

FREE

School News

Education + Communication = A Better Nation

Covering the Redondo Beach Unified School District



Volume 9, Issue 78

April 2015

The wealth of the nation is its air, water, soil, forests, minerals, rivers, lakes, oceans, scenic beauty, wildlife habitats and biodiversity... that's all there is. That's the whole economy. That's where all the economic activity and jobs come from. These biological systems are the sustaining wealth of the world.

—Gaylord Nelson

I believe in “walking the talk” when it comes to protecting the world in which we live—that is why I chose to be a teacher 29 years ago and why I work at the district office now. We are responsible to make this world a bit better than we found it, especially for those who will live on past us—our children.

—Dr. Steven Keller

What is the use of a house if you haven't got a tolerable planet to put it on?

—Henry David Thoreau



We do not inherit the earth from our ancestors, we borrow it from our children.

—Native American Proverb

Never doubt that a small group of thoughtfully committed citizens can change the world. Indeed, it's the only thing that ever has.

—Margaret Mead

There is a great need for the introduction of new values in our society, where bigger is not necessarily better, where slower can be faster, and where less can be more.

— Gaylord Nelson

Health News

by Jason Hove, MD

How can I help my child eat healthier?

By encouraging healthy eating habits at a young age, parents can impact their child's lifelong relationship with food and help them grow into healthy adults.

Healthy eating can impact a child's energy, mood, mind and overall health. There are several easy steps parents can take to encourage and instill good eating habits.

Offer a healthy, balanced diet with meals and snacks that are rich in nutrients and minerals. Half of your child's plate should contain fruits and vegetables, one quarter should contain whole grains and the other quarter should be foods high in protein. By making plenty of fruits, vegetables, whole grain snacks and healthy beverages easily accessible, parents can help their child avoid foods

high in sugar, salt, high-fructose corn syrup, hydrogenated oils and saturated/trans fats, and encourage a healthy diet both during meals and snack times.

Cook more meals at home, have regular meal times and get your kids involved

By cooking at home, parents have control over food choices, portion size and when meals or snacks are served. When kids are involved in shopping for and cooking meals, parents can teach them the nutritional value of each food as well as have important family time.

Control portion size

Exact portion sizes differ depending on age, gender, weight and height, but a rough estimate of portion size is a one-hand fist size for fruits, vegetables, pastas and beans and a palm-size for proteins.



Increase physical activity and limit television and computer time

Exercise is an important component of a healthy lifestyle. By reducing screen time, kids can avoid unnecessary empty calories from snacking and be more inclined to increase physical activity by going outside.

Support a healthy lifestyle

By introducing your child at an early age to a healthy lifestyle and a well-balanced diet rich in minerals and nutrients, parents can help their child prevent obesity, diabetes and iron-deficient anemia. The family home environment needs to support a healthy lifestyle for everyone.



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

5-2-1-0 blast-off to healthy eating

- 5 or more servings of fruits and vegetables
- 2 hours or less of recreational screen time
- 1 year or more of breastfeeding; with exclusive breastfeeding for the first six months of life with introduction of appropriate food at 6 months old
- Blast off and have fun with one hour or more of physical activity

Superintendent



Dr. Steven Keller

Walking the Talk

I believe in “walking the talk” when it comes to protecting the world in which we live—that is why I chose to be a teacher 29 years ago and why I work at the district office now. We are responsible to make this world a bit better than we found it, especially for those who will live on past us—our children. Both my son and daughter will subscribe to this philosophy, as many practices in our home are already “green.”

First, I drive a plug-in Prius. It’s my third Prius. I previously owned a natural gas Honda Civic, and now my son drives it. We recycle in my home and eat meat-free meals several times each week. We think twice before printing (although this causes us all to rely heavily on our smart phones) and use foods grown in our very own garden. My children will know these practices are healthy for our home and for our earth.

As a district, Redondo Beach Unified School District (RBUSD) has made several earth-friendly decisions, including building better and more energy-efficient facilities. Many of our new facilities are Leadership in Energy and Environmental Design (LEED) certified or certifiable. We’ve maximized our use of natural materials (recycled fibers/wood) and resources, such as installing solar tubes at the middle schools. This engineered lighting uses the sun to save electricity and provide commercial-grade light through reflection into our offices and gymnasiums. We’ve also outfitted several elementary schools with the same product. This “no-wattage” solution not only saves dollars to spend on children, but also it teaches our students that innovation can save valuable resources. Another example is the Lincoln Elementary School Child Development Center, which is a newer building from Project Frog. These innovative, easy-build “kits” meet the most stringent of green certification criteria and are a sliver of the environmental impact compared to a traditional brick and mortar structure. And, of course, we installed solar shade structures at each of our campuses—minimizing RBUSD’s carbon footprint and saving on our bottom-line dollars.

Yes, our schools have recycling programs, Walking School Bus programs, and earth/nature groups, but RBUSD walks the talk on a larger scale. We want our students to know that the adults around them practice better green ways of living, even if it means going the extra mile. Yeah, green is a Mira Costa color, but it’s one of the rare times that going green is A-OK!

Board of Education



Michael R. Christensen
Vice President

Stewards of the Environment

Environmental consciousness was in its infancy when I was a student many years ago. Very little was taught in school about our impact on the environment. At the same time, air and water quality in our region had become alarmingly unhealthy. Some of you may remember the days when children couldn’t go outdoors for recess due to “smog alerts” or dealing with tap water that looked like iced tea. We’ve come a long way since then in addressing some of these critical environmental issues, but we still have a long way to go.

The Redondo Beach Unified School District is committed to doing its part in not only reducing the environmental impact of our operations but more importantly in educating our children about the importance of environmental responsibility in future generations. And we are not only talking the talk, we are walking the walk. Our solar energy program is a good example. Not only have we reduced our carbon footprint by installing solar panels at each school site, we have made them a teaching opportunity. Students see and touch these solar installations every day and study them as part of various curricula. Our solar energy program is not only saving the district millions of dollars (thanks to Measure Q) but is also educating a generation of Redondo Beach students about our environmental stewardship—and we will all breathe easier because of it.

Board of Education



Brad Serkin
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Michael R. Christensen
Vice President



Anita Avrick
Presiding Officer



Laura Emdee
Member



Brad Waller
Member

Board of Education 2015 Regular Meeting Schedule

April 14	April 28	May 12	May 26	June 9	June 23
		(April 14 – Organizational Meeting)			



Kay Coop
Founder/Publisher



Netragrednik

Going Green!

