Covering the Redondo Beach Unified School District

Covering the Redondo Deach Office School District

Volume 9, Issue 84 December 2015

Where Dreams are Realized...



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Superintendent



Dr. Steven Keller

Middle School is Magnificent!

I'm a middle school fan. Please, don't laugh. The best days of my K–12 schooling go back to my years at Newton Middle School (now called Richardson) in Torrance Unified School District. As you I'm sure you remember, adolescence is such a pivotal time in one's life. When Team Redondo Beach Unified School District (RBUSD) talks about

the "whole child," as we often do, there is an extra dose of focus placed on the social, emotional, physical, and academic aspects during these years. As I have said for decades, if middle school students disengage and mentally drop out in sixth through eighth grades, they often physically drop out in high school.

One of the greatest reform documents ever produced by the California Department of Education was "Caught in the Middle" (1987). "Caught in the Middle" was relentless in reminding educators and parents that during these years middle-schoolers are neither elementary nor high school students—they are truly caught in the middle. Therefore, their educational program must be unique. We have that in RBUSD.

I'm a former middle school teacher, assistant principal, and principal. I don't consider myself an expert on anything; what I can share with you, however, is that our two middle schools—Adams and Parras Middle Schools—are full of teachers, support staff, and administrators who understand, engage, and advocate for their students. I can assure our parents and residents that the adults in these two schools are true miracle workers. They care deeply for each and every student. When I walk away from an Adams or Parras visit, I'm always happier and prouder than I was before I arrived. Talk about an energy boost! There is such a focus on high achievement and inclusion at our two middle schools that it's truly inspiring.

As an aside, I'm sure you have driven by or watched someone play on the new Adams field. It's stunning! It was opened on October 20, and each day we receive praise from the community users. Plus, the gophers moved out. Regarding Parras, we are constructing four new classrooms and modernizing the adjacent three classrooms. This is on the Diamond/Prospect side of the campus. This will be completed by summer 2016, El Nino or not. Also, Parras will receive an expanded lunch area and expanded doorways, and all windows will be replaced to ensure safety.

So, here's to the best middle schools around. Thank you to our thriving Adams and Parras staff members. Thank you to our caring parents. Thank you, most importantly, to our college and career-focused students, who are looking forward to attending the finest high school in the South Bay, Redondo Union High School.

Board of Education



Brad Waller Member

Seeing the Big Picture

I recently met with a number of local business leaders and ask them what their employees were lacking. One of the first things they mentioned was that employees needed to see the big picture, and that too many employees were just looking at their own little piece of what they had to do.

I don't think this is a new problem. In my first career working as an engineer in the aerospace industry there was a lot of the

same thing going on there. It was easy for an engineer to just concentrate on their one little aspect of the project they were working on. My job was a System Engineer where I had to look at everything that we were delivering as an entire system giving me a perspective over the entire project.

These local business leaders recognized that an employee who could see the big picture is more valuable to them than an employee that just did their job without regard for the rest of the company. This is both a great life and business lesson.

We have new curriculum that emphasizes students working in a group environment. This should help show them that while they have a part of the responsibility, the success of their group depends on more than just what they do. These skills will translate in career success no matter where they end up.

If they ever want to own and run their own business, this will be a vitally important skill to have as well. There will not be someone else to remember to pay bills, schedule deliveries, or follow up with customers. They will either be the one doing the job or making sure someone else does it.

As parents we can help foster this at home as well. A household is like a small business. Chores can be shown to have value as they maintain the upkeep of your household and improve the quality of life, as well as keeping things looking good. It's one thing to have a list of chores that need to be done, but another to know that if you wash the floors before sweeping and taking out the trash you end up wasting the clean floor. Planning meals and shopping helps link these to household budgets and healthy eating habits.

We all need to make sure our children are prepared for future careers and will be as valuable as possible for their future employers.

Board of Education Regular Meeting Schedule

2015 December 8*

* Due to holiday schedule, only one Board meeting in December.

	2016	
January 12	February 23	April 12*
January 26	March 8	April 26
February 9	March 22	•
•	*4/12/2016 - Organizational Meeting	

Redondo Beach Unified School District 1401 Inglewood Avenue, Redondo Beach, CA 90278 (310) 379-5449 • www.rbusd.org





Kay Coop *Founder/Publisher*

When I lay out the publication I thoroughly enjoy each article and I specifically look forward to Dr. Keller's article. He never fails to set a positive tone. I think you could give him the topic of brown bananas and he would have everyone converted to buying only brown bananas! When I began reading his article on the subject of middle school, I was taken back to my middle school years. As I read further, it became clear RBUSD middle school students are fortunate to attend Adams and Parras.

As we are going to print the terrible terrorist tragedy in Paris is fresh in our minds and hearts. We are grateful for the men and women in the armed services who continue to protect our homeland.

Our next issue is February 3rd. Happy Holidays, Merry Christmas and Happy New Year!

