

FREE

School News

Education + Communication = A Better Nation

Covering the Redondo Beach Unified School District



Volume 10, Issue 87

April 2016



**RBUSD Continues
Ongoing Efforts
"Going Green"**



Health News

by Jason Hove, MD

Do cold and cough medicines work?

Most cold and cough symptoms will last seven to 10 days, with or without treatment, so don't expect a quick fix with medications.

Colds and coughs are often accompanied by a tickle in the throat, runny or stuffy nose, sneezing and/or congestion. Sore throat, fever and headache may or may not be present.

Over-the-counter medications such as antihistamines, cough suppressants and decongestants may mask some cold and cough symptoms, but there has never been good evidence that they work. Moreover, for children under 2, there is the added concern that we don't have reliable information about safe and proper dosages.

Research is still being conducted about the safety and effectiveness of these medications for children under the age of 12. The FDA currently recommends against the use of over-the-counter cough

and cold medications for children under 6 years of age. Risk of adverse and potentially dangerous reactions, including convulsions, increased heart rates and altered consciousness, are particularly high for the youngest children when they receive doses that are too potent or given too frequently.

Natural cold medications have become popular in the treatment of colds in children, but the safety and effectiveness of such medications have not been carefully studied.

Antibiotics, which fight bacteria, are not effective for treating colds, which are caused by viruses. In fact, overuse of antibiotics can lead to antibiotic resistance and reduced effectiveness when they are needed to fight a bacterial infection.



Further, OTC topical remedies that are rubbed into a child's chest may provide a soothing smell, but there is no evidence that this helps with cough or congestion. Studies have shown over-dosage of this type of medication may lead to seizures in children under the age of 2.

Rest is the best remedy

Parents often feel helpless when their child is sick and turn to medications and antibiotics for a "cure all". We tend to overmedicate our kids in hopes that it will make them feel better faster, but nothing makes the cold go away faster than rest and letting the cold cure itself.

Non-medication suggestions to alleviate symptoms

- Drink a lot of fluids
- Place cool-mist humidifier in room to increase air moisture
- Use bulb syringe to suck out any excess mucous (for children under 2 years)
- Sleep with head slightly elevated to improve nasal drainage
- Use saline drops in the nose to loosen mucous
- Use steam from a hot shower to help congestion
- Drink honey with tea (for children older than 1 year)

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.



Superintendent



Dr. Steven Keller

Working Together for Student Safety

When the Board of Education hired me nearly 10 years ago, I can honestly say that I did not know much about the city of Redondo Beach or its politics, nor was I familiar with the Beach Cities Health District (BCHD). Of course, I considered myself well versed on “everything” Redondo Beach Unified School District (RBUSD). It is safe to say that, over the last decade, together, we have come a

long way in forging strong and lasting relationships for the betterment of our students and our community at-large.

With support from Mayor Steve Aspel, the Redondo Beach City Council, City Manager Joe Hoefgen, Assistant City Manager Mike Witzansky, and our new police chief, Keith Kauffman, RBUSD and the city of Redondo Beach have produced a strong partnership focused on trust and respect. My Board of Education and I enjoy our city colleagues. We even have a former RBUSD School Board member on the city council, Laura Emdee. Today, we communicate more often and more effectively with our city brothers and sisters than ever before. As an example and as I have shared previously, our enhanced school safety program implementation is a direct result of the city's care and understanding for our students and staff members.

BCHD, under the relentless and progressive leadership of Susan Burden and her Board, continues to deliver our “whole child” educational approach. Susan and her team are quality human beings who see the authentic value in our collaborative efforts. Just recently, a contingent from the Blue Zones headquarters visited RBUSD to validate our combined energies. By the end of the conversation, it was evident that not only did RBUSD and BCHD have a synergistic narrative that would rival any community, we had the measurable outcomes (qualitative and quantitative) to confirm our work.

With support from our city and BCHD, our students receive a more robust and well-rounded education. Perhaps most importantly, our students are safer. Indeed!

Board of Education



Brad Serkin
Presiding Officer

Going Green

This April continues our ongoing efforts to be the leader in “going green” throughout our community. Our school campuses utilize solar panels for much of their power. All of our campuses encourage and prompt recycling. Our high school campus has recently installed water-bottle fountains, encouraging all students and faculty to give up traditional bottled water in favor of reusable/refillable bottles. Our school campuses are winning awards for our zero

trash days and multiple green efforts. Our dedicated staff and volunteers are teaching our children how to compost and garden across our school sites. The Blue Zones Project is infused in all of our campuses, promoting good healthy choices and more green transportation options community wide, such as biking and walking paths. Our city's installation of its award-winning bike path from the pier to our surrounding cities allows for safer, cleaner transportation around our community. These are just a few examples that show we are and continue to be the leader as a cleaner, more eco-friendly community and school district.