This is a very special issue focused on going green. Dr. Keller sets an example for the District as a whole with his life commitment to making the earth a better place for generations to come. And as Vice President of the Board of Education Michael R. Christensen agreed, it is equally important to educate our children about the importance of protecting our environment. There is no better way than "walking the talk."

Recycling became a passion of mine way back in the early 60's when recycling centers only accepted paper. Our school PTA collected newspapers as a fundraiser and each class competed for recognition (no prizes, only

recognition on the morning loudspeaker). Parents took turns volunteering one morning per week with yardstick in hand to measure the height of the bundles as they were dropped at the curb. This was a special morning for the children because it was a rare treat to be driven to school.

I met a life-long friend recycling. My children brought home their "valuable" artwork on a daily basis. After displaying on the refrigerator for a respectable time, the question was what to do with the treasures...recycle seemed the best answer to me. Thus, one morning I inserted the treasured artwork among my stack of newspapers to recycle. At the next PTA meeting a new parent at the

See **HOMEROOM** • Page 22

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School News

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Covering the

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Gary Feldman, MD
Medical Director,
Stramski
Children's
Developmental
Center

Autism Awareness— What Parents Need to Know

According to the Centers for Disease Control and Prevention, around 1 in 68 American children are identified with an autism spectrum disorder. More than 3.5 million Americans live with an autism spectrum disorder, so autism is a condition that can't be ignored or overlooked.

Autism is a complex developmental disability that affects a person's ability to communicate and interact with others. Symptoms almost always start before a child is 3-years-old and can present themselves as early as 18 months.

Children do not outgrow autism, but studies show that kids who received early diagnosis and intervention tend to have better brain function and communication skills. This is why knowing the signs of autism and taking action is so important.



Common signs of autism are:

Unusual behaviors:

- Hand flapping
- Lines up toys or other objects
- Gets upset by minor changes

Poor social skills:

- Avoids eye contact
- Doesn't respond to their name after 12 months
- Prefers to play alone

Risk factors that may increase a child's chance of developing autism are:

- Children that have a parent or sibling with autism
- Children that are born more than 26 weeks premature
- Children born to older fathers
- Having certain other genetic disorders

As a parent, being aware of the potential warning signs and taking immediate action to get your child tested can make a difference.

MillerChildrens.org/Stramski (562) 728-5034
2801 Atlantic Ave., Long Beach, CA 90806



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

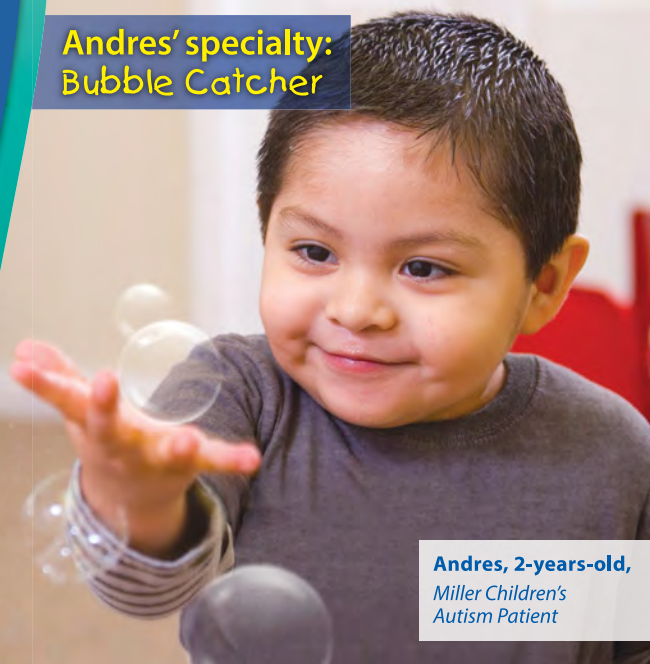
Andres was a premature baby and started to show signs of autism. Concerned, his mom took him to the Stramski Children's Developmental Center at Miller Children's & Women's Hospital Long Beach. There, experts specialize in the diagnosis, treatment and management of autism – and conduct research to identify 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 800-MEMORIAL

Our specialty:
**Autism Spectrum
Disorders**

Andres' specialty:
Bubble Catcher



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

Beach Cities Health District



Dr. Lisa Santora
Chief Medical Officer

Covered CA Deadline Extended

The deadline to enroll in health care insurance for 2015 was recently extended through April 30, 2015 for people who say they weren't aware they would face a tax penalty for being uninsured.

According to the Covered California Executive Director, more than 600,000 California residents may face a tax penalty under the Affordable Care Act. The extension will not prevent people from having to pay the 2014 penalty, but it will help them avoid additional penalties in 2015.

For the 2015 tax year, the penalty is \$325 per adult or 2 percent of a person's income, with some exceptions for financial hardship. The penalty is called the "shared responsibility payment."

Beach Cities Health District (BCHD) offers free enrollment assistance for Beach Cities residents. BCHD's team of certified enrollment counselors can walk individuals and families through their options one-on-one at no cost. Appointments are required, so call (310) 374-3426, ext. 256, to reserve a slot.

So far, more than 1.4 million Californians have signed up for health insurance through Covered California. BCHD has helped nearly 1,000 Beach Cities residents navigate the online health care exchange since 2014.

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



Jens Brandt
RUHS Assistant
Principal /
Blue Zones
Project Liaison



Dr. Denise Bevly
BCHD-
Youth Services
Senior Manager

Free Fitness Extends through Summer

There are still two weekends of free fitness classes left on the schedule – April 10-12 and May 1-3. But the free exercise doesn't stop there. Beach Cities Health District will launch its summer "Free Fitness Series" for the fourth consecutive year this summer.



The summer series, date to soon be announced, will again be held Mondays at 6:30 p.m. and will include community-favorite "Zumba in the Park." All members of the public are encouraged to come and stretch, dance and flex their way to better health in the SoCal sunshine. Look for the complete details soon on beachcitiesgym.org/freefitness.

For those of you still wanting to experience some of the most dynamic fitness studios in the South Bay for free, you have two weekends left! Check out the full list of free classes being offered at beachcitiesgym.org/freefitness.

Lauren Nakano, 514 N. Prospect Ave., Redondo Beach, CA 90277
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FREE FITNESS WEEKENDS



Apr. 10–12

May 1 – 3

Choose from these FREE CLASSES in April!

