

FREE

School News

Education + Communication = A Better Nation

Covering the Redondo Beach Unified School District



Volume 13, Issue 114

April 2019

Compost: Nature's Recycling Process



Please see Beach Cities Health District page 6

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Health News

Helping Kids Deal with Stress: Four Themes for Parents

Kids, like adults, experience stress, says Lindsay Wells, MD, a physician in the UCLA Health-Redondo Beach office. But there is a lot that parents can do to help their children identify and manage stress, and build resiliency so they have the coping mechanisms to deal with future issues. Here is what parents should know:

Stress has many causes

There are many things that can cause stress and worry in kids. Not surprisingly, these triggers are often the same things that stress adults, and can include:

- Social issues, such as bullying or teasing.
- Moving or starting at a new school.
- Difficulty at home or family tension.
- Pressure related to academics or their overall educational experience.
- Social media and cyberbullying.

When the cause of stress is obvious, parents can proactively address the issue and help their child navigate it. But when it is less obvious, parents might not know what's happening. "Cyberbullying, in particular, is often not reported," Dr. Wells says. This is why parents must remain vigilant, and monitor their children's social media use. "The earlier their kids are exposed to social media, the more likely that cyberbullying will take place," Dr. Wells adds.

Stress presents in different ways

Dr. Wells says parents should watch out for typical signs of stress, including:

- Not wanting to eat.
- Difficulty falling asleep.
- Recurring headaches or stomach aches.
- Anger.
- Mood swings.
- Withdrawal from family or social time.
- Difficulty separating from caregivers.
- Nervous habits, such as nail biting or thumb sucking.
- Pulling away emotionally.

If any of these signs occur, parents should talk to their child about what's going on, and also reach out to their child's pediatrician for support.

To manage stress, slow down

If you realize your child is experiencing stress, a good first step is to make time for relaxation, Dr. Wells advises. "Children tend to get overbooked with sports and other extracurricular activities," she says, "but it's important for them to wind down and recuperate after a long school day."

Dr. Wells also recommends that parents make space for family time, outside of homework or other obligations. "It's nice to have a family meal together," she says, "or to schedule unstructured fun time, like a game night or trip to the park."

Consistent nighttime routines and bed times, even on weekends, are equally vital. "Sleep is very important when it comes to stress," Dr. Wells says.

Finally, parents can incorporate mindfulness into their children's lives. Dr. Wells recommends meditation and breathing apps as a good starting point.

Share your struggles and model positive behaviors

While no parents want their child to experience difficulties, remember that stress is a normal part of life.

To help kids build resilience and manage the stress from new challenges, parents should create safe, nurturing environments for their children to share their feelings. Starting as early as age 2, Dr. Wells says that parents should ask their kids what is bothering them, and help them name and deal with those emotions. Doing so builds a foundation as they get older.

Parents should also show children healthy ways of dealing with stress. "Share your own personal stressors and tell your kids how you deal with stressful situations," Dr. Wells recommends. "We want parents to model good behavior and be role models for their children."

Dr. Lindsay Wells is a board-certified internal medicine/pediatric physician at UCLA Health's Redondo Beach practice, 514 N. Prospect Avenue, Suite 103. Visit uclahealth.org/redondobeach or call (310) 937-8555



Superintendent



Dr. Steven Keller

'Good to Great'

Over a decade ago, the Redondo Beach Unified School District presented a theme to the community. The continued and constant Good to Great message was joined by the addition of the flywheel concept: "No matter how dramatic the end result, the good-to-great transformation never happened in one fell swoop...rather, the process resembled relentlessly pushing a giant heavy flywheel

in one direction, turn upon turn, building momentum until a point of breakthrough, and beyond" (*Good to Great*, Jim Collins). This flywheel became a metaphor for the continued urgency that RBUSD has to push education forward through partnering with members of the larger community. This is indeed when the magic begins.

RBUSD—now a district of approximately 10,000 students—continues to boast an incredibly diverse population and is committed to ensuring student and staff safety; promoting excellence in teaching and learning; meeting the social, emotional and physical needs of all students; maintaining high academic expectations for all students; enhancing partnerships with the larger community; and modernizing school facilities to provide model learning environments and athletic/community facilities. In addition to these district goals, RBUSD also uses several measures to track progress. While state-testing results are certainly important, there are also other measures used to assess the achievement of the district, such as CA Dashboard, Advanced Placement,

California Healthy Kids Survey, California Physical Fitness Test, student attendance and the A-G high school completion rates. These alternative methods to evaluate the educational program at RBUSD assists with determining how to better meet the needs of the whole child.

Magic of Community

Redondo Beach's culture is to share in the educational influence of its youth and, thus, the magic of the community reaches to each citizen. The community must participate to assist in creating unique individuals who will reinforce positive awareness of the city and its schools. Through partnering with the City of Redondo Beach and its police department, Beach Cities Health District, LA Kings, and Sharefest, RBUSD is already creating a larger support system for its students that are beyond the boundaries of a school site. The district also invites the blurring of the school zone by inviting citizens to contribute through the Redondo Beach Educational Foundation (RBEF), a partnership with individuals, community businesses and corporations that seeks to provide the additional funding and resources needed to enhance the educational experience of all RBUSD children; and through Parent Teacher Association (PTA), an organization to provide leadership and teaming opportunities with school-site staff.

There are several opportunities to become involved in the enchantment of Redondo Beach schools. Please, help to continue to make GREAT magic happen in RBUSD and the larger Redondo Beach community.

Redondo Beach Educational Foundation

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



Hanh Archer
President

Raising Money for Good Causes

In late October, thousands of Redondo families gathered at the tenth annual Skechers Foundation Pier to Pier Walk to help raise money for the Friendship Foundation and public education in the South Bay. The Friendship Foundation supports special needs children by connecting them with student mentors.

