The Redondo Beach Unified School District (RBUSD) could not have timed the construction of these solar shade structures any better. As a reminder, in November of 2012, the Redondo Beach voters approved Measure Q, which included

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BOARD OF EDUCATION



Brad Serkin
Vice President

Our Schools Are Going Green

This April we continue our efforts to “go green” in our community. We recently turned on the solar panels at Tulita and Lincoln Elementary School and the balance of the schools are being rolled out currently, to be completed by summer, as we continue our efforts to make us a more energy efficient and green community. With a big THANK YOU to our community for the passage of Measure Q, we will be able to save over \$500,000 a year by generating our own electricity at most of our campuses. These funds will go right back to serving our

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The Success of Beach Cities Robotics

*By Ellen Brim, Advisor,
Beach Cities Robotics*

Beach Cities Robotics (BCR), 30 students from Redondo Union High School (RUHS) and Mira Costa High School, competed at the Inland Empire Regional Competition in March. The team finished the competition as finalists, narrowly missing winning the competition. The team was awarded the Industrial Design Award, sponsored by a national automotive company. The team will compete again in Long Beach, hoping to win a bid to the world championships in late April.

Beach Cities Robotics won the world championships in 2001 and 2010. They also won the coveted Regional Chairman's Award in 2004. BCR was founded in 1998 as a part of For Inspiration and Recognition of Science and Technology (FIRST) by inventor Dean Kamen in order to celebrate science and technology education. The FIRST Robotics Competition, called the Varsity Sport for the Mind, now boasts over 63,000 high school students on 2,546 teams, representing 17 countries.

Each year, BCR team has six weeks to design and manufacture a 120-pound robot. The students learn the engineering process by



**Beach Cities Robotics team members and mentors
with their robot following the Inland Empire Regional**

prototyping ideas, presenting them to the team, and then selecting the final design. The students then complete the final design using computer modeling to create the detail drawings required to manufacture and assemble the robot. The parts are manufactured by local industry, the students, and BCR mentors in the team machine shop located on the RUHS campus.

This year BCR is enjoying its new fully remodeled lab located at RUHS, thanks to Measure C. BCR is led by volunteer engineer mentors from local industry. The program is funded through sponsorships from local engineering and technology companies, as well as student fund-raising. BCR also receives many donations from local industry.

For more information, the Beach Cities Robotics team can be contacted at frc294.info@gmail.com.



This year's robot, named Wavelength receiving its finishing touches in the robotics lab.

Walking the Walk, Reducing the Footprint



Washington Elementary Explorers walk to school several days a week. (see page11)

Join the Wave!



Ted Craddock
President

The RBEF has two great events coming up soon that we hope you can attend.

First up is a fabulous art auction sponsored by LA25, a group of local philanthropic business-people. Once again, our RBEF will be the beneficiary. The money raised will be used to send every second- and third-grader in our district (approximately 1,400 children) to the Los Angeles County Museum of Art. It will also provide a corresponding curriculum to enhance this fantastic experience.

This fundraiser will be held on April 24 at the Shade Hotel in Manhattan Beach. It will be a live art auction featuring world-class artists from around the South Bay area, and will also offer a specially commissioned work of art from our own students. You can purchase tickets for this great night of fun and fundraising at <http://thela25.com/art90266>.

Then, on May 14, please join us for our signature event, the RBEF Poker Night at the Blue Water Grill. Advance tickets can be purchased at www.rbef.org. Whether you are a veteran card shark or just a beginner, we have a table for you. It will be a great night of fun and laughs, and there are tons of great prizes for every skill level.

Join the Wave for two great events, and a great cause! Grab your friends, call the sitter, and come out and have some fun with fellow members of the RBUSD community.



Kay Coop
Founder/Publisher



This issue focuses on Going Green. I personally began recycling in the early '60's when the only product we could recycle was newspaper. In our *School News* office we have always been cognizant of our environment. We have many eSubscribers who receive every issue emailed. However, there will always be a need for the printed word.

Our printer is Eco-friendly. For more than twenty years our printer has exceeded the government's guidelines on post-consumer paper use. The Amount of recycled fiber content in newsprint is more than 40%.

See **HOME ROOM** • Page 14

School News

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www.schoolnewsrollcall.com

**Covering the
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Health News

by Sandra Vizireanu, MD

How do you know when your child's cough is more than just a common cold?

A cough is frequently associated with cold and flu and may even accompany seasonal allergies. This type of cough is typically mild to moderate in severity, dry, does not cause vomiting, and generally lasts five to seven days. Most colds will run their course and resolve on their own, but if your child has a fever for more than five days, cannot tolerate liquids, or just doesn't seem like him or herself, see your physician.

One condition that your physician will want to rule out is pertussis, commonly called "whooping cough." The symptoms often mimic that of an upper respiratory infection. Although many children in the U.S. receive the DTaP (diphtheria, tetanus and pertussis) vaccines as infants, DTaP booster vaccines are recommended

every 10 years. In the 2012 Pertussis Surveillance Report, half of reported cases of whooping cough were in children 7 to 19 years old. Timely diagnosis and treatment are essential to shortening symptoms, avoiding complications and minimizing others catching it.

Whooping cough has a specific presentation and course, that if identified early, allows for rapid intervention. The incubation period can last 10 days, during which patients may or may not suffer from symptoms.