Our high school gymnasiums are presently undergoing upgrades in lighting to LED fixtures, which will be more energy efficient than the current fixtures installed just a few years ago. This will allow for less energy consumption and waste. We utilize solar-lighting tubes at some of our campuses, allowing further savings. We continue to increase the use of recycled materials and promote a paperless environment wherever possible. We have also upgraded our systems of record retention 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!

Board of Education



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Kay Coop
Founder/Publisher



Going Green

It is wonderful to see an entire school district and community focused on saving our earth. This issue the theme is Going Green and it is impressive to read of the continued effort being made by everyone to do their part. When my children were in school, each class competed to see who could bring the most newspapers to school for us to recycle. Parents took turns measuring the stacks of papers and then driving them to the one and only recycling center. This recycling effort and our school carnival were the fundraisers. Just look how far recycling has come to save our earth!

Summer is right around the corner and it is time to start making plans. On the next page Redondo Beach Education Foundation provides information regarding summer sessions offered. Our AHA for Kids section on pages 17-22 has lots of options for sports, arts, music and don't forget to include the library.

We had a record number of entries in our Word Search last issue. Thank you for your emails with your entries. Be sure to enter this month on page 20.

I also hear from many of you regarding the Miller Children's articles being so informative and appreciated.

Our next issue is May 4. Thank you for reading *School News*.

School News

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Covering the

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Redondo Beach Educational Foundation



Ted Craddock
President

RBEF Summer Sessions

Remember when summer school was viewed as something bad? You had to go to summer school because things didn't go well during the school year.

But that's not the case anymore, especially at RBUSD. There are a number of opportunities for advancement and enrichment now available to students at all grade levels.

Have an incoming freshman that wants to get ahead, or get a few requirements out of the way before they start in the fall? How about a K-8 student who wants to get a head start on the next grade level? Register for RBEF Summer Sessions, a program designed in partnership between the Redondo Beach Educational Foundation (RBEF) and the Redondo Beach Unified School District to help extend and enrich learning for students in kindergarten through grade twelve.

This is all due to your strong and vibrant Educational Foundation. The proceeds we raise go right back towards funding the great initiatives here at RBUSD.

This high school program will also offer students the opportunity to earn credits needed for graduation, and to fulfill A-G requirements for college admission. Courses are offered for credit recovery and grade improvement and advancement. Incoming freshmen can knock out year-long electives in a matter of six weeks to free up their schedule for the other courses they desire. Students can choose from our most popular electives, Online Health, or Art 1, or Intro to Broadcasting.

Students are required to take two years of PE, and so they can also get one year of credit through the Summer Sessions PE program. High school course offerings include classes taught on the RUHS campus by credentialed RBUSD faculty as well as classes delivered online. The High School Summer Sessions will run from June 21 to July 8 for Session A, and July 11 to July 28 for Session B, from 8 a.m.-1:30 p.m.

The K-8 program will offer classes designed and delivered by our credentialed RBUSD teachers to help students excel to their fullest potential for the next grade level. The K-8 Summer Sessions will be held June 21 to July 20 from 8 a.m.-12:30 p.m. at the Washington Elementary Campus. For families that desire a full-day program, there will be on-site CDC camp available. RBEF Summer Sessions are open to Redondo Beach students as well as students from our neighboring communities.

For more information, and to register today, please visit www.rbef.org/SummerSessions.htm. We look forward to helping our Summer Sessions students prepare for a successful 2016-2017 school year!

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

Redondo Beach Council PTA



Raymur Sweeney
President

Energy Conservation

From time to time, the California State PTA Board of Managers conducts studies of issues of general concern in light of the purposes of the PTA and issues that affect the health, education, and well-being of children and youth.

A study may result in the formulation and adoption of a statement that establishes, clarifies, or interprets PTA's position or belief. Position statements provide a basis for action on legislation and other California State PTA actions.

With regard to energy conservation, the California State PTA believes that alternative sources of energy should be encouraged. PTAs at all levels should promote public awareness programs to keep their members and the community informed about current technological advances and proposed sites for energy generating facilities. PTA should work with other community groups to develop the awareness, knowledge, and skills necessary to participate intelligently in the solution of short and long-term energy problems.

Each school should be urged to set an example of energy awareness, conservation, and management. PTA should encourage participation in community-wide public awareness education regarding the benefits of recycling. Also, schools should be encouraged to implement the California State Education Code provisions concerning environmental instruction, which are designed to teach students to value and conserve natural resources.

We are very fortunate to live in a school district that supports energy conservation and environmental education. Check with your school's PTA to see how you can support the district's "green" efforts.

You can find more PTA position statements online at www.toolkit.capta.org.