Please don't text and drive.



Cheeseball is snowboarding for the first time. You'll need this page number for the contest on page 19.



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Redondo Beach Educational Foundation



Ted Craddock President

To Give, to Thank

In the spirit of the holiday season, RBEF would like to thank all of our donors and partners. We are truly grateful for the generous support RBEF receives every year. We are a fund-raising organization dedicated to supporting education in Redondo schools. The money raised goes to a variety of educational programs that reach every

RBEF now has more hardworking volunteers than ever before! It is an amazing group to be part of, and you are welcome to join us. We have fantastic donors and corporate partners who are investing back into their community. We are proud to be supporting our great school district!

student in our district.



Even babies love RBEF!

RBEF would like to express our gratitude to everyone who registered to participate in the October Skechers Pier-to-Pier Friendship Walk. We had about 1,900 walkers, which was 500 more than we had last year. The Redondo Beach community really turned out and made a fantastic showing. We are so proud of the fun

and generous spirit Redondo students, parents, community members and staff displayed—we could not have asked for more. Funds raised through the walk will go back to the schools to fund site-based needs and programs.

We also appreciate everyone who has supported RBEF by donating to our ongoing 2015 Donor Campaign. If you haven't given yet, make sure that you find us on your student's campus on Dec. 8 and 9 to make your annual contribution, or you can go now to our website and give online.

It is through the gifts of our community and generous corporate and philanthropic partners that RBEF is able to provide and maintain exceptional staff and programs for RBUSD schools. It takes significant financial resources to create cutting-edge programs for college readiness, science, music and art. State funding alone cannot be relied on to make Redondo Schools among the best in the country. It's a team effort, and we thank everyone for their support. Happy holidays!

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



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Dr. Teresa Miller, Pediatrician 705 Pier Avenue, Hermosa Beach



Torrance Memorial Urgent Care 22411 Hawthorne Boulevard, Torrance

To Learn More Visit: TMPhysicianNetwork.org/CoveredCA



Redondo Beach Council PTA

Raymur Sweeney
President

PTA Power in Action!

Speaking up on behalf of all children and families is one thing that makes PTA entirely unique. That's why I am excited to share how PTA advocacy efforts have made a difference!

Governor Jerry Brown signed into law 40 bills supported by PTA this legislative session. Some of the top priority bills include:

President AB 1369 – Helps teachers, parents and professionals in identifying, assessing and improving educational services for dyslexic students.

AB 216 – Makes it illegal to sell or provide materials that deliver non-nicotine products in a vaporized state to anyone under the age of 21.

SB 172 – Suspends the High School Exit exam and retroactively qualifies anyone who completed all other requirements for graduation and failed the exam to be eligible for a diploma.

SB 242 – Would require the approval of a school-governing board before a school district police dept. could receive surplus military equipment.

SB 277 – Requires all students to be immunized prior to attending school unless a physician declares an exemption.

Your efforts at the local, regional and state levels continue to to ensure the voices of California's 9 million children are heard.

Best wishes for a happy and healthy holiday season. 1401 Inglewood Ave., Redondo Beach, CA 90278 • www.rbusd.org

South Bay Hands On Art

Maritime Romanticism by Jake Tedesco

By Co-Chairs Gina Clancy & Erika Snow Robinson
We had such a great time with this project! We kee

We had such a great time with this project! We know that the students are going to enjoy letting their imagination drift away making these wonderful ships. Jake not only



taught us drawing, perspective and detail but also the beauty of painting with water colors. A little goes a long way and it sure did show on this project. A lot of Pirate ships will surely be docking at our south bay shores. We hope you all have an amazing holiday season and thank you once again to all of you who make this program possible. If you would like more information on our artist Jake Tedesco You can visit his website at: www.jaketedesco.wix.com/ tedescoart.

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

Beach Cities Health District





Kerianne Lawson Community Services Director

No-cost Covered CA Enrollment Assistance

The enrollment window for health insurance through Covered California is open, giving families who already have coverage the opportunity to shop around for a better deal – and those without it an opportunity to purchase insurance and avoid a tax penalty.

At Beach Cities Health District, we understand that navigating your family's insurance options can be challenging and

confusing – not to mention time-consuming! – so we have a team of trained enrollment counselors available to provide no-cost assistance to Beach Cities residents.

Since the 2014 launch of Covered California – the state's implementation of the Affordable Care Act – our enrollment counselors have worked directly with hundreds of individuals and families to help them better understand the many health insurance options available and, ultimately, identify a plan that suits their personal needs. Phone consultations and one-on-one appointments are both available at no cost, however, in-person counseling sessions must be scheduled in advance by calling (310) 374-3426, ext. 256.



To date, more than two million people have enrolled in health insurance, however, it's estimated a remaining 2.2 million uninsured Californians are still eligible to get financial help to make their insurance affordable by enrolling in the state healthcare exchange, according to Covered California. You can access Covered California by visiting CoveredCA.com.