FRIDAY, APRIL 10

CLASS	LOCATION
H.I.I.T. (High-Intensity Interval Training) 7–8 a.m.	S.E.L.F. Fitness South Bay 1603 Aviation Blvd., Ste. 15 Redondo Beach
Jumping Fitness 7–8 a.m.	Jumping Fitness 2221 Artesia Blvd. Redondo Beach
STROLLFIT (Baby Boot Camp) 9–10 a.m.	Baby Boot Camp South Bay Galleria, 1st Floor 1815 Hawthorne Blvd. Redondo Beach
CardioFlex 10:15–11:15 a.m.	CrossFit Horsepower 725 Cypress Ave. Hermosa Beach
Tae Bo Fitness 10:30–11:30 a.m.	Redondo Beach Tae Bo Fitness 1886 Pacific Coast Hwy. Redondo Beach
30/30 Burn & Reform 1:30–2:20 p.m.	HIP Studio 1200 Pacific Coast Hwy., #104 Hermosa Beach
abs: Fitness Walk & Stretch 4–5:30 p.m.	abs:fab Pilates & Core Fitness 1820 S. Catalina Ave., Ste. 108 Redondo Beach
Cycling 4:30–5:25 p.m.	Center for Health and Fitness 514 N. Prospect Ave., 2nd Floor Redondo Beach
Spinning 5:30–6:20 p.m.	Studio Pulse 409 Pacific Coast Hwy., #205 Redondo Beach
Primal 5:30–6:30 p.m.	Amenzone Fitness 2317 N. Sepulveda Blvd. Manhattan Beach
Whole Body Strength and Conditioning Boot Camp 6–7 p.m.	South Bay Performance Fitness 2101 Artesia Blvd. Redondo Beach

SATURDAY, APRIL 11

CLASS	LOCATION
Boxing 7:15–8:15 a.m.	Amenzone Fitness 2317 N. Sepulveda Blvd. Manhattan Beach
Kangoo Blast 8–9 a.m.	Kangoo Club South Bay Manhattan Beach Pier Manhattan Beach
Yoga on the Beach 9–10 a.m.	Keep Breathing Yoga End of Knob Hill, on the beach, Redondo Beach
Whole Body Strength and Conditioning Boot Camp 9–10 a.m.	South Bay Performance Fitness 2101 Artesia Blvd. Redondo Beach
STROLLFIT (Baby Boot Camp) 9–10 a.m.	Baby Boot Camp South Bay Galleria, 1st Floor 1815 Hawthorne Blvd. Redondo Beach
Cardio Kickboxing 9–10:30 a.m.	Excelsior in Motion 600 Pacific Coast Hwy. Hermosa Beach
abs: Pilates Core Circuit 10–11 a.m.	abs:fab Pilates & Core Fitness 1820 S. Catalina Ave., Ste. 108 Redondo Beach
Coach's Choice Circuit Training 10:30–11:30 a.m.	BRIK Fitness 129 Palos Verdes Blvd., #106 Redondo Beach
Yoga for Kids 10:30–11:30 a.m.	AdventurePlex 1701 Marine Ave. Manhattan Beach
Community Vinyasa Flow 10:30–11:30 a.m.	Guru's Gate Yoga 815 Manhattan Ave. Manhattan Beach
Pilates Reformer: Strengthen & Lengthen 11–11:50 a.m.	HALE Pilates Method 326 S. Pacific Coast Hwy., Ste. 100 Redondo Beach
Hip Hop Flow 11–11:50 a.m.	Studio Pulse 409 Pacific Coast Hwy., #205 Redondo Beach
CrossFit Foundations 11 a.m.–noon	CrossFit Beach Box 2415½ Artesia Blvd. Redondo Beach
Strong and Calm Yoga 11:30 a.m.–12:45 p.m.	LYFE Yoga Center 1310 Pacific Coast Hwy. Hermosa Beach
Poise Signature 12:30–1:30 p.m.	Poise Fitness 428 Pacific Coast Hwy. Hermosa Beach
Jumping Fitness 5:30–6:30 p.m.	Jumping Fitness 2221 Artesia Blvd. Redondo Beach

SUNDAY, APRIL 12

CLASS	LOCATION
Cycling 8:30–9:30 a.m.	FitOn Studios 531 N. Pacific Coast Hwy. Redondo Beach
Self-Defense using Jiu Jitsu 9–10 a.m.	South Bay Jiu Jitsu 325 Pacific Coast Hwy. Hermosa Beach
Tae Bo Fitness 9–10 a.m.	Redondo Beach Tae Bo Fitness 1886 Pacific Coast Hwy. Redondo Beach
Whole Body Strength and Conditioning Boot Camp 9–10 a.m.	South Bay Performance Fitness 2101 Artesia Blvd. Redondo Beach
Spinning 10–10:50 a.m.	Studio Pulse 409 Pacific Coast Hwy., #205 Redondo Beach
Yoga for Kids (ages 5-10) 10–11 a.m.	YogaBuddies 710 Pier Ave., Room 10 Hermosa Beach
Bionic Balance 10–11:15 a.m.	Bionic Body 325 Pacific Coast Hwy. Hermosa Beach
Metabolic Boot Camp, Conditioning 10:30–11:20 a.m.	Amp Fitness Personal Training 2101 Artesia Blvd. Redondo Beach
Core Essential Pilates Reformer 11–11:55 a.m.	CoeDynamics 500 S. Sepulveda Blvd., #302 Manhattan Beach
Introductory Yoga 11:30 a.m.–12:30 p.m.	Haute Yogi Manhattan Beach 3308 Highland Ave. Manhattan Beach
Zumba Toning Noon–12:55 p.m.	Center for Health and Fitness 514 N. Prospect Ave., 2nd Floor Redondo Beach
Jumping Fitness 5:30–6:30 p.m.	Jumping Fitness 2221 Artesia Blvd. Redondo Beach

To register, visit
beachcitiesgym.org/freefitness



Center for
Health & Fitness

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A Beach Cities Health District Program



Ted Craddock
President

Inaugural Casino Night!

RBEF is going to be holding our first ever Casino Night and Opportunity Drawing on May 21 at R10 Social House in Redondo Beach.

This event is sure to have something for everyone! Partygoers will be given tickets at the door that they can play a variety of casino type games with or use to enter raffles for the many prizes available. If you are a gamer, you can take your tickets and multiply them

to give you even more chances to win in the opportunity drawings. We will also have DJ Casey spinning the beats so you can mix it up on the dance floor as well.

All of this will take place at R10 Social House, the chic waterfront gastropub in the Redondo Beach Marina. Activities will be held both upstairs and downstairs. Appetizers and one drink coupon per person will be provided with the purchase of a pair of tickets. Because of the formal nature of this gala event, cocktail attire is recommended for all guests.

Admission will be \$100 per person and \$175 per couple. In order to buy your tickets and to get more information closer to the time of the event, please visit our website.

Grab your friends, call the sitter, and come out and have some fun with fellow members of the RBUSD community.