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'Talk with the Doc' for Free

By Cindy Foster,
AdventurePlex General Manager



Dr. Denise Bevly
Youth Services
Senior Manager

Parents, ever wish you could ask a physician questions about your child's health and well-being ...for free? Well, AdventurePlex is offering you the opportunity to do just that on the first Saturday of each month, as part of its new "Talk with the Doc" program for families.

Physicians from our community partner and trusted medical resource UCLA Health lead the monthly lectures/Q&A sessions. Topics range from updates on trending health issues, like Zika Virus and immunization schedules, to tips on optimizing child nutrition and exercise guidelines for new/expecting mothers. A 20-minute question and answer period follows each lecture.

But there's more: Onsite childcare is free (ages 1-5) in AdventurePlex's Toddler Town play zone during the lectures, and each attendee is comped two hours of play in the five-level play structure and one general admission pass to use at a future date.



Talk with the Doc runs from 9-10 a.m. on the first Saturday of each month at AdventurePlex, Beach Cities Health District's healthy play facility in Manhattan Beach. The free program is open to all members of the public.

Visit adventureplex.org for complete information and to reserve a spot today. The next Talk with the Doc will be held on May 7.

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Attention Deficit Hyperactivity Disorder (ADHD): Understanding the Diagnosis



Gary Feldman, M.D.
Medical Director,
Stramski
Children's
Developmental
Center

Attention deficit hyperactivity disorder (ADHD) is one of the most common childhood brain disorders in the U.S. According to the Centers for Disease Control and Prevention, approximately 11 percent of children 4 to 17 years of age have been diagnosed with ADHD as of 2011.

A child with ADHD might have trouble focusing on tasks or subjects because the part of their brain that controls attention is underactive and less mature compared to a child without ADHD. Common symptoms of ADHD include difficulty staying focused, difficulty controlling behavior and hyperactivity.

A child with ADHD might exhibit the following behaviors more often:

- Daydreaming
- Forgetting or losing things frequently
- Squirming or fidgeting
- Talking too much
- Having trouble taking turns

There's no way to tell if a child has ADHD from blood tests or other medical investigations. Doctors diagnose ADHD based on history, interviews and special evaluations — such as rating scales, computer-based assessments and learning tests.

If your child has ADHD, you can help by providing a more structured and predictable environment. For example, teach them to use checklists to help keep them on track.

Your child may be eligible for school-based support. In order to make sure that your child is receiving the proper attention at school, be sure to discuss their needs with their teacher or counselor.

If you have concerns about ADHD, you can take your child to a specialist such as a child psychiatrist, child psychologist or developmental pediatrician.

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Our specialty:
**Autism Spectrum
Disorders**

Andres' specialty:
Bubble Catcher



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

RBUSD Alternative Education



Sue Hall
Principal

Eco-Friendly School

Redondo Shores is moving closer to our goal of becoming an eco-friendly school. To conserve paper, we are using technology and incorporating web-based programs for teaching and learning. In our English and social studies courses, students are researching, communicating, and writing essays and reports, using Google Classroom and web podcasts. In our math and science courses, students access online textbooks and video tutorials to learn new concepts and practice their skills. Our Senior Portfolio project is completed entirely online and edited through Google Docs. We are reducing the use of paper and print to only what is absolutely necessary.

Our students are also learning about conserving other natural resources. In social studies, they study climate change and compare “earth centered” versus “man centered” perspectives. In English, they read articles and reflect on environmental issues such as reducing pollution and utilizing alternative energy sources. In science, they



**Students learning about sea urchins
in their natural habitat at
The SEA Lab in Redondo Beach.**

study the conservation of water and learn from expert naturalists in the area. This year, field trips included the Municipal West Basin Water District to learn about the challenges of reliable water and preparing for the future; a marine-education space in Redondo Beach to learn about sea life and their habitats; and a whale-watching trip with the naturalists from a San Pedro aquarium to learn about the gray whales and their migration patterns in California.

To put the students’ ideas into action, we have several community projects underway. Our Service Learning course includes a new partnership with Parras Middle School to clean up our beaches and work to reduce our carbon footprint.

Students are also developing improved methods to reduce, reuse, and recycle aluminum and glass. We are adding more green space to our campus and common areas by building flower boxes, a vegetable garden and a landscaped patio. Please come out and join us in our efforts!

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

RBUSD Child Development



Theresa Van Dusen
Director

Planting a Few Seeds

*By Socorro Stephens-Wallace,
Lincoln CDC Site Supervisor*

Education occurs in various environmental genres both inside and outside the classroom. At Lincoln CDC, the preschool and pre-K children are getting ready to welcome spring! In preparation, they have already begun working on their community garden. As a team, all the students and staff help by pulling up weeds, planting seeds, and watering the garden.

The children have been able to find and observe insect life while digging in the dirt, and our bird feeders have helped turn the children into bird watchers! The children learn about the plant life cycle and how fruits and vegetables grow. Last year, we were able to harvest and eat a plethora of green beans, some watermelons and multiple zucchini! Not only does our garden beautify our playground but it also creates a wonderful emergent learning

experience for our preschool and pre-K friends.