For more information on Beach Cities Health District, as well as its many community health programs and services offered – visit bchd.org.

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

AdventureCamp

Keep your kids active during school breaks!

9am-4pm Ages 4-12

There's no need to change your daily schedule when your kids are on break. Treat them to as little as a day or up to a week of AdventureCamp. Then relax knowing your child is safe and having a blast in the play structure, rock climbing, learning new games in the Sports Court, enjoying arts and crafts time and so much more.

Camp Calendar

Winter Camp Week 1: Dec. 21-24 Winter Camp Week 2: Dec. 28-31

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COST: \$50/dav

EXTENDED CARE:

Need more time? Your \$160/week child can start enjoying AdventureCamp as early as 7am and stay as late as 6pm with the optional extended care, available for an additional \$10/day or \$40 for the week.

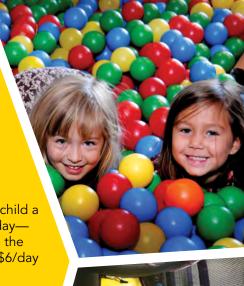
> Register at AdventurePlex.org

LUNCH OPTION:

It's easy to give your child a healthy lunch every day let AdventurePlex do the work for you for just \$6/day or \$25 for the week.

Space is filling up **ENROLL NOW!**





Choosing the Right Hospital for Your Child



Rita Goshert Manager, Child Life Program, Miller Children's & Women's Hospital Long Beach

Children and adults are different and so are their health care needs, so when a child needs hospitalization, choosing the right doctor, care team and hospital is important. Here are some things to consider if your child should ever need care in a hospital.

Board-Certified Pediatric Specialists

You should expect a kid-friendly care team that includes board-certified pediatric specialists, nurses and other health care professionals, all extensively trained in pediatric medicine and who specialize in treating your child's condition.

Children are not little adults – many of the conditions and needs they have are unique.



Patient and Family Centered Care

Considering the family as part of the care team is essential to a successful recovery for children. Make sure the hospital you choose understands the importance of this partnership.

A unique aspect of a children's hospital is access to child life specialists. For children, hospitalization can be the most frightening experience of their life. A child life specialist's primary role is to normalize the unfamiliar environment of a hospital.

Environment

A pediatric environment should provide comforts to help lessen children's anxieties and fears. Look at the physical environment of the hospital. Is the décor welcoming for children? Is there an area dedicated to play? What comforts are offered for families?

At Miller Children's & Women's Hospital Long Beach, everything from the kid-sized equipment to the artwork on the walls is tailored just for kids. For more information on the specialized pediatric care offered at Miller Children's, call 800-MEMORIAL or visit MillerChildrens.org.

2801 Atlantic Ave., Long Beach, CA 90806 800-MEMORIAL • MillerChildrens.org

Every Child is Unique. So is Their Care.

Many children's illnesses are rarely seen in adults or affect kids differently. That's why children need access to Miller Children's & Women's Hospital Long Beach — a hospital dedicated exclusively to the quality and compassionate care of kids, teens and expectant mothers.



Medical Home for Chronic Conditions

Miller Children's brings more than 30 different unique types of specialty doctors together, under one roof to ensure children get the best care for their growing bodies.



Follow the leader to Miller Children's.

800-MEMORIAL

MillerChildrens.org

South Bay Adult School





Dr. Anthony **Taranto** Director

Edison Preschool

Since 1918, the South Bay Adult School (SBAS) has been offering lifelong learning classes to meet the needs of our community. However, we are more than just an adult school. The SBAS is also home to the Edison Preschool.

Edison is in partnership with the Los Angeles Universal Preschool (LAUP). This is a nonprofit organization whose mission is to advance the quality of early education by supporting the development of the whole

child, growing a qualified and diverse workforce, and strengthening family engagement. Over 40 preschoolage children at Edison, from various cultural and socioeconomic backgrounds, receive a quality preschool experience that will help to advance their learning and foster their future success in education, careers, and life.

The program is free for qualifying families. Additionally, it closely mirrors the Redondo Beach Unified School District Child Development Center's preschool curriculum. The Houghton Mifflin Pre-K curriculum is a "hands-on, mindson" program designed to provide the foundational skills that will prepare children for kindergarten. There is also a

Desired Results Development Profile (DRDP) that is done twice a year to gauge each student's progress, and then share with their families during the parent/teacher conference. Proud Sponsor of Your School for Driving School Over 20 Years! Online and Classroom Available One coupon per student

(310) 791-1111 3614 Pacific Coast Hwy., Torrance, CA 90505 Southbaydriving.com



Some of the main benefits of preschool education include acquiring social skills, encouraging creativity, learning to develop motor skills, learning the basics through play, and preparing children for school. Children who attend a highquality preschool can also enter kindergarten with better pre-reading skills, richer vocabularies, and stronger basic math skills than those who do not.