The Foundation recently granted RBEF a record-breaking check of \$243,019 for our Redondo Beach families' participation in the walk. The money will be used to fund vital programs at our schools district-wide. We would like to take this opportunity to thank all of the Redondo Beach families who registered for the walk, those who showed up to walk, and those who walked virtually. This check could not have happened without you.

A big thank-you goes to the Skechers Foundation for their generosity. We are also extremely grateful for the

tireless efforts of our amazing advocates and volunteers. They helped us to promote the event and boost the number of registrations. We hope to break yet another record at the Skechers Friendship Walk in October of 2019.

We have another major fund-raising event coming up soon. Come join us on Saturday, April 27th at the Portofino Hotel and Marina for an evening of good fun, good food, drinks, and good company. It is all for a good cause: raising money to provide our RBUSD children with the best education and resources possible. Live entertainment will be provided by Identity Theft, and there will also be a silent and live auction with great items such as a luxury car lease, a ride with the Blimp, or a private plane trip.

Last but not least on our list of announcements, we are proud to be a partner with the BCHD's Beach Cities Partnership for Youth. This partnership delivers programs that actively improve the health and well-being of our students and families, and support our district's Whole Child education.

Board of Education



**Anita
Avrick**
Vice President

Accomplished Board Term

As my eighth year term on the School Board comes to an end, I would like to take this opportunity to thank you for electing me to serve. It has been an honor and one that I do not take lightly.

I would like to summarize what we have accomplished during my term. With your help, we were able to pass Measure C to modernize our schools and Measure Q, a solar and technology bond. Measure Q has allowed us, among other things, to have new network equipment and installation, laptops and Chromebooks for students in K-12 and all of our teachers, an ID-card system and ParentLink. We have solar panels on all of our properties and school-site shade structures.

We have a fantastic partnership with Beach Cities Health District. This has helped us reduce obesity in our students from 20 percent in 2007 to 6.4 percent in 2017. This number is much lower than the country's average. We have gardens in all of our schools, and students are learning about healthier eating habits. We also partner with them in our parent-education classes.

All of our schools have received national recognition through the Alliance for a Healthier Generation and Let's Move Active School Awards. All of our schools have received the CA Distinguished School Award at least once in the last eight years. Our school district has received the award for National Green Ribbon School District from the U.S. Department of Education.

We have installed automated external defibrillators (AED) at all school sites and implemented Child Nutrition Healthy Hungry Kids. Our partnership with the City gives us crossing guards, resource officers and drug-sniffing dogs. The project on Knob Hill will soon open and bring money into our general fund.

A Fond Farewell!

I have only listed a few of our accomplishments over the last eight years. None of this would have been accomplished without the great collaboration with our unions. They have worked closely with us in solving problems and creating new solutions that have allowed us to become a destination school district. Thank you for all you do for the students of RBUSD.

In closing, I want to say that my last meeting in March was bittersweet. I am proud of everything we have done and look forward to seeing what will be accomplished next. I want to congratulate Raymur Flinn on being elected to fill my seat on the Board. I know she will be amazing. This is the good and bad part of term limits. I will miss all of you, but you have not seen the last of me!



**Raymur
Flinn**
Member

New Board Member

Thank you for electing me to serve on the Redondo Beach Unified School District Board of Education. I want to take a moment to introduce myself.

I was born and raised in Miami Beach and attended Trinity University in San Antonio, where I majored in English. Since 1992, my professional career has been fund-raising and marketing for nonprofits. I moved to Los Angeles in 1999 and became senior director of national events at City of Hope Cancer Center. Having experienced both private and public education, I am deeply committed to the public-education system.

In 2017, I took the position of executive director of the Redondo Beach Educational Foundation. Additionally, I serve as vice chair of the RBUSD Citizens' Bond Oversight Measure Q Committee, the committee that protects taxpayers' \$63 million investment in district infrastructure and technology.

As the parent of a Redondo Union High School ninth-grader and an Adams Middle School sixth-grader, I know our school district as a leader, a volunteer and a mom.

I have been fortunate to have been a School Site Council member and held several PTA offices at school sites, including president of Redondo Beach Council PTA. All of my roles have given me the privilege to come into contact with many of our incredible teachers, parents, students and administrators throughout our district. I am inspired by them and committed to doing everything I can to support them in my new role on our school board.

I passionately support the district's mission to provide every student the knowledge and skills to succeed in today's classroom and tomorrow's global marketplace. It is my honor to join the Redondo Beach Unified School District Board of Education and look forward to serving our community for the next four years.

Board of Education 2019 Meeting Dates

April 23
May 14
May 28**

**June 11
June 25**

***Due to holiday/local holiday schedule,
only one Board meeting in April.
(4/23/2019 – Organizational Meeting)**

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FOUNDER/PUBLISHER: Kay Coop

562/493-3193 • kay@schoolnewsrollcall.com

ADVERTISING SALES: Valerie Reid • 310/874-2716

valerie.schoolnewsrollcall@gmail.com

CONTENT COORDINATOR: Barbra Longiny

GRAPHIC DESIGNER/PRODUCTION:

Gerald Villaluz and Emily Ung

COPY EDITORS:

Lisa Brock, Kate Karp & Anna Zappia

SOCIAL MEDIA: Nancy Lueder

Netragrednik by Neta Madison



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P.O. Box 728, Seal Beach, CA 90740

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Kay Coop

Founder/Publisher



Several years ago Dr. Keller's positive messages and evidence of excellent leadership motivated me to read *Good to Great* by Jim Collins. I hope our readers have been motivated to read the book. In today's world too often the expectation is for instant results.