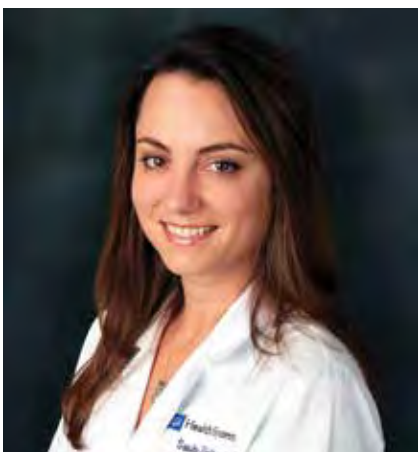
The diagnosis of whooping cough is most often based on course and symptoms. A chest X-ray and laboratory testing may also be helpful. Once diagnosed, an antibiotic is



recommended with over-the-counter medications for symptom relief.

With appropriate care, most patients recover fully. However, delaying treatment may result in severe complications including severe and including pneumonia, seizures, dehydration and even death.

See a physician if your child's cough persists or worsens after five-to seven-days or is accompanied by the telltale "whoop" or gasping sound associated with whooping cough. Always make sure your child's vaccines and booster vaccines are up-to-date.



Dr. Vizireanu is a family medicine physician at the UCLA Health office in Redondo Beach, located at 514 N. Prospect Avenue, and sees patients of all ages.

The typical course of whooping cough includes:

- Cough, runny nose and low-grade fever appear during the first week.
- Cough develops into uncontrollable fits that can be triggered by yawning, laughing, eating or talking. This occurs within one to two weeks.
- Coughing fits are characterized by five-to-10 forceful coughs, followed by a high-pitched "whoop" in younger children, or a gasping sound in older children and adults.
- The cough can cause fainting, vomiting, rib fractures and urinary incontinence. This stage can last two to eight weeks.

If your child is exhibiting any of these symptoms see a physician right away.

BCHD - Blue Zones Project

Lauren Nakano, 514 N. Prospect Ave., Redondo Beach, CA 90277 • 310/374-3426x350 • www.bchd.org/bzp

A Healthy Serving of 'Hara Hachi Bu'



Jens Brandt
RUHS Assistant
Principal/
Blue Zones
Project Liaison



Lauren Nakano
BCHD-
Blue Zones
Project Director

By Lauren Nakano

This spring, do as the Okinawans do, and “hara hachi bu.”

While researching the areas of the world with the longest-lived people, Blue Zones Project® founder and National Geographic explorer Dan Buettner discovered that residents of Okinawa, Japan have a successful strategy for maintaining a healthy weight. Before meals they say the Confucian mantra *hara hachi bu*, which reminds them to stop eating when they are 80 percent full.

This time-tested practice restricts the number of calories consumed during meal time and guards

against overindulgence – both primary catalysts of obesity. In fact, the 20 percent gap between feeling satisfied and feeling stuffed is often the difference between losing or gaining excess weight.

And best of all, it can tack on years to your life.

Buettner's research identified such a strong correlation between what he coined the 80% Rule and the Okinawan's unparalleled longevity – the island boasts the world's highest proportion of centenarians– that the 2,500-year-old practice was added to Blue Zones Project's Power 9® Principles. These nine lifestyle habits, shared by the longest-lived people, help unlock health, longevity and happiness.

So how do you enact hara hachi bu in your home? Here are some ideas.

- Join a healthy potluck group. Beach Cities Health District's Blue Zones Project groups people with similar food interests to share recipes, sample properly proportioned dishes and socialize. To create or join a potluck group (or Moai), go to bchd.org/bzpmoai.
- Use smaller plates and glassware. Ten-inch plates and tall, skinny glasses help you physically, and psychologically, consume less food and drink (trust me; you won't even notice the smaller portions).
- Eat and serve correct portions. A helpful rule of thumb is to measure out foods with your hands. For example, a healthy serving of meat or fish is roughly the size of your palm. For vegetables, fruits and whole grains, like rice or pasta, a single serving should be about half a cup, or the size of your fist.
- Dine at Blue Zones Restaurants®. More than 60 popular eateries in the Beach Cities adhere to Blue Zones Project's healthy guidelines, which include proper portions, more nutritious options and smaller glassware/plates. Look for the purple seal in the window.

Want more information? Visit bchd.org/bzp.

Beach Cities Health District

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

Volunteering



Dr. Lisa Santora
Chief Medical
Officer

Like many of you, I first heard the term “affluenza” earlier this year when a privileged, young man in Texas was sentenced to residential treatment and probation for a drunk driving crash that killed four people and injured two others. This controversially lenient ruling was attributed by some to defense's argument that the boy suffered from affluenza, or a belief that money can erase the consequences of bad decisions.

This column isn't, however, examining the legitimacy of “affluenza.” Rather, I'd like to address how we can positively influence decision-making in adolescents and young adults in the affluent Beach Cities.

The brain's prefrontal cortex, which rules decision-making and the evaluation of choice, isn't fully developed in young people until roughly age 25. So childhood and early adulthood is primetime for thoughtless mistakes and poor judgment – as most of us know from experience.

But couple immature minds with high access to drugs that impair judgment, and you have a recipe for potentially disastrous blunders. And startlingly, 2013 data shows Beach Cities 11th graders have a substance abuse rate 20 percent higher than the state average.

So, as parents, let's get proactive.

April hosts both National Volunteer Week and Alcohol Awareness Month. At first glance, volunteering and alcohol awareness may not seem to correlate, but they're deeply connected. Research shows that adolescents who volunteer are less likely to use alcohol, tobacco and other drugs.