In fact, reports show that children who attend quality preschools are more likely to graduate from high school, as well as earn higher income rates, and also be more proficient in math and reading by the third grade. Enrolling your child in a quality preschool program can lay the foundation for a successful future.



Edison Preschool students during story time. 3401 Inglewood Ave., Redondo Beach, CA 90278 310/937-3340 www.southbayadult.org



Adams Middle School (6–8)

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



Lisa Veal Principal

Leading the Way

At Adams, our students are encouraged to take an active role in their school. Multiple opportunities are provided for them to develop good collaborative, communicative, and leadership qualities.

Our Associated Student Body (ASB) is a student-led organization. It is the voice of the student population, and is tasked with representing their interests and goals. ASB

students recognize the importance of cultivating a positive school environment, and they work diligently to help establish programs and events that can meet this end.

As a result of their efforts, our students enjoy spirit assemblies, dances, and achievement parties throughout the year. The ASB also supports school events such as the administration of the PSAT. Another student organization that we highly value is the "Where Everybody Belongs" program (WEB). This is an eighth-grade transitional program that welcomes and supports the incoming sixth-grade students.



Middle school can be difficult, and the nationally

recognized WEB program can help ease the anxieties and

difficulties associated with the transition to sixth grade.

With over 90 students involved in the program, our sixth-

grade students can now receive support to help them get

oriented to the campus. In academic areas, they can obtain

over 25 clubs currently available during our two lunch periods, our students are able to develop friendships and participate in activities with peers of similar interests.

As we strive to promote a positive school climate, and provide programs where our students can feel involved, we value the role that these leaders play in helping us meet our goals.



Adams ASB and WEB students coming together to support their school.

Beryl Heights *Elementary (K–5)*

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



Karen Mohr Principal

Ongoing Challenge

We all know that change is inevitable and that Beryl's staff, students and families are challenging themselves each day to become lifelong learners. We realize that the idea of a village raising a child is the key to a student's success in school, and this translates into making positive connections with staff and becoming an integral part of a child's learning and education.

We are very fortunate to have the Redondo Beach Education Foundation in our school district. Their support and dedication to enhancing students' lives has led to the stable music program for third- and fourth-grade students, our counselor being available for our students, and our physical education teachers who work with

students one day a week for 60 minutes. Our teams of grade-level teachers have the opportunity to study and prepare engaging, rigorous lessons for students. Beryl teachers are embracing the rigor and accountability that go with preparing students for college so that they can be successful in the 21st century

At Beryl, we recognize the importance of professional development as a way to achieve our goals in our day-today work. Our staff has been trained in Cognitively Guided Instruction (CGI), math programs and reading programs to enhance the curriculum we teach in the classroom. We realize we need to grow as teachers and people in order to continue to learn, because when we do, we become exemplary role models and we affect our students' lives in positive ways: academically, socially and emotionally.

Alta Vista Elementary (K–5)

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



Susan Wildes *Principal*

Understanding New Math Standards

Over the last few years, as schools have adopted the California Common Core Standards in math, teachers, students and families have worked to embrace a new "language" of math—one that uses math vocabulary to precisely describe thinking and problem-solving strategies in a way that others can understand. Although the math standards themselves may not have changed

radically, it's the addition of the eight mathematical practices that are new and can add to the difficulty of understanding what is expected of our students.

The eight practices involve making sense of problems and persevering in solving them; reasoning abstractly and quantitatively; constructing viable arguments and critiquing the reasoning of others; modeling with mathematics; using appropriate tools strategically; attending to precision; looking for and making use of structure; and looking for and expressing regularity in repeated reasoning.

Classroom teachers are working collaboratively to create environments and develop learning experiences that further these practices. Throughout our classrooms, visitors can see anchor charts that teach students multiple ways of solving problems and manipulatives that are easily accessible and

allow students practice with a variety of problem-solving tools. Teachers pose story problems and cognitively guide students through the unpacking of the stories. Students share their strategies and demonstrate their thinking so that learning occurs at a deeper level. What does sharing sound like in a classroom? Visitors hear students asking questions and giving statements such as "How did you get this answer?" "How did you know which operation to use?" "Why is that the answer?" "I agree/disagree because...," and "So you are saying...."

Supporting Young Mathematicians

Parents often ask, "Where did the algorithms go?" No fear—the algorithms are still part of our math standards and are one of many math tools our students use. However, over the last few years, we have noticed that students are more successful with algorithms when we have allowed them to understand numbers and problem solving more deeply through the use of multiple strategies prior to learning standard algorithms. In order for students to learn to persevere through challenges, math must present a sufficient level of difficulty. More often than not, presenting students with a page of algorithms is not challenging. Multistep word problems that require reasoning, modeling and the selection of appropriate tools help students, over time, develop as mathematicians that can confidently persevere through any task presented.