One of our friends is 89 and still a practicing doctor. He recently had pneumonia and was hospitalized. The day he knew he was to be released from the hospital he had instructed his office to have patients booked and he went from the hospital bed to his office. His work ethic is inspiring. That same day one of the young baristas in our local coffee shop complained she was given 30 work hours that week. I couldn't help but notice the contrast — mentors are invaluable.

Our next issue is May 1.

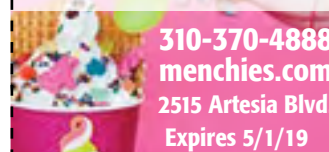


Netragrednik *Neta Madison*

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To be eligible, in-district high school students must complete the Steps to Enrollment and complete a South Bay Promise form by **April 30, 2019**.

SOUTH BAY PROMISE students receive priority registration, access to in-demand English and math courses, and additional support to connect with student success programs and services.



El Camino College

For more information, go online:
www.elcamino.edu/southbaypromise

Beach Cities Health District

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



Ali Steward, MPH
*Director
Youth Services*

Compost: Nature's Recycling Process

One person's trash is another person's treasure, the old adage goes.

Composting is the perfect way for your family to turn food "waste" into vital nutrients that will lower your carbon footprint and reduce waste. In honor of Earth Day, April is a good time to renew your interest in sustainable practices.

What exactly is composting? It's a manmade process, mimicking the natural process of organic matter breaking down into useful nutrients for plants.

Making compost reduces waste by preventing plant materials – valuable compost ingredients – from ending up in a landfill. Once they're in the landfill, they end up rotting and contributing to methane emissions, instead of breaking down to useful nutrients for our yards.

Making your own compost saves money. If you have plants growing at your home, chances are you amend your soil with nutrients to help your plants stay healthy.

Purchasing amendments at the store can be costly. Making compost is a free, organic way of creating a constant supply of nutrients to feed your plants.

What if you don't grow any plants to benefit from compost? Give them away! Many gardeners are happy to take finished compost or raw ingredients so that they can make compost. You'd be surprised to find out how many people are interested in your kitchen scraps.

Want to learn more about composting? Ask your student! Each kindergarten through 5th grade student learned the difference between "green" (fresh cut grass, vegetable and fruit scraps, coffee grounds, manure and green leaves) and "brown" (dried grass, brown leaves, dead flowers and plants, paper and eggshells) compost materials during the February LiveWell Kids garden lesson.

To learn more about the LiveWell Kids garden program, go to bchd.org. To learn more about composting opportunities in Redondo Beach, visit the city website.

Mishell Balzer, BCHD's LiveWell Kids Garden Coordinator, contributed to this article.

Redondo Beach Council PTA

1401 Inglewood Ave., Redondo Beach, CA 90278 • www.rbusd.org



**Patricia
Harris DiLeva**
President

Building a Strong Financial Future

It is important for us to give our kids the tools to a healthy financial future, lessons that will serve them well throughout their lifetime. Elementary school is a great time to begin teaching about personal finance. Kathy Longo, the author of "Flourish Financially: Values, Transitions, & Big Conversations" offers these six ways to help educate our kids about finance at the different developmental stages in their lives:

Learning "Wants Versus Needs" — The foundation of a child's finance education begins with learning the difference between wants and needs. Asking kids whether they want or need something before they make a purchase really gets them thinking about their own money values.

Using A Three-Slotted Piggy Bank — In grade school, it's important to teach kids about money in a tangible way. Give your child a piggy bank with three slots to separate dollars for saving, sharing and spending. This separation of funds can help them understand the connection between the money in their piggy bank and the new toy they bought.

Giving Back — Teaching your kids the importance of giving is a lesson that can stick with them for life. Ease them in by asking your child to donate toys they no longer use, or choose an organization to donate to together on

#GivingTuesday. You can strengthen that by talking about charities you support with dollars and time. This is a great way of showing them that valuing money also means helping those less fortunate.

Making A Budget — By middle school, children should have an idea of what it costs to keep the house running each month. Once they have a concept of a budget, get the kids involved in spending decisions for big-ticket items, like a car or family vacation, and the considerations that go into the purchase.

Explaining College — We all know it's expensive. Teenagers should know early on in high school how loans, grants and a college savings plan work. Make it a point to learn about these things as a family. It's also important to educate students about the additional financial opportunities they'll have in life if they earn a college degree or other certifications.

Getting A Job — Is there a better way for your high school student to learn financial responsibility than by working part-time? They can use these funds to pay for their gas, fun activities, etc. This is a good time for them to get a debit card. It will help them learn the importance of a good credit history, and to see how staying within a budget requires discipline.

When we help our children develop healthy money habits while they're young, we increase their chances of a less stressful financial future.

Traveling with Your Special Needs Child



Gary Feldman, M.D.,

*medical director,
Stramski Children's
Developmental
Center,
MemorialCare
Miller Children's &
Women's Hospital
Long Beach*

Spring kicks off the travel season, but for families who have a child with special needs, traveling can seem more like work than a vacation. This year, make a plan to prepare your child for a vacation that's fun and manageable.

Walk through your vacation step by step and determine what sights, processes or experiences might be new to your child. Then, explain that there will be a change in their routine. Do this verbally and visually, for example:

- Share photos of your destination
- Take out your suitcase and practice packing
- Explore your hotel online

If you're flying, there are extra steps you can take to help familiarize your child with the airport and flying process, including:

- Take a drive by your local airport
- Watch videos of the airport security process

Long road trips can present additional challenges. Before the drive, consider these tips:

- Practice distraction techniques before the trip
- For sensory issues, bring a pair of noise canceling head phones
- Build breaks into your route
- Pack snacks or plan stops for food
- Involve your child's siblings by preparing them for potential challenges and encouraging supportive behavior

No matter how much you prepare, it's unlikely that everything will go perfectly as planned. Just remember to take it one step at a time.