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310/798-8683x1312, 1321 • www.rbusd.org



CDC students working as a team!



Being Eco-friendly

RBUSD Educational Services



Dr. Annette Alpern
*Deputy
Superintendent,
Educational
Services*

Improving the School Experience

The focus on whole-child education in RBUSD is seen in a wide variety of programming: our popular arts and music model, our strong physical education and athletics programs, and our rigorous award-winning academic programs. But we are also creating socially responsible, caring students who are connected to their schools and to one another in remarkable ways. Our middle and high schools host numerous clubs, many of which further philanthropy in

the community, and all RBUSD schools sponsor programs that capture the hearts of students and families. Inclusive models for special education provide benefit for students, and some unique programs help bring general education and special education students together outside the classroom environment.

At Adams Middle School, The Friendship Circle is one such program. Sponsored by special education teacher Lindsey Glick, special education students participate alongside their typical peers every Friday during lunch.

They play a variety of games both indoors and outdoors, teaching students how to take turns, modeling appropriate types of peer interaction, and having fun! Glick reports that her students benefit greatly from this interaction because it helps increase functional social skills and it creates an extended support system for our students. The other club members benefit by learning about those who are abled differently from how they are, increasing their understanding of disabilities, and utilizing compassion and patience.

Another wonderful program at Redondo Union High School is the Athletic Mentorship Program, which pairs our moderate-to-severe special education students with athletic teams for socialization and just plain fun. RUHS special education teacher Monica Mallet said, "Working at RUHS has allowed me to witness the best of humanity. Every day, I get to work with fascinating students who teach me about attaining infinite possibilities. I have observed all students celebrating each other as well as showing tremendous compassion and acceptance for their differences."

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



**RUHS teachers Monica Mallet and Reggie Morris
bring together students through the Athletic Mentorship Program.**



Dr. Anthony Taranto
Director

Going Green

The staff and students at South Bay Adult School (SBAS) are committed to being eco-friendly and doing our part to conserve energy. Our campus and classrooms at the Edison Center are fitted with LED light bulbs on timers, so the lights are off when the rooms are unoccupied. Drought-resistant plants fill the various planter boxes across campus. Blue recycling containers are strategically located around the campus to collect paper and cans. We are working to reduce our

paper usage with online registration for our classes. In addition, solar carports cover a portion of our parking lot.

In March, SBAS hosted a Making Your Home More Comfortable and Healthier...the Energy and Water Efficiency Way workshop in partnership with the South Bay Environmental Services Center (SBESC). The SBESC works in conjunction with the local utilities to provide resources to the community on statewide and local energy-efficiency and water-conservation programs. Attendees for this free community workshop learned about home upgrades, the statewide Energy Upgrade California program, and rebates.

Stop by the Edison Center to see what we are doing to keep our campus green and beautiful.

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Adams *Middle School* (6–8)

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



Lisa Veal
Principal

Green Team is Here!

This year, Adams Middle School is thrilled to have joined the ranks of millions who are doing their part for the conservation effort.

Recently, the Grades of Green program came to Adams to help kick off our efforts and educate our students on the three R's: reduce, reuse and recycle. In a schoolwide assembly, Adams students learned the importance of preserving our natural

resources and the role they play by reducing the amount of trash the school produces. A school audit revealed that over 20 bags of trash are produced daily. Our students were challenged to reduce this amount to less than three, which we are well on our way to achieving!

Our waste-reduction efforts began with students learning to properly sort and compost remnants of their lunch. Thanks to a partnership with Washington Elementary, Adams' Green Team received support for encouraging students to place food products and recyclables in the correct receptacles. Adams students strive to lessen the amount of trash they contribute to the earth's landfills, and they're excited to be doing their part!

Adams has also aided the effort by going primarily paperless. The bulk of correspondence among staff and

families is digital, and teachers have drastically reduced the amount of paper they use by capitalizing on the district's one-to-one technology initiative. Staff and students have found innovative ways to learn, correspond, and collaborate in an ecofriendly, paperless environment.

Many of our students pack their lunch for school. Because of Grades of Green, they now understand how to do so responsibly. Students are encouraged to "pre-cycle," or look for products in packaging that can be readily recycled and avoid single-serve containers.

As Earth Day approaches, Adams Middle School is proud of its efforts to reduce its impact on the environment and become a more ecofriendly school!



Adams students learn to reduce, reuse and recycle in a Grades of Green assembly.