Birney Elementary (K–5)

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



Mira Baskaron Principal

Student Council

It's an exciting time at Birney, as we just elected our Student Council leaders as well as classroom representatives for students in grades three through five. Students that are part of the Birney Student Council will meet two times each month to learn various skills in leadership capacity. Students will be led through this journey by our student council advisors, Mrs. McGrath and Ms. Rivello.

Birney's student council representatives will be part of the Birney community in various ways that include

planning special days for our school, promoting school spirit and unity, helping others who are in need, and serving as positive role models. Students will also be able to share their ideas and understand all the components that come with leading their school into continued positive change. The president, vice president, secretary and treasurer will also be part of Birney's Wellness Council in which they will get to share ideas about the school's continued path in making healthy choices through their food selection and exercise.

As Birney students embark on this new journey of student leaders on

campus, we must acknowledge all the students who ran for a student-council office or room-representative position. These candidates exhibited a lot of courage by taking on such a challenge. These students continued to work hard by writing speeches and presenting them in front of their class or the student body. I am very proud of each student who was a candidate in this process.

Birney Bobcat students are not afraid to try challenging things while giving it their very best. Whether students were elected to a position or were not, I am certain that they all have learned a valuable lesson of trying their very best despite the outcome.



Our elected Birney Student Council leaders, room representatives, and advisors.

Madison Elementary (K–5)

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



Drew Gamet Principal

Mathematical Reasoning

As we continue transitioning to the new Common Core State Standards in mathematics, one of the most important things we can do with our children is to have productive and critical discussions about mathematics. Many of us experienced mathematics education in the '70s, the '80s or even the '90s, and we are accustomed to mathematics as a subject based in

"facts," where 5 plus 5 is always equal to 10. However, the reality that we all confront in our jobs every day is that sometimes it does and sometimes it doesn't. You may receive two shipments of five packages each, but two of the five packages in the first shipment could be damaged and unusable; in this case, one could argue that, even though you have two shipments of five packages, because of the damage, you only have eight packages. This may seem like silly semantics, but this is the cornerstone of the mathematical talk that we want to engage students in.

According to the book "Intentional Talk: How to Structure and Lead Productive Mathematical Discussions" by Elham Kazemi and Allison Hintz, there are five structures to mathematical discussion that you can engage your child in. First, you can get students to compare the strategies that others (including you) use to solve problems. Second, ask students to justify the reasons they used a particular strategy to solve a problem. Third, have the students explain why a solution is the most efficient one to solve a particular problem. Fourth, have your child clarify the meaning of the words they use or the strategies they invoke to solve a problem. Finally, after discussion of a mathematical problem, if it is clear the student has made an error in calculation, invite the student to talk about revising the answer. These are all very valuable steps in helping your child to have a deeper understanding of the mathematics they are learning.

Jefferson *Elementary (K–6)*

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



Jeff Winckler Principal

Eco-Minded Learners

The Jefferson Elementary School community is engaged in a number of activities and programs that help create an eco-friendly school where students are ecominded about the world we live in. We feel it is important to give students opportunities to learn and practice environmentally sound habits.

Students are activated by their peers, parents and teachers to make sure we all work toward having a greater awareness about the environment. Classroom instruction focuses on creating a healthy habitat, including water, fuel, and waste conservation. All students participate in the garden program, which is sponsored by the Beach Cities Health District. The garden teaches students about nutrition and raising sustainable foods. Additionally, the school regularly participates in campus-wide recycling and has reduced its lunch time waste to three bags or less of trash per day.

Another school program we are proud of is our Green Ambassadors program, which is run by our PTA. The goal of this program is to encourage students to make environmentally minded choices, such as walking or riding a bike to school or bringing a trash-free lunch. The Green Ambassadors program also aims to help keep our campus looking green and clean. This past summer, as part of the Green Ambassadors, an Eagle Scout service project provided drought-tolerant plants on campus.

We celebrate all of our students' efforts to help take care of the environment and to continue learning to protect the world we all share.



Recycling at Jefferson.

Lincoln *Elementary (K–5)*

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



Jane Tasker Principal

Healthy Holidays!

The holiday season's upon us, and along with the hustle and bustle come colds and flu and a resulting dip in school attendance. But we can all help protect children from illness and the negative effects of missing school. Research indicates that building immunity can help prevent illness before it strikes, so make sure that your children get enough sleep and exercise, avoid stress, and eat a well-balanced diet.

Pack a healthy lunch and snacks, and encourage them to drink water at school to help keep the immune system strong. Teach them when and how to wash their hands. The Center for Disease Control and Prevention reports that one of the most common ways that children pass around colds is by rubbing their noses or eyes and then touching someone. Children often don't wash their hands frequently or well enough at school, so make sure that they know to use soap and warm water. Teach them to scrub all over—the backs of hands, between fingers and around nails—for 20 seconds, about the time it takes to sing the "Happy Birthday" song twice. Teach them to rinse and dry thoroughly and, when possible, to use a paper towel to turn off faucets. In an ideal

world, children would wash their hands many times a day in school. In the real world, the most important times to wash are after using the bathroom and before eating, drinking or touching their mouth, eyes or nose.