The Stramski Children's Developmental Center at MemorialCare Miller Children's & Women's Hospital Long Beach cares for children with behavioral and developmental conditions, such as autism, Down syndrome, and more. To learn more about our supportive care, visit millerchildrens.org/stramski.



2801 Atlantic Ave., Long Beach, CA 90806
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RBUSD Alternative Education

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Anthony Bridi
Principal

Eco-Friendly Campus

*By Rose Vadakan, Patricia Dreizler
Continuation High School Mathematics/
Science Teacher*

At Patricia Dreizler Continuation High School, students are actively creating an eco-friendly campus. Through “Green Team” club participation, they have developed a system of waste collection, recycling, and composting. This process has contributed to limiting the amount of garbage on campus to one trash bag per week!

This program has many more benefits than an impressive consolidation of waste material. Students actively collaborate and educate their peers on the environmental responsibilities of reducing, reusing, and recycling. One main component to the school-wide initiative is the simple awareness and effort of separating the three types of waste into their proper receptacles. Another integral component is composting the appropriate plant matter for future use in the vegetable and soon-to-be butterfly garden boxes.

The benefits of having an eco-friendly campus are extensive. Patricia Dreizler students are proud to take on this endeavor. They are consciously creating a tomorrow where their footprints will have the least amount of impact within our physical environment.



Preston W. leads the class presentation.



Members of the Green Team are recognized by the RBUSD Board of Education.

RBUSD Child Development

1401 Inglewood Ave., Redondo Beach, CA 90278 • 310/798-8683x1312, 1321 • www.rbusd.org



Theresa Van Dusen
Director

Earth Conscious

According to New York’s Department of Environmental Conservation, a single student produces 45 to 90 pounds of garbage a year in disposable lunches—but not at Lincoln Elementary School and Child Development Center (CDC)! In our CDC classes, we do our best to be environmentally responsible.

Resources show that schools generate and produce an enormous amount of trash and waste, especially during lunch. Plastic wrappers, juice boxes, and pre-wrapped sandwiches are all quick and easy to pack in the morning, but the waste adds up!

We have become very creative in managing trash and waste at Lincoln CDC. We repurpose clean trash for creative projects and art activities. We have Waste Free Wednesdays, where students plan a healthy snack that is not pre-wrapped, cutting down on wasted packaging.

Staff and students also discuss what to do with waste items. Should they be recycled, put in the trash, or composted? This equips students to teach their parents a thing or two about waste management.

In one of the kinder classes, students serve popcorn and fruit on reusable plates and bowls and have the opportunity to win an Earth Conscious prize for making games out of recycled items. Additionally, we pick up trash each Wednesday, which is rewarded with a star on our We Recycle! charts.

We take pride in caring for the earth and our environment at Lincoln CDC and hope that intentionally planning time to have conversations and take action with our students will help all of us be more environmentally responsible!



**Recycled appliance box
turned submarine**



**Harli is composting and
recycling after lunch**

RBUSD Educational Services

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



Dr. Annette Alpern
*Deputy
Superintendent,
Educational
Services*

Healthy Bodies, Healthy Minds

Every week, four thousand RBUSD elementary students are taught by a team of highly trained and effective physical-education teachers. These teams of teachers work with each grade level of students for an hour each week. If you've never seen 100 first-graders on the blacktop perfecting the most recent and popular dance moves, it is a sight to behold!

The teachers' instruction reflects the California Standards for physical education.



Elementary Physical Education Class Showing Their Dance Moves

The PE teachers also develop lessons for individual classroom teachers to utilize when they are providing additional PE time with their students. The Redondo Beach Educational Foundation provides significant funding for this program to help us ensure that our district's commitment to lifelong fitness and well-being begins early in a child's education. Healthy bodies, healthy minds!



Elementary P.E. Basketball

South Bay Adult School

3401 Inglewood Ave., Redondo Beach, CA 90278 • 310/937-3340 • www.southbayadult.org



**Dr. Maribel
Galan**
Interim Director

A Quality Program at Edison Preschool

Edison Center State Preschool is a dynamic program that encourages children to explore, experiment, and discover. All staff members are highly knowledgeable and trained to provide safety and educational experiences that are developmentally-appropriate

and culturally responsive. Every child is respected and all ideas are validated.

Edison Preschool was recognized as a quality program through Quality Start Los Angeles (QSLA) which is a voluntary quality rating and improvement system (QRIS) designed to help parents of children birth to five choose the best early childhood education for their family. QSLA recognized the Edison Preschool as a Tier 5 program which is the highest score attainable. Edison State Preschool uses its community of learners and its rich, varied cultural diversity to foster opportunities for greater learning. Parent engagement



Edison Preschool Students Engaged in a Read Aloud

opportunities are plenty and family support and parent education is available year round.

Contact our offices at 310.937.3340 x3307 to inquire about our program for fall registration. This program is free to qualifying families for all Los Angeles County residents.

Adams *Middle School* (6–8)

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



Lisa Veal
Principal

Doing Our Part

As a California Green Ribbon school, Adams has worked diligently to put in place practices to lessen its footprint and ensure that the school community is caring for the world in which they live. Our students have learned many environmentally friendly practices that support them in leading ecofriendly lifestyles.

As a green school, Adams students have been educated about recycling and composting practices, and we have substantially reduced the amount of trash going into landfills. You will also find recycling bins in numerous locations across the campus as encouragement and a reminder to staff and students. Additionally, to further reduce the use of plastic bottles, water-filling stations are available in various locations for the school community to use.



Students are encouraged to compost and recycle on a daily basis

As Earth Day approaches on April 22, we look forward to continuing to do our part to be stewards of the earth on which we live.