Alta Vista *Elementary* (K–5)

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



Susan Wildes
Principal

Footprint on the Earth

Have you ever watched a young child dig in the dirt or play with a water hose? Have you watched as your children play at the beach, exploring and building sand castles, only to be awed as the waves grow higher and higher and destroy all they've built? If you have,

then you've probably noticed how important the natural world is to our children. Children in elementary school are highly motivated to explore their natural world and to engage in hands-on science investigations in order to make sense of their surroundings. At Alta Vista Elementary School, students as young as kindergarten and preschool are provided with opportunities that allow them to do just that.

Through the generosity of the Redondo Beach Educational Foundation, our fourth- and fifth-grade students engage in weekly, hands-on science experiments to generate and test theories about the Earth and the world around them. With the support of the Beach Cities Health District (BCHD), our school's garden docents and



Alta Vista students working in their class garden.

the BCHD Garden Angels, our students are provided with monthly gardening lessons that focus on environmental education standards, such as soil cultivation, composting, and renewing resources. With the passage of the Measure Q bond, our students are also involved in the study of conservation and the impact of harvesting solar energy as a means to power all of our school needs. Even the increased use of technological tools, including tablets and netbooks, has helped to educate our students about the importance of reducing paper usage in classrooms.

Environmental science learning is important in early childhood classrooms to help build the foundation for future science learning and to allow students to explore their scientific wonderings and passions.

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

Beryl Heights Elementary School has made great strides in creating an eco-friendly environment. Our new fifth-grade classrooms have natural light provided by the many skylights that were installed. Energy is reduced throughout the day when artificial lights are turned off and natural light is utilized. We recycle at lunch time with blue cans for recyclables as well as green cans for

leftover food for composting.

We also have “Trash Free Tuesdays” at Beryl. Students who are trash-free receive a raffle ticket. Each month we raffle off cool prizes donated by our wonderful PTA. Every classroom also has recycling bins that are filled to the brim at the end of each week. Our Student Council students take the recycling out each Wednesday as they collect these

bins from classrooms, the office, and the lunch area.

A big conservation push is to use less paper in our daily work. Staff and students are reducing the amount of paper they use. We have also upgraded our communication techniques and our technological processes to promote a paperless environment.

Our LiveWell Garden has a green waste can to compost and recycle as we plant and take care of our garden space. It is evident that energy conservation is a top priority at our school as well. We educate our students and staff members to make a difference in their communities with valuable programs that recycle, reduce waste, save energy, and conserve our resources. We turn off lights, recycle more, and reuse materials in classrooms and offices.

We always welcome new suggestions, too, as we continue to grow an eco-friendly future!

Birney *Elementary (K-5)*

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



Mira Baskaron
Principal

We're Ecofriendly!

Birney students are aware of their obligation as responsible Bobcat students who care about their environment. At Birney, students are sorting trash daily into three containers: compost, recycling and trash. Students have taken on the responsibility of thinking through where their lunch leftovers belong. Two days a week, Birney is proud to have two volunteers who are

on campus assisting with the sorting of compost, recycling and trash. Through this process, students are learning to become responsible citizens who are mindful of their environment and where it could lead without proper sorting.

Additionally, students are engaged in making sure their campus is kept clean. Students who bring lunch from home are also part of this process in helping us reduce trash by putting lunch items into reusable containers. Birney students are taking yet another step in the right direction by eliminating straws from our cafeteria. This not only reduces trash but also helps in the process of making sure that sea animals are not getting hurt by potentially having straws in our ocean.

One additional component of our ecofriendly school is having compost in the garden, where students are learning how compost will eventually

be used as a supplement in our organic garden. The process of composting simply requires making a heap of wetted organic matter known as green waste—leaves, food waste—and waiting for the materials to break down into humus. This is then placed in the garden soil as a supplement.

I am so proud that Birney students have embraced the journey of continuing to be an ecofriendly school!



A few of our Birney Bobcats sorting their items into the proper bins.

Jefferson *Elementary (K-5)*

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



Jeff Winckler
Principal

Staying Green at Lunchtime

Lunchtime at Jefferson Elementary School is a time for students to unwind, visit with peers, and fuel up. It is also a time to have students think about the world we live in by doing their part to keep our planet green. In that regard, students have the opportunity every day to practice environmentally sound habits at lunchtime as a part of our Green Ambassadors

Program. This program is run by our PTA, but it's our students who make it count.

Green Ambassadors is an eco-friendly program that educates our students about living in a cleaner and healthier community. Its aim is to motivate children to think about their personal impact on the environment and ways they can make mindful choices. One focus of Green Ambassadors at Jefferson over the past five years has been reducing our lunchtime waste. We have implemented a lunchtime recycling program, which has decreased the



Jefferson Elementary students waste sorting during lunchtime.

number of bags of trash we generate from over 15 to three. This is due to a waste-sorting system students follow that separates waste, recyclable items, food, and products that can be used as compost. Our students have taken tremendous ownership and pride over this process. As a result, both Jefferson and our planet are better places to be.