Guidelines for Childhood Illness

If your child has the following, keep him or her at home: a fever of 100 or higher before taking medication to reduce fever; vomiting or persistent diarrhea in the last 24 hours; excessive tiredness or lack of appetite; intense headache, sore throat, body aches, chills or earache; persistent, productive cough that has kept the child up at night; and diarrhea or loose stools, especially if other symptoms are present.

Colds and flu may be contagious for at least 48 hours. Returning to school too soon may slow the recovery process and expose other children to illness. Please keep your child home until the fever has been gone for 24 hours without medication; there has been no vomiting or diarrhea during the last 24 hours; antibiotics, if prescribed, have been taken it for at least 24 hours; and appetite and energy level have returned to normal.

I hope these tips will result in a healthy, happy December for all our Lincoln students and throughout RBUSD.

Parras Middle School (6–8)

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



Dr. Lars Nygren Principal

Panther Girls on The Run

Girls on The Run is a program that targets adolescent girls in the elementary through middle schools. This program has been at Parras Middle School since 2014, and has served nearly 30 students over the course of two seasons.

The middle school GOTR program is called Heart & Sole. It focuses on the core elements of positive social-emotional

development, with guided lessons that address the body, brain, heart, spirit, and social connection, while also "building important life skills such as team building, developing a support system, boundary setting, decision making, asking for and providing help, and more."(GOTR 2015)

As part of Heart & Sole, our students not only connect to each other on a socialemotional level, they also develop important life and fitness habits. Participants actively train over a ten-week period, which includes strength and conditioning training. The season ends with a 5K race organized by the regional offices

of GOTR. The 5K brings together GOTR chapters from all over Los Angeles County, and is full of fun-filled activities like face painting, tutu-making, and the chance to meet the surprise celebrity host of the event.

The 5K emphasizes the program's focus on confidence, competence, emotional connectedness, and character. It also marks the accomplishment of their goals. GOTR meets twice a week at Parras Middle School from 3–4:30 p.m. For more information, please contact head coach Ms. Ruvalcaba at atnruvalcaba@rbusd.org.



Panther girls having fun being in the GOTR (Girls On The Run) program at Parras.

Redondo Union High School

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



Dr. Nicole Wesley Principal

Think Like A Doctor!

By Sara Spicker, 12th Grade

Designing labs, cutting DNA into fragments, creating emergency rooms, taking blood pressure and heart rates, and many other realworld experiences are some of the activities that Redondo Union High School students have been fortunate enough to engage in as the first cohort of graduates completes the Biomedical Science STEM Program.

Unlike other high school courses, biomed classes expect students to take the data and information gathered and combine it with conversations with medical professionals and medical research in order to draw and support conclusions. Students are encouraged to think differently about science and how it connects to the world. Year-four biomed students can confidently say that each class has strengthened their ability to think like a doctor, a nurse or even a forensic scientist.

Process Develops Professionalism

In the first week of Biomedical Science, the fourth class in a series, students were split into groups and given a few random materials that included a balloon and asked to build a pump-like contraption that replicated the movement of a beating heart. Successfully and energetically, the students got to work, and the first group to finish created a pump like no other. This is what makes the biomed classes so different: While students are



RUHS students experience the breakdown of DNA using gel electrophoresis.

expected to reach a conclusion, how they get there is up to them and the process is as important as the outcome.

The four-year Biomed pathway also includes Human Body Systems, Medical Interventions and Biomedical Innovations. Each class has a specific focus. Without realizing it, by the end of the year, students have interacted with a number of doctors and absorbed more information than ever expected.

Far from how an ordinary classroom environment accomplishes it, the Biomed Program has given the graduating cohort confidence to work as independent thinkers. I personally plan to continue my love for the sciences in college and one day become a medical professional.

Tulita Elementary (K–5)

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



Dr. Tanaz Farzad *Principal*

Mental Health and Well-Being

In television and films, "guidance counselors" were often portrayed as really nice adults who invited students to have awkward conversations they dreaded. In reality, the role of the school counselor is much more integral in the school setting. For a counselor, there's no higher calling than improving the lives of their students academically, socially, and psychologically.

We are fortunate to have many programs and support systems available to help our students learn and grow as healthy and happy individuals. Beach Cities Health District, Blue Zones, Redondow Beach Education Foundation (RBEF), and PTA facilitate a number of programs to support physical health, including physical education, nutrition education, garden education, and mindful breathing.