Student uses water filling station to refill her reusable water bottle

Alta Vista *Elementary* (K–5)

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



Dr Dale Hillyer
Principal

Think Green

By Andrew Estrada, Assistant Principal

Going green. Sustainability. Energy efficient. These words are synonymous with Southern California living. When you take a walk around Alta Vista, you will see many examples of our school's mission to be ecofriendly and conscious of our impact on the environment.

In the school garden, you will see students learning the benefits of composting, examining macro-organisms and other contents in the compost pile, and participating in building a layer of compost in our compost bin.

In our lunch area, students, staff, custodians and the noon-supervision team carefully sort waste into the compost, recycling and trash receptacles. By practicing this process daily, members of the Alta Vista team



Staff charge their cars at the charging station

demonstrate their desire to be responsible citizens who are mindful of the effect their actions have on our planet.

In an attempt to reduce greenhouse-gas emissions, the staff parking lot now has two electric-car-charging stations for staff to utilize throughout the week.

Coming soon? A water-bottle filling station partially funded through a Beach Cities Health District mini-grant to reduce plastic waste and encourage increased water intake for all our students.



Students engaging in a garden lesson

Beryl Heights *Elementary (K-5)*

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



Karen Mohr
Principal

Be Resourceful

The Beryl Heights Elementary School staff educates our students on how to make a difference with programs to recycle, reduce waste, reuse, save energy, and conserve resources. How do we do it? We turn off lights, recycle every day, use our compost, and reuse materials in classrooms and in the office.

Our classrooms on the playground, numbers 17-20, have natural light provided by skylights, and energy is reduced throughout the day when lights are turned off and natural light is utilized. Our students are taught how to recycle at lunch time with blue cans for recyclables and green cans for leftover food that can be composted. Every classroom has recycling bins that

are filled to the brim at the end of every week. Student council collects the recycling bins from classrooms, the office, and the lunch area. Even our Live Well Garden has a green waste can in order to compost and recycle as we plant and take care of our gardens.

This coming year, we are moving to online registration for our new kindergarten students. This practice reduces the amount of paper used and promotes a paperless environment. We are engaged in a big conservation push to use less paper in our daily work. Staff and students have reduced the amount of paper used in the classrooms in a variety of ways, including using netbooks and digital tablets.

We always welcome new suggestions as we continue to maintain and sustain an eco-friendly future!

Jefferson *Elementary (K-5)*

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



Jeff Winckler
Principal

Green Spaces = Happy Faces

Over the past year the Jefferson community has engaged in a number of activities and programs to help create a school that is not only eco-friendly, but a school where students are eco-minded about the world we live in. From our school based recycling program to park & beach clean-ups to gardening and planting, Jefferson has aimed to do its part to help make our planet cleaner and greener.

Our students are activated by their teachers, parents and peers to make sure we all work towards having a greater awareness about the environment. Classroom instruction focuses on creating a healthy habitat with water, fuel and waste conservation. All students participate in the Live Well Program sponsored by the Beach Cities Health District. This program teaches students about nutrition, raising sustainable foods, gardening and making a positive impact on the environment.

This spring, Jefferson plans to take some of the key elements of environmental learning out into the green spaces we have on campus while at the same time offer some wellness activities. On Saturday the 20th of April, which also happens to be Earth Day Weekend, Jefferson is going to host an event we have named, Green Spaces = Happy Faces. The purpose of this day is to continue to plant California native plants which are drought tolerant in several locations across campus. This planting project was started last summer and continued in February with the help of a local Girl Scout Troop. The Green Spaces = Happy Faces event will also feature several wellness opportunities for the community including outdoor yoga and reading.



Girl Scouts pose with Mr. Winckler in their new flower bed

Our Green Spaces = Happy Faces activities were planned and supported by a partnership of several community groups which include one of our local Girl Scout troops, the PTA, the Beach Cities Health District and the Jefferson Wellness Council. This special day and our ongoing campus wide projects reflect how strong community partnerships can come together to beautify our campus and make a positive impact on our environment that we can be proud of.

Birney Elementary (K-5)

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



Mira Baskaron
Principal

Students Making An Impact

Birney is dedicated to teaching students about their impact on the earth. Birney students and staff are on a mission to improve the way students view trash and consider where trash goes once disposed of.

Grades of Green is an ecofriendly 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 healthy choices.

Thanks to the efforts of the Birney Student Council and Wellness Council, we have emphasized our efforts on campus to support reducing our lunchtime waste. The lunchtime recycling program that we have implemented for the fourth year has decreased the number of bags of trash we generate at lunch. This is attributable to a waste-sorting system students follow in which they separate waste, recyclable items, food and products that can be used as compost. Student Council members are also promoting the sorting program by rewarding "secret sorters" with PAW dollars for doing an



Students participating in Waste Not Wednesdays.

outstanding job sorting their trash. Additionally, students are participating in Waste-Not Wednesdays by packing trash-free lunches.

We are proud of our Bobcats and their continued effort to participate in programs that will lead to a cleaner and healthier community. Way to go, Birney Bobcats!

Lincoln Elementary (K-5)

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



Jason Johnson
Principal

Wish We had That!

"They didn't have that when I was a kid" is a common remark from parents when they notice the fruits of a later generation. Every parent hopes their children will have it better than they did. Unfortunately, climate change is not one of those fruits.

Later generations will confront a climate quagmire that will take human ingenuity and common cause to solve. So far, we have only

scratched at the ingenuity part. Hopefully, our children will deliver on the cause. This is why I appreciate the simple but lasting message of the Beach Cities Health District Garden Education program at Lincoln Elementary. Students learn and experience firsthand the importance of how the environment contributes to the harvest cycle and healthy food. In one of the lessons, students learn the importance of composting and reducing landfill waste. I wish we had this when I was a kid!