As Earth Day approaches, we celebrate all of our students' efforts to take better care of our planet and to continue learning how to protect the world we all share. Way to go, Dolphins! Keep it up!

Lincoln *Elementary (K-5)*

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



Jane Tasker
Principal

Creating An Eco-Friendly School

April 22 marks Earth Day, an annual event that celebrates environmental protection worldwide. At Lincoln Elementary we are proud of our efforts to create an eco-friendly school. Students and staff work year round to reduce, reuse, and recycle whenever possible.

On any given day you will find our students packing trash-free lunches or eating off of recyclable trays. Teachers and PTA members now send digital newsletters instead of providing backpack flyers as part of our "Go Green" initiative. The Lincoln Elementary composting program prevents valuable organic waste from ending up in the landfill. This provides a unique educational opportunity for the students, and also nourishes the soil in our beautiful school garden!

Now, thanks to an eco-conscious second-grader, Lincoln has added "Marker Recycling" to its list of ways to protect the environment. Last November, Lincoln student Bernadette Flaum and her mother approached me with an innovative and easy way to contribute. They had heard



Bernadette shows her used marker collection box.

about the ColorCycle program that was devised to turn used markers into energy. Through this program, students and teachers collect the used markers that they are ready to discard. The markers are then sent to a facility where they are converted into clean fuel.

This fuel can be used to power vehicles, heat homes, cook meals, and more. Bernadette created and designed her own collection box for her classroom, as well as boxes for the front office and teachers' lounge. We launched the program in November by inviting

students and staff to bring in any used markers they may have around the house. With the assistance of students like Bernadette, Lincoln is helping to create an eco-conscious generation. Happy Earth Day!

Madison *Elementary (K–5)*

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



Drew Gamet
Principal

The Impact of Measure C

One of the most important lessons of science that we can teach our students is how our daily life on this planet can impact the future of the environment.

It is vitally important for students to not just learn the science behind the impact of international climate change conferences that happen around the globe, but the science behind the impact of their actions

as individuals. One of the most commonly overlooked places where Madison Elementary and the entire Redondo Beach School District have made such a change is in the bathroom.

Yes, the bathroom. When Measure C was passed (the bond that preceded Measure Q), one of the upgrades that occurred district-wide was the replacement of all the old urinals with modern waterless ones. Most urinals at the time used approximately 1.5 gallons of water every time

they were flushed. Assuming that the seven urinals at Madison were being flushed an average of six times a day, this meant that we were using 11,340 gallons of water every school year.

If we account for the fact that there are many activities that go on at Madison either after school or on the weekends, and during the summer, this amount goes even higher. If you expand this number, and consider the reduction in water usage due to our conversion to waterless urinals throughout the district, you get the largest single reduction in water usage in the City of Redondo Beach!

Given the fact that Measure C was passed before the kindergarten students were even born, our role in educating children about why we changed to water-efficient fixtures is even more vital. One thing we know is that we will continue to have an ongoing drought, and ever-increasing population. By educating our students in environmental science, we can ensure creative solutions to tomorrow's problems.

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!

Parras Middle School has become eco-friendly in several different ways. As many people know, Parras is fortunate to have a beautiful artificial field, which is created with environmentally safe materials. With the new artificial field, we have saved tens of thousands of gallons of water, stopped the use of pesticides for the grass, and conserved gasoline, which was used to power our lawn

mowers. To top things off, when new artificial grass needs to be installed in 10 years, the company that installed our turf will recycle the old turf!

Along with an eco-friendly green field, Parras has established an effective recycling program. The Kompost Kidz, led by Mr. Clark Woods and teacher Mrs. Amy Beran, work during lunch to reduce waste at our school. Each day during the students' lunch period, they compost and recycle lunch waste. As a result, we have reduced our landfill waste from 30 bags of trash to just three! Their efforts have been so successful that we won the Grades of Green Lunch Challenge in 2013–2014.

Due to the green efforts of students and staff, Parras was also awarded the 2016 Green Ribbon School Award by the California Department of Education. After a rigorous application process, the school's recycling, solar, and green education programs were recognized at the state level.



Redondo Union *High School*

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



Dr. Nicole Wesley
Principal

An Exceptional Recycling Program!

By Teachers Monica Mallet and Jodi Rhodes and Assistant Principal Lindsey Corcoran

The RUHS recycling program provides a multitude of benefits for the Independent Living Skills and Essential Skills programs. In addition to the environmental benefits of recycling, our students learn skills that foster student independence; prevocational and vocational work skills; teamwork;


organizational skills; social studies skills such as map skills and navigating the campus and surrounding community; and functional academics in the areas of math, reading and science. Additionally, the recycling program gives our students a sense of pride and heightened self-esteem as they earn money for classroom instruction—cooking as well as learning independent life skills—and community-based instruction. The visibility provided by the program has garnered additional support from both RUHS and the Redondo Beach Community. Many community members donate their plastic bottles and aluminum cans to our students—that puts a smile on their faces!