Volunteering is a great way to bond as a family and connect with the community. Visit bchd.org and thevolunteerfamily.org to help connect your family to volunteer opportunities.

South Bay Hands On Art

2110-B Artesia Blvd., Box 805, Redondo Beach, CA 90278 • www.southbayhandsonart.com

Starry Southern California

I know nothing with any certainty, but the sight of the stars makes me dream.

– Vincent Van Gogh

This classic quote is the inspiration for Starry SoCal, a workshop that is part of the South Bay Hands On Art program. Students created an illusion of space and depth by the use of brushstroke and movement in an acrylic paint and oil pastel, creating their own interpretation of “Starry Night” at the beach, based on Van Gogh's iconic painting.

Students were given a brief art history lesson on post-impressionism, as well as the life of Vincent Van Gogh. Next as part of a lesson in using pointillism, students painted brushstrokes with slight swirls to create movement, as well as a lesson in impasto painting, which is laying paint thickly on the surface with visible brushstrokes. The canvases came to life by adding a silhouette of a palm

tree or lighthouse and finally a lifeguard tower to depict the perfect Southern California beach. The results were of expert quality, works of art that anyone would be proud of!

Our next project is a lesson in abstract and modern art, where reverse painting on vinyl will be explored.



Redondo Union High School students explore impasto painting while creating a Southern California version of Vincent Van-Gogh's Starry Night.



Benefits Of Teen Life Coaching Include:

- Help With Decision Making
- School Stress And Academic Pressure
- Increase Self Esteem/Self Awareness
- Parent/Teen Communication
- Time And Self Management
- Peer Pressure And Self-Imposed Pressure
- Social Isolation And Bullying

A Life Coach provides the tools to effectively manage many of these challenges. Through a trusted and unique connection a Life Coach will listen, encourage, stimulate and support your teen to grow. Positive character development and open communication will help your teen to cope and overcome obstacles.

Make today better and tomorrow amazing!

Life Coach for Teens and Young adults

Al Camacho • (310) 413-8080 • ourpromisingyouth@gmail.com

www.ourpromisingyouth.com

Miller Children's Hospital Long Beach

2801 Atlantic Ave., Long Beach, CA 90806 • 562/933-KIDS • MCHLB.org

What All Parents Need to Know About Autism



Gary Feldman, MD

Medical Director,
Stramski
Children's
Developmental
Center

Autism is a spectrum disorder that affects certain individuals to varying degrees. Symptoms can emerge as early as 18 months and almost always start before a child is 3-years-old.

The Psychiatric community's DSM-V recently made changes to the criteria to encourage consistency in the field and reflect better the state of knowledge regarding autism.

There is no known single cause of autism; the positive side is autism is treatable. Children do not outgrow autism, but studies show that those who received early diagnosis and intervention (which can begin as early as 2-years- old) tend to have better brain function, communication skills and overall social behavior.

It's important for parents and families to look for autism warning signs in their child's development. The sooner autism is diagnosed, or ruled out; the faster children can receive needed care and treatment.

Communication signs

- Doesn't gesture or doesn't respond to pointing
- Echoes words/phrases or repeats
- Delayed speech
- Reverses pronouns (i.e., "you" instead of "I")

Behavior Signs

- Hand flapping
- Rituals with objects
- Tantrums when changes occur
- Restricted interests

Social Signs

- Unusual eye contact
- After 1 year does not respond to name
- Prefers to play alone
- Avoids or resists physical contact

It's important for parents and families to trust your instincts. It's never too early to get your child screened. For more information, contact the Stramski Children's Developmental Center at Miller Children's Hospital Long Beach at (562) 728-5034.

Redondo & Manhattan Beach Unified School Districts
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Miller Children's Hospital Long Beach
MEMORIALCARE HEALTH SYSTEM

April is Autism Awareness Month!
Show your support: snap a blue photo, share on our Facebook, win Dodgers tickets.

Light It Up Blue

Our specialty: Autism Spectrum Disorders

Andres' specialty: Bubble Catcher

Our specialists are the leaders in children's health care.

Andres was a premature baby and started to show signs of autism. Concerned, his mom took him to Miller Children's Hospital Long Beach. There, experts specialize in the diagnosis, treatment and management of autism – and conduct research to identify and treat all disorders on the autism spectrum. Today, Andres is continuing to improve and now spends his days focused on catching bubbles.

From tip-top head to itty bitty toes, Miller Children's is the leader in getting kids better.

Follow the leader to Miller Children's.

MillerChildrens.org/Stramski (562) 728-5034

Andres, 2-years-old, Miller Children's Autism Patient



The Go Green Quest



Vivian Ibarra
Director

The lights go off automatically, the heat is on a timer, and most communication is being done through email and Web sites. Yes, the South Bay Adult School (SBAS) is on a mission to become more energy efficient!

At SBAS, we recycle because it's important for the environment. We have bright blue containers strategically placed around our campus to collect paper and cans. We reuse paper by printing and using both sides before it hits the recycle bin. Our Parent Education teachers have most of their class handouts posted online. SBAS students, staff and families want to help keep our campus green and beautiful.



Solar Panels at South Bay Adult School!

Thanks to the support of our community, and Bond Measure Q, the SBAS is also joining a district-wide conversion to solar energy. Thank you, Redondo Beach residents! The parking lot has received new solar panels that will provide shaded spaces for our faculty, students and community. The system is also designed to provide solar power for our school, and make us less dependent on Southern California Edison.