Student observing the garden plants



Students exploring the Lincoln garden

Madison Elementary (K-5)

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



Drew Gamet
Principal

Multicultural Night

At Madison Elementary School, we are fortunate to be in community where so many of our families hail from so many parts of the world. We have students who were born in 15 different countries and who claim 14 different home languages. These numbers don't even take into account students who were born here but whose parents come from a variety of countries around the world.

As a result, we have an incredibly diverse student body, which allows our students to go beyond textbook learning and Internet pictures of far-flung locations. Our students have the opportunity to experience unique people and worldwide cultures right here at home.

Knowing this, we would be remiss if we failed to celebrate

this aspect of our school community. On March 22, Madison held its annual Multicultural Night. For four years now, this incredible event has allowed parents and students to come together to celebrate the diversity of our community and the strength and global awareness it provides. The celebration always includes tables where parents can display photos, textiles, and foods that represent the cultures they are sharing. Students and parents participate in performances and a whole host of activities from many different countries. In addition, there is storytelling, where parents and students share stories that are connected to their countries.

This event would not be possible without the support of a great team of volunteers from PTA. If you would like to participate in making great events like this become reality, please go to the Madison Web site at <https://madison.rbusd.org>.

Parras Middle School (6-8)

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



Jonathan Erickson
Principal

Green Team and Kompost Kids

*By Amy Beran, Teacher;
Clark Woods, Paraeducator;
and Jonathan Erickson, Principal*

At Parras, it's the students who are leading the way to making a greener and more ecofriendly campus. Our students have made recycling, trash diversion and sustainability part of their daily routine.

Each day at lunch, the Green Team sets up, monitors, and directs trash-diversion

stations. With Green Team's leadership, we have reduced our landfill waste from 30 bags to eight. That is best record for a school in LA County!

Our efforts have been awarded several times, including the County of Los Angeles and Generation Earth Battle of the Schools Recycling Competition winner 2016, 2017 and 2018, and as being an important part of the Green Ribbon Award we received in 2016 and 2018.

Through a grant from RBEF, each classroom has recycling receptacles for bottles, cans, paper and markers, and each science room has receptacles for battery recycling. The Kompost Kids

after-school club has created a butterfly garden and transformed our school garden into a green space for all to enjoy.

Our students have taken their environmental advocacy beyond Parras and into the community by partnering with SeaLab and the Surfrider Foundation for water testing and beach cleanups, and by partnering with South Bay Parkland Conservancy and the Redondo Beach City Council in the restoration of native plants at Wilderness Park.

We are green with pride!



**Clark Woods, paraeducator
extraordinaire, receiving a
Green Team award**



The Parras Green Team, ready to hang a banner to direct waste management

Redondo Union *High School*

One Sea Hawk Way, Redondo Beach, CA 90277 • 310/798-8665 • www.redondounion.org



Jens Brandt
Principal

A Lesson in Eco-friendliness

By Gillian Moberg

Students enter through the glass doors of the cafeteria of Redondo Union High School (RUHS) and immediately check out the food under the glass guards. High school students do not typically stop to contemplate the energy-saving

strategies used in this space nor deliberate construction materials and layout. That requires explicit instruction.

"See how the overhead lighting is only 25 percent of the indoor space?" I ask. "Or how the white tiles reflect natural light entering through the floor-to-ceiling, double-paned windows?" "What about the thermal mass of the concrete floor? How do you think that might help in heating or cooling this space?" Our eco-friendly cafeteria makes an excellent living laboratory for teaching students about sustainability.

Green building is the practice of designing, constructing, and operating buildings to use fewer resources and to reduce waste and other negative environmental impacts. We are fortunate to have two buildings on campus that have earned Leadership in



Green building at RUHS

Energy and Environmental Design (LEED) certification and others that could easily qualify. The new 900 building is equipped with skylights and large windows that reduce the need for electricity during school hours. When electricity is needed, high-efficiency LED lights

draw energy from panels on shade structures above our parking lots. Deconstructing green design with students becomes Project-Based Learning and contributes to their understanding of sustainability.

Over 500 students have participated in sustainability projects through the Advanced Placement Environmental Science course at RUHS. Students have measured our water consumption, calculated storm-water run-off from pavement and rooftops, audited leftover lunchtime food waste, counted plastic water bottles dispensed from vending machines on campus, and distributed metal alternatives to students. These projects raise awareness of the choices we make to care for the natural environment and inspire our students to do the same.

Tulita *Elementary (K-5)*

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



Dr. Tanaz Bruna
Principal

Keeping Green

The Tulita Tidalwaves continue to remain committed to being a California Green Ribbon School.

As we prepare for Earth Day, we are reflecting upon

what we are doing to care for our earth, the environment, and the footprints we leave behind.

Our fifth-grade students collect recycling from our classrooms on Wednesdays. At lunch, our noon duty supervisors encourage students to recycle plastic bottles and cans. The recycling funds are then given to our Student Council leadership group.

We also like to reduce our carbon footprint. Tulita has a successful Walking School Bus program to promote walking to school and reduce traffic congestion. We now have three safe routes to school that many students utilize every Monday, Wednesday, and Friday. This program is very eco-friendly, and fun. It would not be successful without the help of our trained parent volunteers.



The Tulita garden and compost area.

In partnership with the Beach Cities Health District, parent docents deliver LiveWell lessons once a year that focus on composting. Our students learned that composting and recycling leads to less trash in the landfill. They also learned about the interconnections between animals, plants, soil, and sun in a garden habitat, and how to build a proper

compost pile. Our compost bin is located by the Tulita garden so that our garden docents can also contribute.