Massimo and Joseph illustrate environmental responsibility while learning functional academics and vocational skills in the ILS Recycling Program.

The recycling program is one of many reasons why RUHS was recognized as a Green Ribbon School by the State of California in February. Our work to decrease our environmental impact and teach student health, wellness, sustainability and environmental awareness are reasons why RUHS received this award and, more importantly, is reducing our footprint. This is a great honor for RUHS—being one of four public high schools in the state to achieve this recognition.

These efforts have been led by our Advanced Placement Environmental Science (APES) teacher Gillian Moberg and our APES students who have promoted green efforts campuswide. We owe a huge thanks to our custodial staff and M&O team for making RUHS such a beautiful place to learn and work! Finally, thank you to our wellness coaches and the Physical Education Department for holding a high bar for wellness among students and staff alike!



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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

Learning About Our Earth

The Tulita Tidalwaves are committed to keeping our green programs moving, and taking care of Mother Nature! As such, we are continuing our weekly recycling programs, which include classroom recycling and a student-founded compost program. But what could be better than hands-on experience?



Students getting hands-on with nature at science camp!

Our fifth-graders recently got some off-site environmental education at the Pali Institute, an outdoor science camp located near Running Springs. Here students gain a greater understanding of the world around them by experiencing the wonders of a natural and beautiful

California mountain environment. Trees replace classroom walls as students travel outside to learn through exploring trails, shooting arrows, cooking over an open fire, and making a deeper connection with the natural world.

Our Tulita students left camp with a new appreciation for the environment, and they also enjoyed the natural beauty of our local mountains in the winter!



Students learn about nature through day and night hikes at outdoor science camp.

Washington Elementary (K-5)

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



Kristen Holm
Principal

Green Ribbon Recognition

Washington Elementary School takes pride in being an eco-friendly school. For this reason, Washington was named a silver-level California Green Ribbon School. This is a great honor for Washington, being one of four public elementary schools in the state to achieve this

recognition.

Green Ribbon Schools demonstrate exemplary achievement in three pillars: reduce environmental impact and costs; improve the health and wellness of schools, students, and staff; and provide effective environmental education that teaches many disciplines and effectively incorporates Science, Technology, Engineering, and Mathematics (STEM) education, civic skills, and green career pathways

We couldn't have achieved this recognition without help from our PTA volunteers, garden docents, nutrition docents, and Green Team, as well as our partnership with Beach Cities Health District. Together we are able to sustain a safe and eco-friendly campus and promote green



Parent docents lead garden lessons teaching students how to plant and harvest fruits and vegetables and the importance of sustainability.

practices campus-wide.

As you walk around Washington, you will see students recycling their food and paper waste, which has allowed us to reduce our landfill trash from 23 bags per day to just two. Parent docents lead garden lessons, teaching students how to plant and harvest

fruits and vegetables and to understand the importance of sustainability. Washington students also have the opportunity to participate in five different Walking School Bus routes, sponsored by Beach Cities Health District.

Our school community is getting ready to celebrate our third annual Earth Day Fair with fun and educational activities for the entire family. We hope you can join us! We are excited to educate families about the importance of a healthier environment through promoting conservation and sustainability. We hope to see you at our Earth Day Fair on Saturday, April 23 from 10 a.m.–12 p.m.

Thank you to our entire school community for continuing our efforts to go green! Go, Explorers!

South Bay Hands On Art

Giants of the Earth are Here!

By Co-Chairs Gina Clancy & Erika Snow Robinson

Spring has Sprung and the Giants are Here! We can't wait to learn and teach this wonderful project based on our endangered giant sequoias. Artist Lee-Jean Lee brings us this amazing project, it will not only teach our students



the art of painting with a perspective point of view, but will make them aware of the beauty, strength and size of our giant sequoias.

Sign up today for one of the creative kids/adults art classes Lee-Jean Lee has to offer at her studio in Torrance. Visit her website www.artexperiencestudio.com for more information.

Hope you all have an exciting, fun and healthy Spring season, and don't forget to get your ART SWAG On!

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Note-ables



Kate Karp

Owl Singalong

Adult Beluga Grads whose younger lives were enriched by Raffi's music will be very happy, particularly if they're parents, teachers or involved in any way with children. The beloved artist and children's advocate emerged from a 12-year hiatus in 2014 with his collection *Love Bug*, and he's following up with another planet- and child-centered theme in *Owl Singalong*.

The album was inspired by Raffi's little grandniece, Lucie, and her owl stuffed toy and also by the chorus of live hooting critters in his backyard. Those birds open the title song, a jaunty little melody inviting us to sing along. Choruses of human children and one or two adults join in on standards such as "The More We Sing Together" and other beloved songs that he's monkeyed—or verb-formed other animal species—with: "The Lion Pokey" and "The Dog on the Bus" are rendered with Raffi's brand of gentle silliness that has always endeared him to children.