More to Learn

To help our community become even more eco-friendly, the SBAS offers classes in partnership with the South Bay Environmental Services Center. Here you can take "Energy Upgrades for Remodeling Your Entire Home." This free class explores the various incentive and rebate programs that are available for homeowners who want to create a more energy efficient home.

If you want to save gas, you can stay home and take our online "How to Grow an Edible Garden" class, at www.ed2go.com/sbas. Here you'll learn how to grow delicious and nutritious fruits and vegetables in your own backyard!

April 22 is Earth Day, but our quest is to make every day an opportunity to "go green" at school and home. Please visit us online at www.southbayadult.org to learn more about our lifelong learning programs.



Waste Reduction and Recycling



Dr. Erin Simon
Principal

In an effort to create awareness about waste reduction and recycling, Redondo Shores High School has scheduled several field trips to various organizations, including recycling companies, nonprofit environmental groups, and local material reuse centers. These field trips will help enlighten RSHS students about recycling options and purchasing alternatives.

After culminating field trips, our RSHS students will begin to plan a waste audit during the start of the 2014–2015 school year. A waste audit will determine our school's garbage make-up, as well as the best way to implement a productive waste-reduction program.

The RSHS students have already devised a number of creative ways to conduct a successful audit. One specific idea involves performing an audit where a 24-hour waste stream would be collected from the buildings within the campus. This collection would allow our students to calculate an estimate of the waste that is rerouted from a local landfill, and the potential waste to be diverted from a regional landfill.

On a small campus, and in the early stages of a sustainability program, RSHS hopes that the waste audit will teach students how to save money, keep the campus and community clean, and energize an underused recycling program. Additionally, we are encouraged that this ambitious project will not only help keep our campus cleaner, it will also instill a greater sense of school and community pride.



RBUSD Educational Services

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

Earth Day...For Today and the Future



Dr. Annette Alpen
Deputy Superintendent, Educational Services

Earth Day is celebrated each year on April 22nd. Through recycling programs, Walking School Bus, school gardens, beach clean-up days, ecology clubs and our new solar shade structures, our students see examples of how they can positively impact the environment and planet earth today. But what about spending one's adult life engaged in this work as a job?

Our students have unlimited career possibilities available to them in the field of environmental and earth sciences. Just to name a few: Geophysicist, Ecologist, Hydrologist, Pollution Prevention Specialist, Environmental Chemist, Seismologist, Geochemist, Glaciologist, Mineralogist, Cartographer, Paleontologist, Geologist, Land-use Technician, Surveyor, Air Pollution Analyst, Oceanographer, Air Quality Inspector, Occupational Safety

Specialist, Animal Conservationist, Organic Farmer, Park Ranger, Aquatic Toxicologist, Toxicologist, Science Teacher, Water Quality Controller, Energy Efficiency Consultant, Environmental Attorney, City, Urban, Regional Planner, Public Health Specialist, and Wastewater Engineer.

Earth Day should not be limited to one day a year. For many of our current students, it can be a rewarding and prosperous way to think about how they will spend their adult lives. In RBUSD, our students hear from adults working in these fields. They have opportunities to enroll in classes that may tap into their interest in furthering their studies. They can check out the U.S. Department of Labor's Bureau of Labor Statistics "Occupation Finder" to look up education and training requirements as well as projected job growth from 2012-2022 in a variety of fields: <http://www.bls.gov/ooh/occupation-finder.htm>

Remember to appreciate the earth today and every day.



Anthony Taranto
Principal

Going Green Tips for All

Each year we take a day to celebrate Earth Day. Well, instead of taking a day to recognize our Earth, here are some helpful hints to create a safe environment everyday and to make our school community environmentally friendly.

Walking or biking can help improve the environment and our health. Doing so reduces the amount of exposure to automobile exhaust. Exhaust pollutes the air and can trigger asthma attacks, so by walking or biking to school, you will be cutting down on your child's exposure to this pollutant and building a foundation for a healthy life-style.

If you pack your child's lunch, consider organic foods and use a lunch box that is reusable. Organic foods are more natural and free from exposure to harmful herbicides and pesticides. Our school lunch menu includes a fresh salad bar and fruits daily. We also have a school garden where student harvest vegetables throughout the school and compost to reduce waste and provide fertilizer to the learning garden.



Adams Middle School Grades of Green Club

At Alta Vista we have a recycling program. There are paper, plastic, and aluminum recycling bins around campus. Each week the city collects all of our items for recycling. Our school is also enrolled in the Rotary Club "Lions Recycle for Sight" eyewear program and we recycle computer printer cartridges.

Energy saving can have a big impact on the environment. This summer, our school will go through a modernization. Included in the modernization to help save energy are: new windows, added insulation where accessible, water saving plumbing fixtures, high efficiency lighting, and the use of recycled materials in flooring and casework.



Susan Wildes
Principal

Learning About Our Footprint on the World

As a school that values educating the whole child, it is our responsibility to teach our children how to monitor the impact that we, as a school community, have on the earth and all its inhabitants. By surrounding ourselves with opportunities for hands-on approaches for teaching ecology, we allow our students to explore ways to reduce that footprint.