Tulita also has a very successful Wellness Council comprised of students, parents, staff. It partners with the Beach Cities Health District. With the goal of making our school a healthier environment, we are working hard to promote healthy eating, reduce food waste, increase participation in school-based exercise programs, and take care of each other and the environment.

With all of the support listed above, Tulita is proud to be one of California's greenest schools. We look forward to celebrating Earth Day this year with a PTA-sponsored assembly featuring some friendly, furry, creatures!

Washington *Elementary* (K-5)

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



Andrea Bittick
Principal

Developing Sustainable Habits

Washington Elementary is dedicated to promoting student awareness about the environment, sustainable practices, and creating an eco-friendly campus. Every April our Washington students celebrate Earth Week. The week focuses on promoting student and family awareness surrounding recycling, healthy eating, caring for the environment, and our overall efforts to “leave this place better than we found it.”

Earth Week at Washington culminates with an Earth Day Fair with many different vendors and activities that promote sustainability, recycling and reusing, and overall awareness of nutrition and its relationship to the environment.

This year we have many different activities planned for students. We will have a vegetarian taco cart to encourage students to eat more plant-based meals to not only benefit their health but also the environment. One of the booths will also give our students the opportunity to create a trash-to-treasure craft courtesy of the Art Zone!

We also host a Swap and Shop where families can swap clean and gently-used children's items and clothing. The

Earth Day Fair is also a great opportunity for us to harvest the vegetables in our school garden where each family can take home some veggies.

In addition to hosting a plastic bottle recycling drive, we also have a Campus Clean-Up Competition where students race to pick up the most trash to maintain our campus and make it even more beautiful! This year we will be inviting the Washington community to bring their alternative-fuel vehicles to display at the event. We are also inviting families with alternative-fuel vehicles to talk to people about them as visitors arrive and leave.

Green efforts are year-round at Washington. We teach students about trash sorting at multiple assemblies throughout the school year. We are also very lucky to have water stations on campus so that our students are encouraged to reduce their use of plastic bottles by bringing refillable ones.

With the support of the Beach Cities Health District, students also learn about gardening and nutrition, which broadens their knowledge of sustainable practices. Finally, Washington is comprised of a very environmentally conscious parent community that supports all of the various efforts on campus that help our students develop sustainable habits.

Office Terms –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 April 15, 2019

From the correct entries one name will be drawn to win a \$20 Barns & Noble gift card.

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

Connecting with Your Children



**Sandy Spurgeon
McDaniel**

Mostly due to an addiction to the electronics that are so much a part of our world, we are not connecting as families, as parents and as adults. A home-filled with people live separate lives; no one is talking, everyone is on a cell phone, iPad or other device. Families watch television during dinner, exchanging the place where kids learn social skills and the family connects.

One hour a day is the time suggested by the American Pediatric Society, and no, none whatsoever, electronics for children under two years old.

It has to do with brain development being hampered, social skills not learned, eye sight damage and neck and spine stress. More important to me, it has to do with a lack of connection between family members.

People who talk to each other share their fears, feelings and successes. Today's child doesn't have a place to do that! Today's child goes out each day to their own challenges called school. If they don't have a place to talk, really talk to a family member, they create new families, and not usually healthy ones. When you pick up your children, have a rule of no cell phones. No devices are allowed at dinner where you eat together and talk. Have a bedtime routine where you tuck in your child and create a space for conversation. Most important, slow down and listen to your children. Ask deeper questions than, "How was your day?" Try, "What would you change about you day?" or "If you had a magic wand, what would you change about your day?" Be empathetic before you go to "fix it," and be a safe place for your child to connect.


Sandy Spurgeon McDaniel is an author, taught school, raised two children, worked as a consultant to schools and has worked with children and families for 52 years. Sandy now lives in Meridian, Idaho. ParentingSOS.com, Amazon and Kindle.

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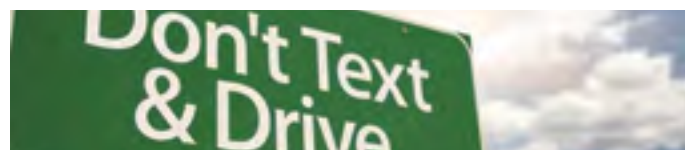
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South Bay Hands On Art

Hidden Surprise!

By Co-Chairs Sandi Arthur and Karen Ford Cull

If you see a sneaky little grin on your child's face when they bring home their next art project, it might just be because there is a hidden surprise inside. The surprise? A picture within a picture: a lovely sunflower, whose petals, upon closer inspection, are actually a ring of glorious yellow birds pecking out a peace sign in the center of their flower. The project, brought to SBHOA by Lithuanian American artist and author Rolandas Dabukas, is a lesson in the surrealist art movement. Children are learning about surrealist artists like Vladimir Kush and Mihai Criste and then making a painting in acrylic on canvas board. To read more about this lesson, visit southbayhandsonart.com.



Rolandas Dabukas leading Hands on Art docent lesson.

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Isabella's Book Review



Isabella A.

Amazing Message

A Christmas Carol by Charles Dickens is an amazing book with a very complex person as its main character. Scrooge begins the book as a very mean cold hearted man. As the book goes on, Scrooge repents and tries to change.

The reason for this starts when his dead business partner, known as Marley, pays him a visit. During this visit, Marley prophesizes that 3 spirits will come.

The first spirit still comes that night. The Ghost of Christmas past shows Scrooge how happy he once was. It also shows him how he changed into the greedy person he is. Scrooge is sorry for what he has done and takes the first step to change. The next night, the Ghost of Christmas present shows Scrooge how poor his clerk is and how much he is suffering. Scrooge sees that his clerk's son is very sick and that the family does not have the money for treatment. The next night, Scrooge sees what will happen if he continues the way he is going.

