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School News

Education + Communication = A Better Nation

Covering the Redondo Beach Unified School District



Volume 9, Issue 76

February 2015



Leading by Example The Redondo Beach Education Foundation (RBEF)

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Superintendent



Leading by Example

There is a phrase that I often use: School A is better than School B, not because of the students, but because of the adults. In the case of Redondo Beach Unified School District (RBUSD), the adults are comprised of teachers, support staff, administrators, and parents. Within the parent category in particular are two organizations that I truly believe transform our already thriving school

district to a new level—the Redondo Beach Parent Teacher Association (PTA) and the Redondo Beach Education Foundation (RBEF).

Parents involved in PTA and RBEF are risk-takers. It is much easier, not to mention safer, to sit on the sidelines and critique the hard work of other well-intended parents. PTA and RBEF participants are leaders—they do so by example, advocating for each and every child's education and hustling to secure more dollars for our thousands of scholars. Perhaps most impressively, these PTA and RBEF parents are not only leaders, risk-takers, advocates, and fund-raisers—they are free labor. That is, not one of these people is earning a paycheck for his or her work. In fact, chances are that they are losing money when the day's labor is complete. With that in mind, if you are not a PTA or RBEF participant, this is my call to you to consider joining one of these great causes. Their work matters to our students!

Our PTA and RBEF do so very much for our great school district. I personally want to thank them for their willingness to lead and improve our schools. In particular, I want to thank Lisa Christensen, RB PTA Council President, and Ted Craddock, RBEF President. Lisa and Ted are, at least in my opinion, two of the best and most effective leaders in our community who make a daily and direct impact on all of our students.

Board of Education



Thank You!

Redondo Beach Unified School District (RBUSD) is fortunate to have two amazing partners—the Redondo Beach Educational Foundation (RBEF) and the PTAs (both at the school level and the Redondo Beach Council PTA).

Anita Avrick
Presiding Officer

RBEF provides financial support to “enrich the educational experience of all students in the district” They have helped and continue to help the district during

times of budget cuts and constraints. They have supported and continue to support our schools in various ways; including lab science teachers, vocal music teachers, elementary counseling, teacher grants, and college field trips, just to name a few. RBEF provides help on a more global basis across all of our school campuses.

PTA works in collaboration with each school and RBUSD. They work on the local level. They welcome their parents to their home schools and encourage them to get involved with the schools and their staffs. Families and school staff collaborate to support the students' learning and healthy development, both at home and at school. PTA has been responsible for many resolutions being passed into legislation, such as mandatory car seat laws, seat belt laws, tuition tax credit, safety helmets for skateboards; playground equipment safety standards, class-size reduction, and quality over quantity homework, just to name a few.

I just want to take the time to thank both the PTAs and RBEF for all they do for the students of Redondo Beach.

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FIELD TURF WARRANTY REPLACEMENT

Parras Middle School **Washington Elementary**

Redondo Union High School

The District is in the process of replacing four fields under manufacturer warranty. This replacement will not only replace defective turf, but will also extend the useful life and the manufacturer warranty.

Board of Education
2015 Regular Meeting Schedule

February 10	April 28
February 24	May 12
March 10	May 26
March 24	June 9
April 14	June 23

(April 14 – Organizational Meeting)



Kay Coop
Founder/Publisher



Neta Madison
Netragrednik

Happy New Year!

This is our 9th year publishing the excellence from the RBUSD and we are delighted to introduce our new booklet format. Thank you for continuing to include *School News* among your reading choices as we begin this New Year.

This issue Dr. Keller chose to highlight all that you as a community do to make this District the best it can be. The Educational Foundation and PTA partnerships fund and support the programs vitally needed for the students.

Parents are more involved than ever in choices for their children. We are pleased to include columnists on subjects

that you have let us know are important to you. The highest priority is the health of your family both physically and mentally. Beach Cities Health District and Miller Children's & Women's Hospital provide valuable articles on keeping your family healthy. If there are specific topics you would like included, email me kay@schoolnewsrollcall.com.

Thank you for your entries in our Word Search Contests. We receive so many family entries and entire classroom entries and that is great. The contests are for all ages.

Please let our advertisers know you saw their ad in *School News*. It is their support that makes it possible for us to publish *School News*. Our next issue is March 4th.

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Ted Craddock
President

Give...Raise the Tide

Do you want to make a difference? Do you want to contribute to the future? Do you want to support local education?

You can. It's easy. Give.

Because every dollar you donate to The Redondo Beach Educational Foundation goes to funding important programs throughout the RBUSD—programs that simply wouldn't exist without your help.

In 2014, RBEF raised over \$1 million dollars to fund teachers, counselors, and programs that promote college preparation, science, music, art, counseling, and innovative teaching.

We need you to give to ensure these and other critical educational programs continue in 2015. Our annual donor drive is March 16th-March 31st. We are asking for a family



2014 RBEF Check Presentation to RBUSD.

donation of \$400 – however any amount is welcome. You can give in one lump sum or in easy monthly installments. Give to Raise the Tide at www.rbef.org.