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



Vivian Ibarra
Director

Green and Beautiful

The staff and students at South Bay Adult School (SBAS) are on a mission to go green on all of our campuses and with all of our classes.

Our campus at Edison Center sports LED lightbulbs on timers. Our heaters are efficient and have individual temperature controls. Our lights and heat don't run when rooms are empty. Our landscape plants are drought tolerant but still keep our facility beautiful. Our parking lot has power-saving solar-panel-covered parking.



A mural painting class helps to beautify our school.

At SBAS, we recycle because it's important to our environment. We have bright blue containers strategically located all around the campus to collect paper and cans. We recycle our paper by printing and using both sides before the paper hits the recycle bin. Our parent-education teachers have many of their class handouts online and use recycled products for classroom projects. Our students, staff and families help to keep our campus green and beautiful.

SBAS offers classes to help our community become more eco-friendly. Through a partnership with the South Bay Cities Council of Governments/Environmental Services Center, you can take a free class called Making Your Home More Comfortable and Healthier for You and Your Children...The Energy and Water Efficiency Way! The class explores useful energy upgrades and rebates. If you want to save gas, stay home and take our Start Your Own Edible Garden class at www.ed2go.com/sbas. You'll learn how to grown delicious, nutritious fruit and vegetables in your own backyard!

April 22 is Earth Day, but at South Bay Adult School, our quest is to make every day an opportunity to go green at school and at home. We encourage you to register online and view our online catalog. Visit us on our website to learn more about our lifelong learning programs.

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RBUSD Child Development



Learning in a Bucket

By Lila Osipov, Site Supervisor

Our students are learning that by composting, they are caring for their communities and the natural environment. At Birney Child Development Center, our students make compost using classroom buckets. Every day after lunch and snack time, our students determine which items can be composted, reused, or recycled.

Students look through their leftover lunches and snacks to find ways to reduce the amount of garbage.



Sorting for the bucket.

One of the most important elements of this activity is gathering enough lunch or snack materials to sort. Then they develop a chart to record the odor, texture, weight, and other characteristics of the compost and write down their observations and thoughts. Once enough materials have been collected, students walk over with their buckets to the main compost area.



Helping with the compost bucket.

This process allows our students to gain an understanding of how compost helps make healthy soil and helps the earth.

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RBUSD Alternative Education



Sue Hall
Principal

Energetically Saving Energy!

At Redondo Shores, we are consciously increasing our efforts to conserve natural resources by saving energy whenever we can. Thanks to Measure Q, new technology has allowed us to significantly reduce our use of paper. Computers in the classroom enable

teachers to access teacher tools such as Google Classroom so that students can turn in work and receive teacher feedback without having to print.

Additionally, we are eliminating excess paper in the front office by electronically monitoring our attendance and grades. We are also focused on using natural light, reducing our use of heat, limiting teacher handouts, and recycling all paper, glass and aluminum products.

This spring, we look forward to school and community projects,

including planting a garden and cleaning up our beaches. There is always room for improvement, but we are on our way to becoming an eco-friendly school!

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



Students in Social Studies using Chromebooks.

RBUSD Educational Services



Dr. Annette Alpern
Deputy
Superintendent,
Educational
Services

Heading Outside

April is the time of year we celebrate Earth Day, so it seems fitting that we should also take the time to honor and recognize that learning can and should take place in all types of settings, particularly the outdoors. We are lucky to live in a state with tremendous

natural resources, which are available within easy walking, biking, paddling, boating, and driving distance. In our own school district, our students have many opportunities to interact with nature before, during, and after the traditional school day. However, our students also benefit from the option afforded to them by participating in sleep-away camps.

Elementary science camps, such as those in Malibu, the San Bernardino Mountains, and Idyllwild, middle school camps, such as AstroCamp and the Catalina Island Marine Institute, and the high school Wilderness Challenge allow our students to leave their daily lives in the South Bay, even for just a few short days. While doing



Camps allow RBUSD students to gain confidence through teamwork and persistence activities.



so, they are able to encounter and better understand the natural world in which we live, grow, and interact. They learn how interdependent we are as human beings, both with one another and with our environment. I want to extend a special thank you to our principals, teachers, staff members, and parent volunteers for their support and supervision at these camps; without them, our students would not be able to have these enriching and valuable experiences and make these memories that will last a lifetime.

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

Adams *Middle School* (6–8)

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



Anthony Taranto
Principal

Eco-Friendly Lunches

According to ilunches.com, an average-sized school has close to 19,000 pounds of lunch waste per year. This translates to the average school-aged child averaging about 66 pounds of lunch waste per year. Lunch waste includes plastic utensils, paper bags, food wrappers, juice boxes, and paper napkins.

In addition to providing healthy lunches to children, it is equally important to make sure their lunches are eco-friendly. Use these helpful tips to create an eco-friendly lunch for your child.

Give your child a reusable lunch bag. Unlike paper and plastic bags, a reusable lunch bag made from recycled materials is better for the environment because it is reusable. Also, you can replace sandwich bags and mini snack packs with reusable bags that can be washed after each use.

Pack reusable utensils. When your child is ready, replace plastic spoons and forks with stainless-steel utensils. Until then, have your child return their plastic spoons and forks so they can be washed and used again. Also, invest in a stainless steel water bottle or BPA-free plastic bottle and a pre-assembled lunchbox kit. The water bottles and lunch kits are durable as well as eco-friendly. And, of course, it is important for children to stay hydrated.

Cook more at home and buy less. If you plan your meals in advance and determine the proper amount to send to school with your child, food is not wasted. Fill your child's lunch box with fresh and healthy foods, such as fruits, vegetables, nuts, and grains.

Keep these tips in mind when planning your child's lunch. Doing so will give your child healthy food choices for lunch and create an eco-friendly lifestyle.



Adams Middle School students enjoying their lunch.

Alta Vista *Elementary* (K–5)

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



Susan Wildes
Principal

Becoming Ecofriendly

As a school community, it is critically important for students to understand the footprint that they are leaving on the world. The study of ecology and conservation is one avenue for doing just that. Ecology teaches students about the value of protecting and caring for the earth and all those who inhabit it, and also for the microcosm of Alta Vista and Redondo Beach.

Through the use of hands-on learning activities, we teach our children how they can reduce waste at school, in their homes and in our city and the lasting effect of those new behaviors. Through the school's partnership with National Geographic and the Big Cat Sister School Project, our students engage in valuable learning about the impact conservation can have on the big cats of not only Africa but also from right here in California.