In addition to physical health, we are committed to helping our students with social and emotional well-being. Thanks to the support provided by RBEF, Mrs. Jacqueline Rivera, our school counselor, leads the way on this front. She provides school-based counseling services, meeting with individual children and small groups to address a variety of social and emotional challenges that may affect students' health, happiness, and academic success. Mrs. Rivera's groups help students in areas such as managing anger and emotions, being a good communicator, and



Tulita counselor, Mrs. Rivera, talks to Kindergarten students about expressing emotions appropriately.

making and keeping friends. Mrs. Rivera also provides regular classroom lessons to help our students develop good citizenship, healthy habits, and social skills. We are also excited to have Mrs. Rivera continue to advise classroom teachers on the implementation of the MindUP curriculum. MindUP is a family of social, emotional, and attention self-regulatory strategies and skills developed for cultivating well-being and emotional balance.

We are excited to have a wonderful school counselor in Mrs. Rivera, and we look forward to helping our children develop as confident and happy learners and people.

Washington *Elementary (K–5)*

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



Kristen Holm Principal

The Battle Botz

Washington Elementary School is excited to be introducing its First Lego League team (FLL), the Washington Battle Botz!

This team of fourth- and fifth-graders is led by parent volunteers Eric French and Oliver Praudish. The students meet weekly after school to build and program a small robot that can accomplish challenges to help them with their hands-on experiences in

math, engineering, and technology; skills which require logic, analytical thinking, and problem solving.

This year the FLL Challenge was called Trash Trek. Teams were asked to choose a piece of trash, research it, follow the path the trash took, and then find out what happened to it. The Battle Botz chose to research and design an innovative solution that would end up recycling the plastic caps on water bottles with zero waste.

After they formally present their findings, the students will participate in the Robot Games at an FLL qualifying tournament. We are so proud of our Washington Battle Botz team and all that they have accomplished. Way to go, Explorers!



Battle Botz using their engineering skills to problem solve.





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College 4 Less





Susan D. Marshall

College costs have soared. Many times after financial aid is awarded there still is a gap in what families are expected to pay for college and the funds they have available. Scholarships may be another source to meet the financial need, here are five ideas to make obtaining this "free" money easier:

1. Start Early. Start looking for scholarships in your sophomore year or

sooner. Many scholarships have requirements that will need to be completed during your High School years. For example: you may need to be first place winner in a science fair. This could require participation before your senior year.

- 2. Keep a brag sheet from day one of your freshman year. This will help you remember things you have done to use later in your student resume and will help you to tell the reviewers why you should be the one.
- **3. Commit to at least a couple hours** each week. Set a time each week to apply for scholarships. For example: Wednesday from 1:00 - 3:00 worked best for us because it was the ½ day at my children's school.
- **4. Be persistent.** The first few applications will go slow and be the hardest. Eventually you will have composed several essays that cover several topics and you can reuse them with small modifications to apply to others. Before you know it you will be able to apply to 6-8 in the time it took to submit one.
- **5. Increase your odds.** The more scholarships you apply for the odds of getting some grow statistically. Go to www.fastweb.com (a free scholarship search) and create a profile.

In addition to the ideas above, take some time and read a couple books in this area. You will get ideas and shortcuts that will add to your success.

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

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Lucy's Book Review



Lucy Davis

Amazing!

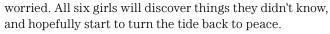
Deep Blue Author: Jennifer Donnelly

A bad merman is trying to free a horrifying monster that will destroy the world if Serifina, Ava, Becca, Astrid, Ling, and Neela don't stop him, and fast.

DEEP BLUE

It starts the night before Serafina's trial, when she

has a nightmare about the scary river witches. With her mother and father gone, Serafina decides to go to find five other girls, ones who are supposed to find six talismans and force the terrible monster back into its cage. Because of the war going on, everyone is stressed and



I give this book 4 ½ bookworms out of 5. This is a book I think only girls in grades four and up would enjoy. Even though it has a lot of action and adventure, there aren't many boy characters, and for this reason I think boys wouldn't like it.

Lucy Davis is a 4th grade student at Beryl Elementary in Redondo Beach. Besides reading, she enjoys riding her bike, theatre, and playing guitar.

Within the child lies the fate of the future.

-Maria Montessori



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Parent To Parent



Jodie Lynn

Buying Love With Material Things

Q. My husband thinks every time his sevenyear-old son asks for something, he should automatically buy it for him before his ex-wife can. It's like some sort of weird competition. I think his son is totally taking advantage of him and I'm sure things will get worse during the holidays. If I mention this, he gets very upset with me. What is the best way to get him to

look at the situation as others do and stop trying to win his son's affection with material things?



A: He may not even know that he is manipulating his dad, but simply expects the same results because his parents have unwittingly trained him to do so. They likely buy whatever he wants out of guilt for the failed marriage and shaking up his once secure world. There's even more pressure to try to be the most loved, popular and admired parent if one or both work out of town and/or have busy careers to the point where he is in a ton of after school programs or taken care of by others. The downside to this is that he will certainly learn how to manipulate others as well. Just do the best you can with the time he spends with you and don't feed into the current buying frenzy. As he gets older, try to volunteer for various organizations where he can go with you from time to time. Let him help you with an older person in the neighborhood by raking leaves, cooking or shopping for them. Read books and watch movies and TV shows where a child has decided to do something remarkable for the good of others. Hopefully, he and his parents will grow up and see the world as a place that is only made better when we do things for others and contribute to society as a whole.