I would rate this book a 5 out of 5 because it is very emotionally enticing and it has an amazing message.

Isabella is a 7th grader and just published her first short story in a school anthology of young authors after winning first prize with her work. She rates books on a 5 star scale.

Book Review By Katrina



Katrina D.

A Thrilling Read

Get Even by Gretchen McNeil is an exciting mystery set at a private high school where the rich and powerful reign supreme over the rest of the school, including its staff. So to challenge this



tyrannical rule a group of rebels known as DGM, or Don't Get Mad, arises. The members of this group are dramatic Olivia, solemn Margot, rebellious Bree and confident Kitty. Though the girls have little in common, they set aside their differences to take a stand to the injustice they face daily. But when one of their classmates is murdered in cold blood with a DGM calling card left on the crime scene, the whole school ravenously begins to search for the murderers. The girls are quick to realize that no one is above suspicion, murder or dirty secrets, including themselves. Hidden pasts, scattered clues and a Shakespeare play make this book a thrilling read! I give this book four out of five crescent moons.

Katrina is an 11th grader who loves to write stories, sketch and lose herself in good books. Katrina hopes to publish a book, research genetics, and animate a cartoon in her lifetime. Katrina will rate the books between 1 to 5 crescent moons with 5 being the best.

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Katie's Review



Katie C.

Growing Up

Title: *A Tree Grows in Brooklyn*

Author: Betty Smith

Francie Nolan goes

through a lot: the struggles of being poor, having a drunk father, and growing up. This book goes through Francie's life, from the moment she



was born to when she is an adult who wants to go to college but also needs to get a job for money. It's hard to support her mom and family once her father dies, and she feels more obligated to get a job. She struggles with growing up but stays with her belief that education is important. It's hard for her to feel loved and she wonders if she will ever be loved by anyone. Eventually she realizes that her experiences have made her into the person she is now, and she should do what she feels is best for her.

I give this book 4 out of 5 stars for truly going through a girl's journey in life.

Katie is a ninth grader. Her passion is writing and she likes finding new ways to structure poetry. She is working on creating a story line with a series of poems. In her spare time, she enjoys soccer, song writing and reading books.

Jenna's Review



Jenna C.

A Long Long Time Ago...

Title: *Little House in the Big Woods*

Author: Laura Ingalls Wilder

Have you ever wanted

to know how people in the past lived? In this book, the main character is Laura and it is about her family living in the big woods. Laura is



adventurous, pleasant and bright. Her sister, Mary is polite and always tries to do what ladies were supposed to do back then. Her dad is funny and always takes care of his family. Her mom is kind and likes being neat. My favorite part of the story was when Laura's cousin Charley was fooling around and then he accidentally stepped on a yellow jackets' nest and he got stung almost everywhere. It teaches a lesson that once you fool around and a bad thing happens, people you fooled will not trust you. Each chapter has a different story and it made me continue to read. I recommend this book to whom that likes detailed description.

Jenna is a third grader. She likes art and soccer. She likes imaginary stories and someday she wants to be a book illustrator.

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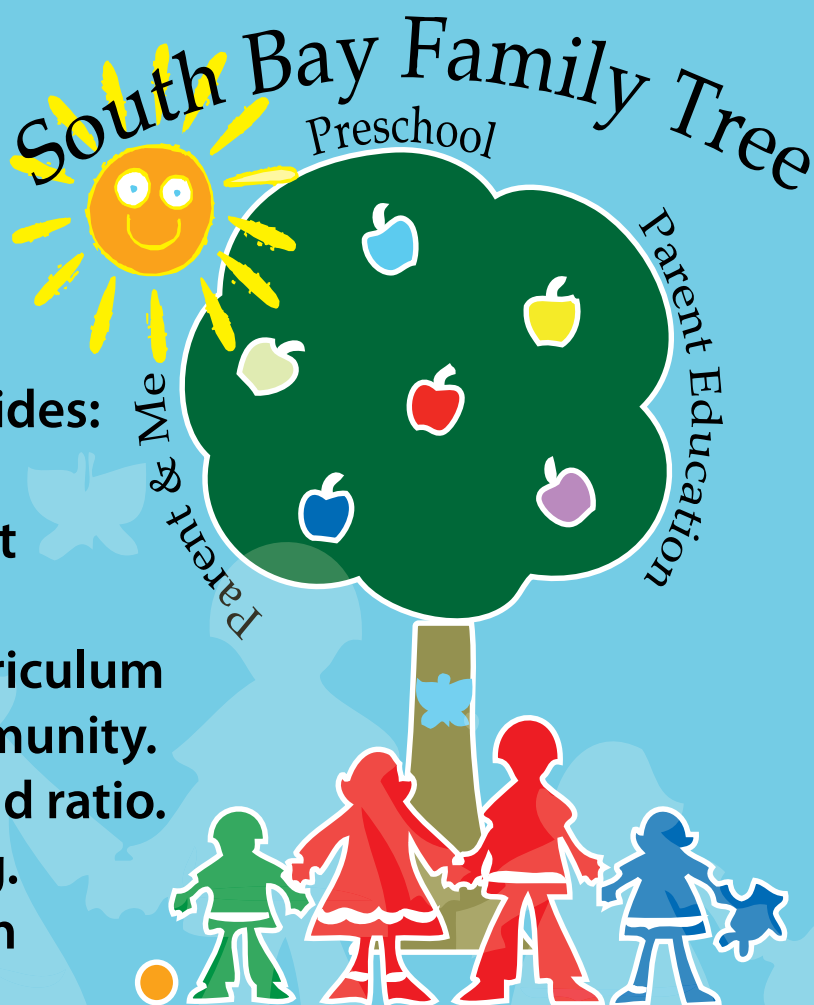
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