On campus, our students learn how to cultivate the earth to produce nutritious

and high-quality foods in our garden. In partnership with the Beach Cities Health District and a grant from Grades of Green, students learn how to recycle, compost, reduce all waste through Trash Free Tuesdays, and conserve electricity that classes utilize on a daily basis. Our students work hard to reduce harmful emissions through our Walk to School Wednesdays, the Walking School Bus program and an increase in the number of students who are biking to school.

Finally, through the implementation of our one-to-one Chromebook devices in grades three through five, our students and staff have uncovered new and innovative ways to create paperless classrooms. Through the use



Third Grade students at Alta Vista publishing biography research using the Google Chromebook.

of online collaborations in the Google drive as well as utilizing web-based learning programs and electronic texts, students and teachers have discovered ways to virtually eliminate paper used in the classroom. By creating classroom and student websites and electronic portfolios, students are able to publish their learning to the world without wasting a single sheet of paper.

Beryl Heights *Elementary (K-5)*

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



Karen Mohr
Principal

Green and Clean!

Beryl Heights Elementary School has joined forces with Grades of Green and the Go Green Campaign as we make great strides in creating an ecofriendly environment. We recycle at lunchtime with blue cans for recyclables as well as green cans for leftover food so that it can be composted.

We also have Trash Free Tuesdays at Beryl. Students who are trash free receive a raffle ticket, and each month, we raffle off cool prizes donated by our wonderful PTA. Every classroom has recycling bins that are filled to the brim at the end of every week. Fifth-grade students take the recycling out each

Wednesday, and they collect from classrooms, the office and the lunch area. Staff and students bring in used ink cartridges so that we can recycle them in order to keep the environment free of old ink cartridges. We also recycle used eyeglasses.

A big conservation push is to use less paper in our daily work. Our LiveWell garden has a green-waste can in order 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 materials in classrooms and the office environment.

We always welcome new suggestions as we continue to grow an ecofriendly future!

Birney *Elementary (K-5)*

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



Lisa Johnson
Principal

Earth Day, Every Day

Birney Elementary School has made great strides in the past few years towards creating an eco-friendly school. Many systems and programs have been developed that will reduce our carbon footprint and have a more positive impact on the environment.

Recent campus upgrades have brought some exciting new additions to our conservation efforts. All newly constructed classrooms are now outfitted with solar tubes. This allows our teachers the ability to better use natural light and reduce daily energy consumption. Additionally, thanks to Measure Q, our school received two solar shade structures to cover its parking lots. This will help reduce our dependence on fossil fuels, and minimize our school's environmental impact.

Our students are also encouraged to take an active role in conservation efforts. Through partnerships with "Grades of Green" and the PTA, our students have learned how to separate food remnants and waste in order to compost and recycle. The goal of contributing as little as possible to the Earth's landfills is also supported by our lunchtime parent volunteers. Consequently, less than a single bag of trash is now being collected for a campus of nearly 450 students!

Another key effort includes a renewed focus on reducing pollution and promoting healthy practices. Through our "Walking School Bus" program, Birney students are actively committed to walking and biking to school more frequently. Now in its fourth year, the program has been expanded to three routes. This allows our students an opportunity to join their peers by arriving to school on their own steam. We applaud the children for finding non-vehicle ways of getting to class!



Birney PTA volunteer helps a student compost the remains of her lunch.

We celebrate Earth Day every day at Birney, and are proud of our effort to be an eco-friendly school that has reduced its impact on the environment. With awareness comes responsibility, and we are committed to doing our part to preserve our planet's valuable resources.

Jefferson *Elementary* (K–6)

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



**Dr. Oryla
Wiedoeft**
Principal

Going Green

Thanks to our new 1:1 program with Chromebooks, many of the teachers at Jefferson have been taking student learning to all new levels. This has allowed our eco-conscious campus to find new ways to conserve. Student projects, reports, assignments, and even examinations are now being distributed and turned in by the use of Chromebooks.

Our teachers also use Google Classroom to help deliver assignments. The students upload their completed work, projects, or tests into a special folder on Google Drive created by their teacher. This is an incredible way for our school to be both eco-friendly and help students hone the kind of 21st-century skills they need to become college and career ready.

To highlight some of their great work, third-grade teachers Pam Louie and Amie Wheeler had the students collaborate on research reports that culminated in exciting PowerPoint

presentations. The fourth-grade team also had their students complete research projects and presentations on the California Missions and ranchos by using Chromebooks. In addition, fourth-grade teacher Kelli Henry has found new ways to use her Chromebooks to teach math through collaboration and student presentations.

Fifth-grade teacher Joel Gara uses Chromebooks for almost all assignments and projects, and even tests. Fifth-grade teacher Gail Yoneoka has her students using Chromebooks to complete their Problem of the Week. Another fifth-grade teacher, Kirsten Schneider, also has her students use Chromebooks to help develop their advanced writing and editing skills.

In addition to using these tools for state-of-the-art learning, our teachers are also using them for positive

classroom management. Many Jefferson teachers have had their students create an avatar that they can use in the Google Classroom to help encourage participation and develop positive behavior points.

We are proud that Jefferson School is becoming increasingly eco-conscious as we prepare our students for the 21st century!



4th graders refine their writing using Chromebooks.

Lincoln *Elementary* (K–5)

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



Jeff Winckler
Principal

Environmentally Active!

The Lincoln community engages in a number of activities throughout the year to help create a learning environment that is not only eco-friendly but is also one in which students are eco-minded about the world we live in. Schoolwide programs such as LiveWell Kids and Walking School Bus encourage students to make environmentally minded choices. Others such as our mealtime recycling program keep our campus looking green and clean.



Lincoln students making Earth First Choices in the LiveWell Garden Program.



Lincoln Students on the Walking School Bus.

In addition to ongoing activities, Lincoln holds special environmental events. Last spring, in conjunction with our local Boy Scout troop and the PTA, Lincoln held a school-based planting project. The purpose of this project was to plant California native plants that are drought tolerant around campus.

As Earth Day approaches later this month, we celebrate all of our student's efforts to help take care of the environment and continue learning to protect the world we all share.

Madison *Elementary* (K–5)

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



Drew Gamet
Principal

Grades of Green

Madison Elementary School continues to receive the benefits of solar energy. Thanks to funding from Measure Q, the new solar arrays at our school provide us with both electricity and some much needed shade on hot days.

This upgrade, along with facility improvements to reduce energy usage in buildings and water consumption in

restrooms, presents a lesson to our students that reducing the world's carbon footprint is not just a concern for distant institutions. It's something that goes on in their lives every day. However, our Madison students are never satisfied, and

so they have started our school's new "Grades of Green" club.