Our staff works to teach the value of caring for the Earth, not just the microcosm of Alta Vista Elementary School and Redondo Beach, but beyond. Through our partnership with National Geographic and their Big Cat/Sister School Initiative, we are giving our students a real-life ecological crisis to study and bring awareness that we hope will have a lasting effect. Through this initiative, students are learning about the population crisis of big cats here and around the world. They are working to educate our sister school in Kenya on ways they can become conservationists and curb the population decline.



Conservationist Casey Anderson, teaching students about the population crisis affecting the Big Cats.

In addition, our students learn how to cultivate the earth to produce nutritious and high-quality foods in our garden. In partnership with a grant from Grades of Green, students learn how to recycle, compost, reduce waste through Trash Free Tuesdays and conserve electricity that classes utilize on a daily basis. Students also work to reduce harmful emissions through our Walking School Bus. Finally, thanks to Measure Q, our students will be learning how solar energy can be used to power our school campus.

Going Green! Word Search Contest

Rules!!! First, you have to find the word list hidden in this issue. One word in the list is NOT in the word search.

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

We had this word search last year, but it is perfect for the Going Green topic this issue so have fun!

Our contests are for all ages!

Entries must be received by April 20, 2014
From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

Congratulations to Winners :
Mio Kurokawa —Football Word Contest
Jack Bacon—Dental Word Search Contest



Beryl Heights *Elementary (K-5)*

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



Karen Mohr
Principal

An Eco-Friendly School

This is the second year that Beryl Heights Elementary School has joined forces with Grades of Green and the “Go Green Campaign.”

We are making great strides in creating an eco-friendly environment. At lunch time we use blue cans for the recyclables, as well as green cans for the leftover food that can be composted. We also have “Trash Free Tuesdays” at Beryl. The students who are trash free receive a raffle ticket. Each month we raffle off cool recyclables as prizes donated by our wonderful PTA.

Each classroom also has recycling bins that are filled to the brim at the end of the week. The fifth-grade students take the materials out each Wednesday after they collect them from the classrooms, office and lunch area. Our staff and students also bring in used ink cartridges so that we can recycle them and keep the environment free of old materials. We also recycle used eyeglasses.

A big conservation push these days is to use less paper in our daily work. Our LiveWell garden also has a green waste can that we use to compost and recycle as we plant and take care of our gardens.

It is evident that energy conservation is a top priority at our school. We turn off lights, recycle more, and reuse as many materials as we can in our classrooms and office environments. We always welcome new suggestions as we continue to grow into our eco-friendly future!

Lincoln *Elementary (K-5)*

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



Jeff Winckler
Principal

Say Hello to Solar!

Lincoln is proud to have a variety of programs that help us to be an ecofriendly school. From the Walking School Bus to lunchtime recycling to our new compost bins in the garden, the Lincoln community is a strong supporter of maintaining a clean and green environment. As of early March, we officially have another member of our Green Team: the solar shade structures in the parking lot!

Thanks to the voters of Redondo Beach through the 2012 Measure Q Bond, solar is here at Lincoln and is “turned on!” With construction running from November through February, the solar structures in the parking lot began collecting energy a little over a month ago. The energy collected will now go back “on the grid” and help significantly reduce our power costs. The dollars saved will help our school and the school district maintain and preserve the high-caliber educational programs and staff synonymous with RBUSD.



Solar shade structures in the Lincoln parking lot.

Jefferson *Elementary (K-6)*

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



Kara Heinrich
Principal

It's Cool to Be An Eco-School!

Jefferson students are taught to embrace environmental responsibility and understand that it's the responsibility of all of us to ensure a bright future. Students learn they can make a life difference through choices such as recycling, reusing and reducing to conserve resources for a better tomorrow.

We work daily to reduce waste, spending and our carbon imprint on campus. Driven by the environment and economics, we have first worked to “take back the backpack” for academic use, communicating the majority of newsletters and messages online. Energy conservation and environmental awareness on campus is routine. Staff participates in daily conservation practices, holiday shut-down procedures and monthly Know Energy Days.

Jefferson provides a variety of forums to involve all stakeholders in green procedures. For example, Beach Cities Health District supports Jefferson through LiveWell Kids in physical health and wellness through morning exercises, nutrition, MindUp! and our school gardens. Supported by our parent Green Team, our Student Green Ambassador team supports the greenness and cleanliness of our school. Green Ambassadors educate others and service the school community by being role models and agents of change, working to be green and efficient and to have a strong sense of well-being. The ambassadors lead the way in recycling, composting, educating others, supporting best green practices and ensuring that school policy and practices are consistently in use. Through service learning, daily practices, modeling and community partnerships, Jefferson fosters personal growth and leadership skills to assist students in taking on the most critical environmental issues currently facing our planet and their future.

Students are working toward a better and a greener tomorrow. A favorite mantra of Jefferson's green culture that sums up our work is a quote from Dr. Seuss: “Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.”

Birney *Elementary (K-5)*

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



Lisa Johnson
Principal

Doing Our Part

At Birney Elementary, we recognize the need for everyone to be eco-friendly. That's why we have an ongoing focus on how to teach our students to be environmentally conscious. Every day our Birney staff and students strive to be as “green” as possible.

With the help of parent volunteers, our students are encouraged to use recycle and compost containers to lessen the amount of waste at lunch time. Through our partnership with “Grades of Green,” our staff and students also learn the importance of the three R's: reduce, reuse and recycle. We are doing our part to preserve our natural resources and contribute as little as possible to the local landfills.