Jodie Lynn is an award winning, internationally syndicated family/ health and education columnist and best selling author. Her column Parent to Parent™ (www.ParentToParent.com) has been successful for more than 15 years. She is a regular contributor to several sites and has written four books and contributed to three others, one of which was featured on the Oprah Winfrey Show. She has authored several books including Mom CEO (Chief Everything Officer), Having Doing, and Surviving it All! and Syndication Secret—What No One Will Tell You! Check www.ParentToParent.com for details on new radio talk show, Inside Parenting Success.

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 January 15, 2016.

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

Under the Sea Word Search Contest

ABALONE HALIBUT EEL ANGELFISH BARNACLE **FUGU CLAM KRILL CLOWNFISH** LOBSTER **CORAL PUFFERFISH CRAB SPONGE CUTTLEFISH SQUID DOLPHIN ZOOPLANKTON**

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C	G	0	1	T	Α	1	E	1	J	J	0	J	G
F	W	В	P	F	W	R	R	T	Н	H	R	Q	P
C	Α	K	S	L	R	K	F	M	S	P	Α	E	0
E	L	٧	٧	R	Α	E	P	1	Y	В	L	N	Α
S	Н	C	L	0	W	N	F	1	S	H	0	0	H
В	Q	X	T	D	R	L	K	F	J	H	Α	L	D
E	H	S	Ţ	F	E	L	T	T	U	C	L	Α	M
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Congratulations to Winners:

Callie Chenfu - October Viri Ramirez - November

RBUSD Alternative Education

Sue Hall Principal

The School of New Beginnings

By Alexandra Arellano, Teacher

At South Bay Adult School you will also find one of the smallest academic programs in the district: the Redondo Beach Learning Academy. The program is small, but something amazing is going on there that we call "change."

As a new teacher, my first thought was to gather as much information as I could about

each of my students. This all changed on the very first day of school – after the students walked into my classroom, sat down, and then looked at me!

These weren't the faces that reflected their files. These were the eyes of teenagers who were hopeful and full of life. I knew from then on that this class was not going to be a place of punishment, but rather, a place for new beginnings, growth, self-discovery, and success. I let go of all of my preconceived notions, and decided instead that I would let my students tell their stories and demonstrate their character.

In the first few weeks it became clear that these students wanted something better for themselves, and so we began goal setting. I worked with each student individually. Together we wrote academic and behavioral plans to help them achieve their short- and long-term goals. We mapped out calendars with weekly assignments, monthly credits, transfer timelines, and graduation dates.

Their goals have now become the driving force behind the RBLA and its curriculum. Next week will begin conflict resolution sessions to teach problem-solving skills and pro-social behaviors. They will also begin individual and small-group counseling sessions.

It has, and will continue to be, a bumpy road for these students as they head toward their goals. So I will just remind them that the most powerful learning experiences in life come from mistakes – mistakes which don't define us, but instead help us grow. Let the past be the past, because every day at RBLA is the beginning of a new era.

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

RBUSD Child Development



Theresa Van Dusen Director

Getting Ready for Kindergarten

In our preschool programs we use two curriculum pieces: the Houghton Mifflin Pre-K, and Handwriting Without Tears.

The Houghton Mifflin Pre-K curriculum is a "hands-on, minds-on" program designed to provide the foundational skills to help get children ready for kindergarten. This curriculum focuses on phonological awareness, listening comprehension,

alphabet knowledge, print awareness, and oral language/ vocabulary development. It is the same curriculum that we use across the district in our regular kindergarten classes, and our students will experience a seamless transition as they continue on into kindergarten.



Working together to make a Mat Man.

Handwriting Without Tears is a hands-on curriculum for fine motor and language development, as well as handwriting success. This program helps children

develop important readiness skills such as recognizing and building letters, vocabulary growth, body awareness, socialization skills, and much more.

Mat Man, a component of Handwriting Without Tears, has activities that help to develop a child's body awareness, drawing, and counting skills. The wood pieces that are used to create Mat Man introduce preschoolers to the concepts of big curves, little curves and lines; all of which are used for later handwriting lessons. Mat Man is well loved by preschoolers and pre-kindergarteners, and has even been a source of inspiration for Mat Girl, Mat Dog, and Mat Cat.

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

Contest!

Our office tortoise, Cheeseball, is snowboarding for the first time. When you find him in this issue, email the **page number** to:

Kay@schoolnewsrollcall.com Please put RBUSD in the subject line.

Your entry must be received by January 15, 2016. From the correct entries, we will draw a winner to receive a \$20 gift certificate redeemable at Barnes and Noble.

> **Noah & Roman Atenza October winners Tyler & Wyatt Lee November winners!**





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