The club meets once a month to perform eco-friendly activities and lessons. The culminating activity was our Green Day event in March. This gave the students an opportunity to race solar cars, participate in solar cooking, and engage in various activities with the UCLA Astronomy Club.

It also encouraged our school community to bring in recyclables to help teach students positive habits about recycling. All Grades of Green activities are helping to enhance the ecological future of each of our students.

In the words of Dr. Seuss' *The Lorax*, "Unless someone like you cares a whole awful lot, it's never going to get better. It's not."

Parras *Middle School* (6–8)

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



Dr. Lars Nygren
Principal

Going Green!

At Parras Middle School, we work to be eco-friendly in order to help the environment and to teach our students about being environmentally responsible citizens. Through our Compost Kidz, Green Team, student awareness and improvements to our facilities, we are able to work toward this goal.

Last year, the Grades of Green program came to Parras Middle School to help us

establish a recycling program to reduce trash during our lunchtime. Through the efforts of our students, the amount of trash from our school that typically goes into the landfill has been significantly reduced. The success of the program has been outstanding. Prior to the program, Parras Middle School was sending 16 bags of lunchtime trash a day to the landfill, but now, we only send three bags on average! The remaining trash is then composted and recycled. Parras Middle School won the 2013–14 Grades of Green Trash Challenge, too!

The Compost Kidz gardening club is a group led by Parras Middle School staff member Clark Woods. Compost Kidz teaches our students gardening skills and composting. The popular group has a large garden that has more than 10 planters. Students are able to learn and have fun planting vegetables, flowers and various plants. In addition to gardening, the Compost Kidz supports Grades of Green in recycling and composting. Together, these two groups have transformed Parras Middle School and helped us work toward our goal of being more ecofriendly!



Parras Middle School has reduced its daily lunch trash to just three bags.



Parras has solar panels installed along the soccer field.

Redondo Union *High School*

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



Dr. Nicole Wesley
Principal

Not Shaken or Stirred...But Blended!

By Shaun Lloyd, Librarian

Is paper dead? Is the printed word so yesterday? Will we someday evolve into a species that has lost all forms of written communication? Nahhhh.

These are questions we ponder, as we have seen the evolution of faxing, e-mails, tweets and texts. Where are we going? And will it be good for us? Are

there benefits to encouraging our schools to follow these technology trends? (Remember—a trend is only a trend if it is temporary. Is it beneficial or detrimental to our children to make permanent adjustments to our most basic forms of communication?

The answer to many of these questions is the old adage “Time will tell.” But a current advantage is easy to see: less paper waste. Surely this eco-friendly benefit outweighs some of our concerns



A RUHS student reads a digital novel on her Chromebook.

about the impact of the use of netbooks. As an example, many teachers are taking full advantage of Google Classroom, which enables the distribution/collection/grading and feedback for projects electronically with nary a wasted piece of paper! How’s that for “going green?” Worried about the ephemeral nature of such a process? All documents are stored in Google Drive for easy retrieval, in case you want to print something and post it on that refrigerator door for all to admire!

Another way Redondo Union High School (RUHS) is going green is the use of digital books via the RUHS library collection. Over 500 titles—both fiction and non-fiction—can be checked out electronically and read on a variety of devices. There is also a highlighting/note-taking option that saves users’ notes for the duration of their stay here at RUHS. Students, if you want to set up a digital book account, please e-mail Ms. Lloyd at slloyd@rbusd.org.

As you can see, Kermit was wrong—it is easy being green!

School News

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Tulita Elementary (K-5)

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



Dr. Tanaz Farzad
Principal

Environmentally Conscious

Now more than ever, our Tulita Tidalwaves are committed to going Green. As our school prepares for Earth Day, we are also beginning to reflect upon what we need to do to better care for our environment and the world around us.

In this effort, we are continuing to develop our weekly recycling program. Every Wednesday the fifth-grade students collect recycling materials from each classroom. In partnership with the Beach Cities Health District, our LiveWell lessons in February focused on composting. The students learned that composting and recycling leads to less trash in the landfill. Composting also increases the interconnections between animals, plants, soil, and sun in the garden habitat.

Our students also learned how to build a proper compost pile, and requested that a compost bin be placed directly in the lunch area. Each day the upper-grade volunteers take



5th graders, Gabe and Gavin keeping Tulita green by recycling every Wednesday.

this compact bin to our Tulita Garden. It is always full to the brim!

Tulita now has a successful “Walking School Bus” program to promote walking to school and reduce traffic congestion. We have four safe routes that many students use on Monday, Wednesday, and Friday. This program is very eco-friendly and fun, too! We also have monthly “Walking School Bus” themes. In February it was our “Crazy Socks Walking School Bus.”

The school also has a very successful Wellness Council comprised of parents, staff, and partners at the Beach Cities Health District. With the goal of creating a healthier environment at Tulita, we are working hard to promote

healthy eating, reduce food waste, increase participation in school-based exercise programs, and learn how to take care of each other and the environment.

For more information about our many exciting eco-friendly programs, please visit the school's Web site at tulita.rbusd.org. Our Tidalwaves look forward to developing more eco-friendly programs, and celebrating Earth Day on April 22. We know that we can make a positive impact and help protect our environment. Keep it up, Tidalwaves!

Washington Elementary (K-5)

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



Kristen Holm
Principal

Saving the Earth

Washington Elementary School takes great pride in being an eco-friendly campus. But we couldn't do it without the help of our parent volunteers and PTA-sponsored programs.

As you walk around the school, you will notice that our students recycle their food and paper waste. This has allowed us to reduce our landfill trash from 23 bags a day to just two! Parent docents also lead garden lessons

to teach students about the importance of sustainability, and how to plant and harvest fruits and vegetables.

Our students also have the opportunity to participate in five different “Walking School Bus Routes” during the school week, as sponsored by the Beach Cities Health District. Our passion to be eco-friendly even extends beyond the school gates. With the help of our PTA, the entire school community is now getting ready to celebrate our second annual Earth Day Fair with fun and educational activities for the whole family.

Does your family enjoy fruits and vegetables? A local supermarket will be in attendance sponsoring a farmer's market. At the Fair you can learn about the benefits of purchasing locally grown and seasonal vegetables that are organic.

Are you also ready to get your hands dirty? Help us harvest our garden, and plant trees and drought-resistant plants around the school grounds.

We will be having a number of exciting events for the community. Have you visited our Gardens of the World? Local families can harvest lavender to make a lavender sachet. Are you familiar with “upcycling?” Our school community will be learning about this concept through our “Peace, Love, and Swap” event. Bring your gently used clothes and toys to swap with someone else in place of buying new.