Birney students have also committed to more frequent walking and biking to school. For the third year, our Walking School Bus allows children the opportunity to join their peers in arriving to campus under their own power. We have seen an exciting increase in the number of students who are able to find non-vehicular ways to get to school, and we are so proud of their efforts.

This summer Birney will be joining the other district schools in erecting a solar shade structure on campus. We look forward to being part of an energy-saving effort that will help reduce our dependence on fossil fuels and minimize our environmental impact.

Birney is proud of the steps we have made towards being “green.” We will strive to continue to do our part in the conservation effort.

Madison *Elementary (K–5)*

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



Drew Gamet
Principal

Making a Difference for the Earth

Madison Elementary School has just finished a historic addition to the school site. The new Madison solar arrays, thanks to funding from Measure Q, will provide our school with electricity and our students with much-needed shade on hot days. This upgrade, along with upgrades to reduce energy usage in buildings and use less water in restrooms, is a lesson to our students that reducing our carbon footprint in the world is not just something that occurs in distant institutions, but is something that goes on in their lives every day at school.



Madison Grades of Green student club

Our students have also formed the Grades of Green Club, which meets once monthly to do an eco-friendly activity and/or lesson. The activities will culminate with a Green Day event on Saturday, May 3. The club is combining its efforts with Sharefest to educate the school community about environmental topics and improve our trash-sorting system. Come join us from 8 a.m. to noon, where you can race solar cars, see solar oven cooking demonstrations, play trash sorting and other environmental games, learn about energy conservation and ways to preserve our environment, and earn eco-friendly prizes.

In the words of Dr. Seuss in his book *The Lorax*, “Unless someone like you cares a whole awful lot, it’s never going to get better. It’s not.”

Word List for Going Green Word Search on page 7

Carpool	Future	Reduce
Compost	Garden	Renewable
Conservation	Healthier	Resources
Difference	Impact	Respect
Eco Friendly	Low Waste	Responsibility
Efficient	Planet	Reuse
Emissions	Process	Solar
Energy	Protect	
Environment	Recycle	

Parras *Middle School (6–8)*

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



Dr. Lars Nygren
Principal

We’re Eco-Friendly

At Parras Middle School we’re working hard to become eco-friendly! We want to help the environment and teach our students how to be environmentally responsible citizens. Through the Grades of Green and Compost Kidz programs, and with some improvements to our physical facilities, we are now able to work towards these great goals.

Our Grades of Green program is a club that was recently established at Parras. It is supported by the nonprofit Grades of Green organization. Through the efforts of its student membership, the amount of landfill trash that our school produces has been significantly reduced.



Students enjoy being members of Parras’ Compost Kidz which is a gardening and recycling club.



These students are members of our Grades of Green Club. It has transformed recycling at Parras.

The success of the program has been outstanding. At one time Parras Middle School was sending 16 bags of lunch-time trash to the landfill every day. Now we are only sending three bags on average! The remaining trash is composted and recycled.

The Compost Kidz gardening club is led by Parras Middle School staff member Clark Woods. Compost Kidz teaches our students how to develop their composting and gardening skills. This popular group has a large garden with more than 10 planters. The students are able to learn about gardening and also have fun tending their vegetables, flowers and various plants.

In addition to gardening, our Compost Kidz program also supports Grades of Green in its recycling and composting duties. Together, these two groups have transformed our school. They have helped us work towards our goal of becoming more eco-friendly!

Redondo Union *High School*

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



Dr. Nicole Wesley
Principal

RU Going Green?

By Jens Brandt, Assistant Principal

Don't worry, Sea Hawks! We are only going green with regard to our environmental mindset and actions. So, what does going green look like at RUHS? If you have visited and parked at our campus recently, we want to first and foremost thank you for your patience as we complete the construction and installation of one of the most environmentally beneficial projects possible: solar panels! Yet again, we are indebted to the amazing citizens of Redondo Beach for the passage of a bond measure that will benefit not only our students but also the entire community.

Measure Q has provided our district with the necessary funds to install solar panels at nearly every school site, including, of course, our wonderful ecofriendly high school in the South Bay!



Solar carports providing shade and protection for student and staff parking at RUHS.



Recently completed solar panels in the main parking lot of RUHS.

So, what are the benefits of solar panels? First, solar saves money! Our district expects to save more than \$750,000 in electricity costs per year. Second, solar energy contributes to our nation's security and independence, as we no longer have to rely on imported oil and other resources. Third, solar is a form of green energy that reduces our carbon footprint and helps improve air quality worldwide. In other words, solar energy creates cleaner air for students and the community! What does this look like in real numbers? Our solar panels will reduce 16,172 tons of carbon pollution over 20 years. That's equivalent to taking 2,890 cars off the road or planting 24,540 trees!

While the environmental benefits are certainly the most beneficial aspect of the solar panels, we are also looking forward to the shade and protection provided by the solar carports as well as the well-lit and therefore safer parking lots for evening events at RUHS. Once again, we would like to thank the Redondo Beach community for your support and patience as our school and district go green!

Tulita *Elementary (K-5)*

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



Christina Giguere
Principal

Healthy Environment, Healthy Students

At Tulita, we are educating our students, staff and parents about how to conserve resources, save energy, reduce waste and recycle. Our fifth-graders continue to support weekly classroom recycling and are in charge of emptying everyone's paper bins each week. In our garden, Livewell parent docents teach the students about composting and how this leads to less trash in the landfill. As a school site, we are also working to reduce the amount of paper we consume and utilize technology to promote a paperless environment. For example, we no longer print, copy and send home community flyers; instead, this information is posted to our school website and sent out through e-mail.