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

Redondo Beach Council PTA



Lisa Christensen
President

PTA/RBUSD Partnership

In my position as Redondo Beach PTA Council President, I have the opportunity to interface with many other school districts in Los Angeles County. It never fails that, time and time again, I walk away from these meetings with a much greater appreciation for the partnership the Redondo Beach Council of PTAs has with our school district.

This partnership encompasses parents, teachers, administrators, and the Redondo Beach Unified School District Board of Education working together for one common purpose—our students. We are fortunate to have hundreds of Redondo Beach PTA volunteers donating thousands of hours to our schools. And for those who can't donate their time, they are supporting PTA with financial contributions to help the programs we bring to the schools. Redondo Beach is a great model of how, through this partnership, we can accomplish so much more for our students.

On behalf of all the Redondo Beach PTA presidents, thank you for supporting us as we strive to enhance the education of children here in Redondo Beach.

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

Special education programs are authorized by federal and state laws.

These laws require that a free and appropriate public education shall be offered in the least restrictive environment to all students identified as disabled. Through the District's Student Study Team process and other procedures, a continuous effort is made to locate and identify individuals who might qualify for special education services.



The law also provides that parents may initiate a request to have their child assessed to determine eligibility for special education and/or related services.

This request should be in writing and submitted to:

The Office of Special Education
1401 Inglewood Ave., Redondo Beach, CA 90278

Redondo Beach Unified School District
Kindergarten Enrollment
STARTS: MARCH 2, 2015

Enrollment for children who plan to enter kindergarten for the 2015/2016 school year will be held at all district elementary schools starting Monday, March 2, 2015.

For more information, please visit www.rbusd.org



New Strain of Flu Spreading (H3N2)

Each year, I remind everyone to get a flu shot and wash their hands. This year, the message hasn't changed but the flu virus has mutated. The ability to mutate has allowed viruses to live on Earth for millions of years. It's a never-ending battle between us (the host) and the virus.

Dr. Lisa Santora
Chief Medical Officer

Flu season is beginning to peak in Los Angeles, and early surveillance indicates a severe season because of the mutated strain of the flu, H3N2. The flu vaccine may also be less effective; however, people who get the vaccine are still protected against two common flu strains and may experience milder symptoms if they contract the mutated strain.

Remember an ounce of prevention is worth more than a pound of cure. To guard against H3N2:

- Wash your hands regularly.
- Eat a rainbow of farm-fresh fruits and vegetables with every meal.
- Play outside with your children as much as you can.
- Teach your children to sneeze and cough into the crooks of their elbows.
- Encourage your children not to touch their eyes, face or nose.
- Keep your children home from school when they are sick.
- If you or your children are sick, limit their contact with others.

If you are at high risk for flu-related complications and experience flu-like symptoms, contact your health care provider as soon as possible. Your provider can prescribe antiviral medications, which work best when started within two days of the onset of flu symptoms.

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



Jens Brandt
RUHS Assistant
Principal /
Blue Zones
Project Liaison



Dr. Denise Bevly
BCHD-
Youth Services
Senior Manager

The Gift of Nutrition

By Dr. Denise Bevly

You've heard the saying, "You can lead a horse to water, but you can't make him drink." Well, what about a child? Can you make him or her drink water? What about eating vegetables?

Although kids may be "led" to eat healthy foods at school, some can strongly resist healthy lunches from school or at home. Why is that?

Children's food taste preferences are linked to their eating patterns. This means that consistently presenting fruits and vegetables to your child is the best way to potentially win over their taste buds.

Through BCHD's Youth Services department, our LiveWell Kids and LiveWell Tots programs introduce Beach Cities children to fruits and vegetables at a young age, when tastes and preferences are being developed. Kids are introduced to a variety of healthy foods and taught about the importance of eating a variety of colors within their diet.

Navigating the palette of a child is never an easy feat, but here are some tips for introducing new, healthy foods:

- Get your child involved with making the meal
- Start off with small portion sizes
- Serve unfamiliar foods with foods your kids like
- Be a good role model for eating healthy foods

Remember, getting your child to eat healthy may not happen overnight! But you're preparing your child for a lifetime of healthy choices. Pick your battles, but win the war!

Lauren Nakano, 514 N. Prospect Ave., Redondo Beach, CA 90277
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Congenital Heart Defects



Dr. Shaun Setty
Medical Director,
Pediatric & Adult
Congenital Heart
Surgery, Miller
Children's Hospital
Long Beach

Each year, 34,000 children are diagnosed with congenital heart defects.

From birth through adulthood, patients with congenital heart defects need highly specialized care not offered at most hospitals. The Pediatric Heart Center at Miller Children's Hospital Long Beach offers total prenatal, infant, pediatric, and adult heart care for patients with congenital or acquired heart disease.