Are you creative? You can create fun crafts made with recycled material. Is it time to clean out the toy chest? A local agency will be in attendance collecting gently used toys and clothing as donations for children who are entering foster care.

Are you interested in water conservation? We will be distributing educational materials about the importance of saving water. Have you tried “Tower Gardening?” Everyone can participate in a hands-on lesson about our new hydroponic Water Tower Gardens. The water towers were donated by our PTA, and are an exciting addition to the regular garden program.

We are excited about the thought of educating our families on the importance of creating a healthier environment through conservation and sustainability. We hope to see you at our Earth Day Fair on Saturday, April 18 from 10 a.m. to 12 p.m. Go, Explorers!

South Bay Hands On Art

Jordana's Hollywood Hills

By Co-Chairs Alicia Rubio & Sue-Anne Silkes

Hooray for Hollywood! The homage to tinsel town and that iconic sign on the hill! Redondo Beach students were introduced to contemporary artist Jordana Klein whose art represents vibrant hill patterns that express color and emotion. On the flip side of that students received a history lesson on the iconic Hollywood sign and then created a project combining Klein's hill patterns with the Hollywood Sign in "Lights" on the hillside. They used water-soluble oil pastels and were able to experiment with both wet and dry blending techniques. The results were very lively



5th grade Jefferson Elementary students display their Hollywood Hills!

2110-B Artesia Blvd., Box 805, Redondo Beach, CA 90277
www.southbayhandsonart.com

and relevant to the great Hollywood sign on the hill.

Next month students will create a tribal portrait inspired by the face paintings of the tribes of East Africa.



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Locations/Dates

- **Week 1: July 13th - 17th:** American Martyrs Gym, 1701 Laurel Ave., Manhattan Beach
- **Week 2: July 20th - 24th:** LA Galaxy Soccer City, 540 Maple Ave., Torrance
- **Week 3: July 27th - 31st:** Oak Street Gym, 1780 Oak St., Torrance
- **Week 4: August 3rd - 7th:**
 - Christ Lutheran School Gym, 28850 Western Ave., RPV,
 - Westside Neighborhood School Gym, 5401 Beethoven St., Playa Vista
 - American Martyrs Gym, 1701 Laurel Ave., Manhattan Beach
- **Week 5: August 10th - 14th:** LA Galaxy Soccer City, 540 Maple Ave., Torrance

Please sign up for the location most convenient for you

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College 4 Less



Susan D. Marshall

Three Ways the PSAT Can Pay Off

Well, it's "One for the money, Two for the show, Three to get ready, Now go, cat, go." Words sang by the King, Elvis Presley. Popular before most of us were born.

May this Mnemonic help put the PSAT in perspective.

One for the money... The PSAT is a money test. You open the door to multiple scholarship opportunities. Not only the National Merit Scholarship Program, but additional scholarships as well. It is key to applying for many awards.

Two for the show... You show up on the college radar. The College Board gives you an advantage through the Student Search Services (SSS) program that allows you to share preferential information with over 1,100 colleges. This will introduce you to colleges that you may not have considered or even knew existed.

Three to get ready... It gets you ready for the SAT. It gives you a competitive advantage. You get access to My College Quickstart after you take the test. It is a free college resource that has proved to be invaluable in several ways. College Board reports: Students who prepare for and take the PSAT score on average 145 Points higher on the SAT than their peers who skip the test.

Now go, cat go... Sign up of course. The PSAT is a two-hour test given once a year in October. Many take it in their freshman and sophomore years to prepare for when they take it in their junior year to officially qualify for National Merit Scholarship Program.

If you don't know the value of the PSAT or are thinking of skipping it – Do some research... Just Google "PSAT." You never know how much it could pay off.

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



Parent To Parent

Mom's Wearing My Clothes

Q. My mom is always wearing my clothes and I don't



Jodie Lynn

know how to get her to stop. When I was 16, it was fun. But now that I'm 18, it's beginning to really bug me. She is only 36, but I'm not digging it anymore. What can I do or say to get her to stop without making her upset?

A. This is actually more common than most people would think. Many moms and daughters share clothes and if possible, shoes and other accessories. While this can be pretty cool for a while, it can cause a bit of friction in the relationship. There just comes a time in your life when you want to become more independent and try to have your own style and life without constantly including Mom. It sounds like she is trying to hang on to her youth and to appear more like a cool friend to better fit into your life, for whatever reason. This could especially be true if you are almost ready to go away to college in the next year. However, you may be wishing she would grow up and be a little more like a parent than a friend and find her own way. It's certainly understandable on your part. Either way, maybe sit down with her and talk to her and tell her how you honestly feel. There's no need for yelling or arguing but take a more mature route and explain that while you love her, you are trying to build your own way, direction and life that are separate from her. If you act like an adult, she will most likely take what you are saying more seriously and move forward with herself. It might be small steps in the beginning, but sooner or later you will hopefully see a change in her and a more balanced relationship between the two of you.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. Her column Parent to Parent™ (www.ParentToParent.com) has been successful for more than 15 years. She has authored several books including *Mom CEO (Chief Everything Officer)*, *Having Doing*, and *Surviving it All!* and *Syndication Secret—What No One Will Tell You!* Check www.ParentToParent.com for details on new radio talk show, Inside Parenting Success.





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Remember When?



**Charlene
Ashendorf**

Putting On Our Sunday Best

I have fond memories of dressing up, do you? I remember being told to “put on my Sunday best” for church. When we went to visit my grandparents or “the relatives” I was asked to wear something nice for the occasion. And, although I was a tomboy (a phrase so outdated that it went out with my scuffed saddle shoes), there were numerous reasons to dress up.

Nice clothes were a sign of the importance of the outing. The “dress” demonstrated respect for those for whom you were visiting. But subliminally, the outcome of the attire was a direct reflection on one’s behavior (and father always knew best).

Recalling my first airplane trip as a very special occasion, my mother and I wore gloves and daddy donned a hat. Flying was reserved for that cross country trip and important family reunion.

My father and his brothers (which numbered that of a baseball team) would dress up for a day at Wrigley field. While mother and her sisters as well as my female cousins and I would put on party dresses and have a picnic at the forest preserves.

Ladies never wore black to weddings; sport coats were considered casual attire; and mothers didn’t try to dress like their teenage daughters.

When did all of that change? It didn’t happen overnight, but it certainly was a movement that began in the 1970’s. Described by modern historians as a time of social, progressive change in values, the seventies were coined as the “me” generation.

Recently, I asked my mother about how she viewed these radical changes in society. “When the skirts got shorter,” she began, “and men’s hair grew longer, values went out the window.” Mother is never one to mince her words, especially when it comes to putting on our Sunday Best!