Raffi presents his versatile voice in so many different ways, whether it's imitating a gruff lion, crooning like Rudy Vallee on "See the Moon," or entertaining with Pete Seeger's celebrated retelling of the South African folktale "Abiyoyo."

And as always, Raffi will leave gentle lessons for little Belugas and Grads of any age: "Green Dream" is his wish for the future for all his young listeners. And from "I'm Not Small": "I carry the world on my back. When it turns, I'll turn, too."

So simple, so wise, and so very Raffi.

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



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Los Angeles County Office of Education



**Arturo
Delgado, Ed.D.**
Superintendent

Honoring Our Teachers

On May 11, educators around the state will mark the 34th anniversary of California's Day of the Teacher.

California's Day of the Teacher is patterned after the celebration of the traditional El Dia del Maestro, which is observed in Mexico and other Latin American countries.

It arose out of legislation authored by Sen. Joseph Montoya and co-sponsored by the California Teachers Association and the Association of Mexican American Educators in 1982.

At the Los Angeles County Office of Education, we honored our teachers who work very hard to instill in our students an appreciation of our society's cultural diversity, a love of learning, and the skills to pursue productive lives.

I started my career in education as a teacher, and the occasion reminded me why I became one. I became a teacher

because I had amazing teachers who were able to shine a light of hope and inspiration in my young life.

Most of us remember the special teachers who touched our lives. We recall the way they made us feel and how they encouraged and challenged us. They helped us become who we are today.

Teachers care for their students well after the school day ends. They put in long hours finding new ways to make lessons come alive. They work hard to build relationships with students' families to make sure the students have the support that they need at home.

These are just a few examples of how teachers go above and beyond the call of duty to make a difference in their students' lives.

As one of our past Los Angeles County Teachers of the Year, Rebecca Mieliwocki, who went on to become the 2012 National Teacher of the Year, said: "A schoolteacher is the best tax-dollar bargain you will ever get. If you want to see tax dollars hard at work. Come into a classroom and see what's going on."

Going Green! Word Search Contest

Rules!

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

Entries must be received by May 15, 2016

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 Annette Sanchez
Winner of the March Contest**



Lucy's Book Review

Nothing is Impossible!



Lucy Davis

The Lightning Queen

Author: Laura Resau

Mateo spends his summers at the Hill of Dust, a small, rural town in Mexico. His grandfather tells him tales of the old town. When Mateo is transported into a story of his grandfather's childhood, he learns about Esma, the Queen of Lightning. Esma is a Romani girl who, with her tribe, came to the Hill of Dust and became lifelong friends with Mateo's grandfather.



The two friends go through a lot together, and when something seems it cannot be done, Esma always says, "Nothing is impossible, my friend for life."

This book gets four bookworms out of five because it shows the readers the power of hope, and it is a great example of the importance of telling family history. I recommend the story for grades 4 and up. I hope this book inspires you to ask about your own family's history.

Lucy Davis is a 4th grade student. Besides reading, she enjoys riding her bike, theatre, and playing guitar. Lucy will rate the books 1 to 5 bookworms with 5 being the best.

Isabella's Book Review



Isabella A.

Get Lost in the Pages

Stranded is the first book and the best in the series. When Carter and Jane's mother marries Vanessa and Buzz's father, uncle Dexter a boat captain takes the new four siblings on



a bonding trip. However, it doesn't exactly turn out that way. A storm sinks the boat. They try to get in the life boat, but Dexter gets in first. The storm takes the life boat away from the young kids. Fortunately, they make it to a close by island that is rocky and full of jungle. They were starting get along and now they are in the middle of the South Pacific! This could be good or horrible. Will these kids survive each other?

I give this book three and half stars because it can be fun, exciting and adventurous, but also a bit long in some parts.

Isabella is a fourth grader who loves to write based on her experiences fictionalizing them into stories that relate to young readers. Isabella wants to be an author of realistic fiction when she grows up. She will rate the books 1 to 5 with 5 being the best.

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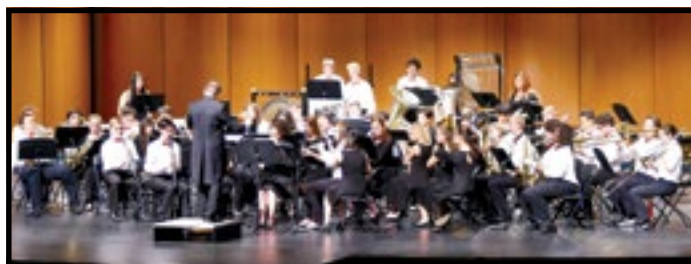
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