Over the last few months, the solar panel installation project has been taking place on our playground. The Tulita solar panels are now turned on, saving money and providing clean solar energy whenever the sun is shining. The solar project will create cleaner air for students and the community by reducing 16,172 tons of carbon pollution over the next 25 years, which is equivalent to taking 2,890 cars off the road or planting 24,540 trees. The weight of carbon pollution also equals 25,000 pounds of sulfur dioxide and 23,670 pounds of nitrous oxide.



Solar panels, completed March 2014

Last February, Tulita launched the "Walking School Bus" program to promote walking to school and reduce traffic congestion. We now have *three* safe routes to school, with over 40 families participating. We have grown to walking on Mondays and Wednesdays and continue to add more volunteers and walkers. Thank you to our parent volunteers for organizing and promoting the Walking School Bus!



Launching WSB route #3

The Tulita Student Wellness Council is working to promote healthy eating and increase participation in school-based exercise programs. The committee members monitor classrooms during morning exercises and reward and recognize students that demonstrate strong participation.

The Tidalwaves look forward to celebrating Earth Day on April 22.



Jacqueline O'Sullivan
Principal

Walking the Walk, Reducing the Footprint

At Washington School, we are proud of the progress we have made to be green. Last year, Washington joined the Grades of Green team with an eye-opening visit to a local landfill and began reducing landfill trash from 23 bags per day to just two.

Our students are still working hard to sort their breakfast and lunch waste every day. Washington's PTA hosts recycle drives on several Saturdays throughout the year. In addition, families can recycle shoes and clothing anytime in the large textile drop in front of the school. Washington students have the opportunity to "ride" the Walking School Bus two times per week on two routes, saving gas and helping to relieve the crowded parking lot during drop-off. The Walking School Bus is sponsored by our partners at Beach Cities Health District and is just one more way children can reduce their footprint on the world.

Los Angeles County Office of Education

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

Strategic Plan—A New Way Forward



Arturo Delgado, Ed.D.
Superintendent

I am pleased to announce the release of a new strategic plan that outlines the Los Angeles County Office of Education's course of action for the next three years.

The plan identifies outcomes – with key goals designed to capitalize on LACOE's strengths – and articulates a vision for an innovative, contemporary education agency that is ready to meet new challenges and opportunities.

The plan was conceived more than two years ago not long after I joined LACOE – and after the Fiscal Crisis and Management Assistance Team (FCMAT) completed its review of LACOE operations and made recommendations to enhance efficiency.

The FCMAT review gave us some immediate things that we needed to get done, but did not really give us a long-range view of what, strategically, we want to see happen in the County Office. This prompted us to come up with a more formalized strategic plan that will produce the best work possible for the county's 80 K-12 public school districts and 2 million preschool and school-age children.

The LACOE Strategic Plan was developed following critical conversations on the Office's purpose, core values and focus areas that provided the framework for the plan. It is focused on Common Core, Innovative Systems and Schools, Fiscal Direction and Solvency, and Partnerships. Specific goals are identified under each of these areas.

Collaboration with school districts plays a big role in the strategic plan. Our purpose statement speaks to the area of how we serve the school districts, how we communicate to them, and how we adjust our services to them in ways that they find helpful and are based on their specific needs.

The plan, for example, targets increased collaboration with the districts on initiatives relating to Gov. Jerry Brown's new Local Control Funding Formula (LCFF) and Local Control and Accountability Plan (LCAP) programs. LACOE will now play a key role in the rollout and implementation of these programs, assisting districts as they develop and manage budgets in accordance with the new state guidelines on funding.

Under the new strategic plan, LACOE will strengthen partnerships with school districts, charter schools, community colleges and local agencies to enhance student learning opportunities. There will also be a strong focus on maximizing the use of technology to increase efficiency and improve communication and information sharing with the districts.

I'd like to invite you to learn more about the LACOE Strategic Plan by visiting our website: www.lacoe.edu.

Arturo Delgado, Ed.D., was appointed superintendent of the Los Angeles County Office of Education in July of 2011. With headquarters in Downey, the Office is the nations largest regional educational agencies, providing a range of programs and services to support the county's 80 public school districts and 2 million preschool and school-age children.

SUPERINTENDENT • From Page 1



Dr. Steven Keller

funding for a district-wide 1.6 mega-watt solar energy project. We are nearing completion of this project. The solar system will offset 70 percent of energy used by the schools, reducing the district's electricity bills and consumption from Edison, totaling approximately \$15 million in savings over 25 years.

The solar project will create cleaner air for students and the community at-large by reducing 16,172 tons of carbon pollution over the next 25 years—which is equivalent to taking nearly 3,000 cars off the road or planting nearly 25,000 trees. Returning to the picture here, because RBUSD was forward-thinking in constructing these solar shade structures, our students, parents, and residents can enjoy many of our playfields while minimizing their sun exposure. I only wish my family and friends who watched many of my soccer, basketball, and baseball games had the strategically located shade structures when I was a kid. Their skin today would likely be in better shape. They also could breathe easier!

The students, staff, and parents of RBUSD cannot thank the residents enough for their support of Measure Q.



Game at Parras Middle School: Sunday, March 9, 2014

BOARD OF EDUCATION • From Page 1



Brad Serkin
Vice President

students and our school community!