Charlene remembers growing up in Chicago with hot and humid summers, leaves that turned colors in the fall and endless winters. Active in her community and church, she advocates for seniors, affordable housing, literacy and libraries. Her hobbies include reading, writing and visiting art galleries. Charlene resides in Costa Mesa with her husband, Dennis who is a teacher in the Newport Mesa Unified School District. <http://about.me/cmash>

A Bit of History

The Jazz Age: The Roaring Twenties

By D.H. Coop

In American social history, the 1920s period is often overshadowed by the Great War, Prohibition and the Stock Market Crash of 1929. Yet, it was a period of sudden change in the home, on the road, in the economy, in attitudes, and in behavior. These changes seem so second nature to us today that we think they have always been around.

Starting in the home we can see changes in workload, entertainment, and travel spread across the social environment. Prior to the ’20s, the housewife scheduled her work according to the days of the week. Washing was done by hand and took all day, along with preparing the meals and caring for the children. Her workload was lightened with new time-saving devices, such as the electric vacuum cleaner, the electric refrigerator and stove, and the electric iron.

Also, the radio changed home entertainment. Before the radio, communities were informed of the local news by the newspaper or gossip at the market or pub. Now it was broadcast (a word from farming for scattering seeds by hand) right in their front rooms, along with other programs. Family entertainment then shifted from board games and singing to sitting and listening to the radio. As the price of the radio dropped, the children moved off to their own rooms with their very own radios. During the day, the programs were centered on housewives and sponsored by soap companies, thus the birth of the “soap opera.”

Availability of the automobile changed all aspects of life. It provided the housewife with more independence and a more convenient way to do her shopping. Automobiles required better roads and better roads cost money, which caused a shift from railroads to automobiles being the force driving the economy. Restaurants became roadside cafes, hotels became motels, and crime became more mobile. To get the car into everyone’s hands, Henry Ford produced the Model T from 1914 to 1927 with the sales pitch of “in any color (black).” Ford outsold all other carmakers until 1927. General Motors allowed credit and sold cars in multiple colors, finally overtaking the Model T in sales.

Credit shifted the sales pitch. Advertising became more scientific, with research and studies. Slogans and sayings were rooted in the ’20s, such as “Say it with flowers” and “Don’t light three cigarettes with one match.” Advertising was given a boost with the Silver Screen and the images it portrayed in dress and style.

Finally, the ’20s saw the development of sports and entertainment on a mass scale. Baseball became a national spectator sport. The local bar became a speakeasy that respectable couples could go to and have a drink. The new drink to appeal to women was called the “cocktail”—drinks with decorations. The drinks required illegal alcohol, which was provided by bootleggers in fast cars, which gave birth to the modern race called National Association for Stock Car Auto Racing (NASCAR).

All in all, the 1920s resulted in great changes.

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Going Green! — Word Search Contest

Yes, we ran this before...do you remember the missing word?

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

Entries must be received by May 15, 2015

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

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	

Congratulations to last issue winners!

Word Search — Jeff and Caleb Davis
Seen n Find — Phaedra and DJ Wilson





Lisa Christensen
President

Going Digital

Years ago when I first started volunteering with PTA, we would spend countless hours collating papers by hand, running copies, filing out reports, handwriting membership cards, and creating flyers & posters.

Today we have electronic newsletters, PTA EZ online accounting systems, digital membership cards, E-Bylaws, and access to California State PTA online training materials. It certainly isn't the PTA our mother's knew back in the day!

PTA is leaner and greener and more efficient than ever before. These changes equate to financial savings at your PTA. This means Redondo PTA's can spend more money on arts education, child advocacy, field trips, scholarships, enhanced educational programs, and much more.

Check out the new look of PTA at www.CAPTA.org.

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Note-ables



Kate Karp

How to Be a Cloud

How to Be a Cloud is the most integrated and inclusive collection for children that I can remember listening to. This collection features cross-curricular education, movement, creativity, diversity and—yoga poses!

Kira Willey is a musician and a composer who offers workshops on yoga for children to parents and teachers. Her "Backseat Yoga Breaks" can be heard on Sirius XM'S "Kids Place Live" on channel 78, and her children's yoga programs are broadcast on PBS affiliates. Her original yoga-inspired tunes on this CD incorporate poses, self-awareness, breathing and all the other details associated with the practice; however, instead of slow, flowing movement that lasts for an hour, most of the songs are sprightly, energetic and short. Each of the yoga songs has a bonus-track complement that features Willey's clear instructions for the yoga positions. Some of these are standards, like the rainbow pose in "Colors," and others she developed herself, like the kite pose in "Wings on a String" and the pancake pose on the delightful "My Favorite Day." I'll admit to having done all the exercises as I listened, and at the end, I felt simply mah-velous.

The collection is united by its socially conscious themes: maturity in "When You Get Bigger," diversity in "Colors," and growth in "Bloom," which features an earful of a trombone break by Zak Rizvi. On every song, Willey's voice is as light as a cloud without the fluff and as bright as a starry sky without the cutesy twinkle. This CD is an excellent tool for growing your children.

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

school, who had volunteered curbside that week, read the names of my children and asked if the parent was there? She had graciously salvaged all of the artwork thinking it had been inadvertently discarded with the newspapers. We had many laughs over the next 50 years about that special day we met recycling.

When I founded *School News*, one of the big decisions was to choose a printer. The cost was important, but being eco-friendly was more important. I personally toured the printing plant and asked pertinent questions.

We chose our printer for the following reasons:

- For more than twenty years they have exceeded the government's guidelines on post-consumer paper use. The amount of recycled fiber content in newsprint is more than 40%.
- Their customized equipment and techniques enable them to maintain remarkably low on-press waste levels—well below industry standard. Of course, all in-plant waste is shredded and bailed for efficient recycling.
- No petroleum inks used, only soy. In addition to being more environmentally friendly Soy inks make recycling the paper it is printed on easier.
- 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.
- Of course, any waste ink is reclaimed and shipped back to the manufacturer for immediate reuse.
- In order to minimize power usage and increase overall efficiency they use 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—including restrooms.

Interesting facts:

- The use of paper actually helps to keep U.S. forests growing and managed for better sustainability.
- In the U.S., private landowners plant about 4 million trees every day. That's 3-4 times more than they harvest.
- The great thing about using wood fiber to make paper is that it is infinitely renewable. We can keep planting trees forever, even in places where no trees were planted before, making new forests to serve as good ecosystems while providing the resources we need.

It has been 16 years since we started publishing. Over the years processes change and improvements are made to equipment to be more cost-effective. I have great confidence that our printer continues to excel in all aspects of being eco-friendly.

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