Our school campuses have gone to great lengths to Reduce, Reuse and Recycle district-wide. The school sites and the district office have been implementing energy-efficient light bulbs, motion-sensor lights, and even solar-lighting tubes at some of our campuses. This allows us to use more natural light, which will save us even more. Recycling programs continue to be expanded, and campuses have gone to trash-free days, where our principals have been successful in eliminating or significantly reducing the trash produced. At our campuses, we are composting, recycling ink cartridges, and collecting used clothing and shoes to be reused by those in need. We continue to increase the use of recycled materials and promote a paperless environment wherever possible, and we have upgraded our record-retention systems from manual to electronic. Most importantly, we are educating our students and staff to make a difference in the community with programs to recycle, reduce waste, save energy, and conserve resources. A little awareness makes a tremendous difference in our community!

Redondo Beach Unified School District Board of Education



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Board of Education 2014 Regular Meeting Schedule
April 22 • May 13 • May 27 • June 10 • June 24




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Locations/Dates

- **Week 1: July 14th – 18th:** American Martyrs Gym, 1701 Laurel Ave, Manhattan Beach, or Oak Street Gym, 1780 Oak Street, Torrance **
- **Week 2: July 21st – 25th:** LA Galaxy Soccer City, 540 Maple Avenue, Torrance
- **Week 3: July 28th – August 1st:** American Martyrs Gym, Manhattan Beach, or Oak Street Gym, Torrance **
- **Week 4: August 4th – 8th:** Westside Neighborhood School Gym, 5401 Beethoven St, Playa Vista or Christ Lutheran School Gym, 28850 Western Ave, Rancho Palos Verdes **
- **Week 5: August 11th – 15th:** Oak Street Gym, 1780 Oak Street, Torrance

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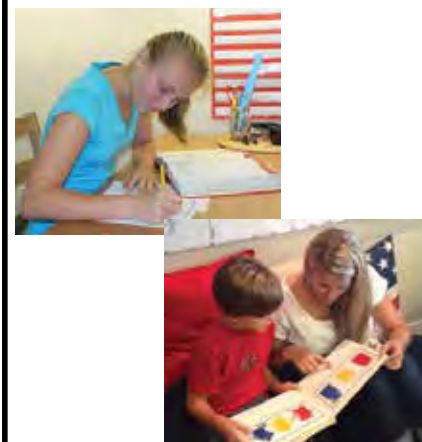
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HOME ROOM • From Page 2

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Thanks to new technology they no longer need inefficient gas ovens to dry the ink. They use ultraviolet light and special U.V. sensitive inks resulting in no harmful emissions. Any waste ink is reclaimed and shipped back to the manufacturer for immediate reuse. In order to minimize power usage and increase overall efficiency the printer uses a job-clustering scheme. This means print jobs are aggressively scheduled into tight continuous shifts. This results in fewer cold plant start-ups and fewer employee trips to and from work. Their printing plates are made of high grade Aluminum. Highly recyclable, it is by far the most sought after post-consumer material. All water use in the plant is on recirculation systems resulting in almost no wastewater—restrooms excluded.

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Environmental Awareness



Theresa Van Dusen
Director

Every April our Child Development Center programs emphasize the importance of caring for our earth in honor of Earth Day. Although we practice “green” habits throughout the year in April each Center does activities, projects and lessons that really focus on the meaning of being “green”.

At Alta Vista Preschool they focus on the three “Rs” of caring for the earth: reduce, re-use, and recycle. Last year the children had the opportunity to put into the action the idea of “re-using” by participating in a recyclable toy exchange in which they brought in a gently used toy or book they weren’t using and exchanged for another child’s gently used toy or book that they liked.

At Lincoln Preschool they do an annual “sorting day” where the students go outside and see recyclables strewn across their play yard and then gather and sort the recyclables into designated bags for plastic, cans, paper and glass; which are later taken to the recycling center.

It’s never too early to encourage children to do their part to take care of their earth. Here are some ideas for promoting environmental awareness at home:

- Encouraging your child to look for the recycle sign on items and recycle when you can.
- Encouraging your child’s math skills through sorting recyclable products (e.g. plastic, bottles, cans, paper, waste, and compost).



CDC sorting day.

- Explore Compost! It can help fertilize your garden while allowing your child to explore how insects help the earth.
- Take your child to the recycling center and use the resulting money for something meaningful (plants, a movie, etc).

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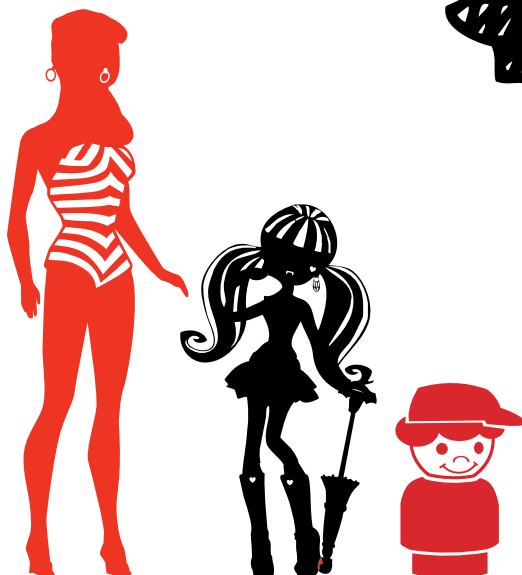
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