Pediatric & Adult Congenital Cardiac Surgery Program

From birth through adulthood, patients with congenital heart defects need highly specialized care not offered at most hospitals.

The Pediatric Heart Center at Miller Children's Hospital Long Beach is one of only a few programs in Southern California to offer comprehensive cardiac care to patients of all ages.

Our expert team of board certified specialists includes a congenital cardiac surgeon, critical care physicians, pediatric and adult cardiologists, advanced practice nurses, perfusionists, anesthesiologists, pharmacists, and critical care nursing staff. We treat virtually every type of congenital heart defect, offering the latest interventional and surgical treatment options – all under one roof, in one location, one heart at a time.

Uniquely Suited to Care for All Ages

The Pediatric Heart Center at Miller Children's is partnered with the renowned MemorialCare Heart & Vascular Institute (MHVI) at Long Beach Memorial, offering the latest in Congenital Cardiac Surgical techniques. Because the hospitals are connected, this powerful alliance has enabled us to assemble a uniquely specialized team of professionals to perform congenital heart operations on patients of all ages; from the tiniest newborn infant, to the transitioning adolescent, all the way to adulthood.

Highly Personalized Care

We understand that caring for our patients means taking good care of their family as well. At Miller Children's Hospital Long Beach, our approach is simple: to provide personalized care that is tailored to meet the needs of the individual patient and their family. Our goal is to provide attentive and family centered care, and to make the overall hospital experience as seamless and pain-free as possible.

2801 Atlantic Ave., Long Beach, CA 90806
800/MEMORIAL • MCHLB.org



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

Nico, 11, was having trouble keeping up with his friends during practice. A test revealed a hole, developed at birth, between the chambers of his heart. Nico and his family were referred to Miller Children's Pediatric Heart Center. Under the care of cardiothoracic surgeon, Shaun Setty, M.D., Nico's congenital heart defect was repaired. Though Nico's heart threw him a curve ball, he is back to striking out batters on the field.

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

Follow the leader to Miller Children's.

MCHLB.org/Heart (855) 999-MCH1 (6241)

Nico's specialty:
Strike-out Pitcher

Our specialty:
Congenital
Heart Surgery

Nico, 11-years-old,
Miller Children's
Congenital Heart Patient



RBUSD Alternative Education



Sue Hall
Principal

Collaboration Equals Success

*By Sue Hall and Malcolm Heron,
Teacher and PTSA President*

At Redondo Shores, parents play a key role in helping our students stay focused and dedicated to their goals. Both the Parent Teacher Student Association (PTSA) and the Redondo Beach Education Foundation (RBEF) have provided funding and support for many of our student programs. We

appreciate everyone in our community who helps provide the resources needed to assist our students to find success in high school and beyond.

We would like to thank the PTSA, which continues to support our mission to advocate, empower, and connect all students, families and communities. This year, Redondo Shores PTSA will be starting a variety of new programs and events to ensure that this mission continues to be met. In addition to our ongoing programs, we will include a Shores school newsletter, college-preparation events, parent-education nights and an educational scholarship program. Come join the PTSA and be a part of the great things we are doing at Redondo Shores.

We also want to thank the RBEF for supporting our college-going culture and funding parent-education materials and programs that include financial aid and



Shores students at the Joshua Tree Wilderness Challenge.

college-planning workshops. This past year, RBEF awarded innovative teacher grants to fund student transportation to a ropes course in Culver City and an overnight wilderness challenge in Joshua Tree National Park. These opportunities provide life-changing experiences in which students are pushed to explore and challenge obstacles, both physical and psychological, that would otherwise inhibit their success in school and life. RBEF also funded the Netbook Portable Computer Lab to pilot the use of netbooks as portable computer labs for students and teachers at Shores.

Please help RBEF continue to make a splash at Shores and throughout RBUSD—donate during RBEF Donor Drive, March 16–31. Thank you for helping us Raise the Tide!

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

RBUSD Child Development



Theresa Van Dusen
Director

Parent Participation Valued

The mission of the RBUSD Child Development Center (CDC) is to provide students with a safe, nurturing and enriching environment that promotes educational and social growth. We recognize that the entire family is both our customer and partner and that we must work together to

provide a truly great experiences for our students.

Parents and caregivers are the first and most important teachers. From a child's first day of enrollment, CDC welcomes parents and considers them valuable assets to our program. For all our parents, we provide an orientation at each CDC, where we answer questions, introduce staff, and review procedures. Each year families are invited to schedule two individualized parent-teacher conferences to discuss their child and we encourage parent involvement in their students program weather it's through participation in the Parent Advisory Group (PAG) or volunteering in the classroom.

Come visit the CDC at your local elementary school to learn more.



Parent Involvement at Tulita.

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

RBUSD Educational Services



Dr. Annette Alpern
*Deputy
Superintendent,
Educational
Services*

Our Partners in Excellence

If you have been a part of the RBUSD for a while, you have probably heard this before. But I never tire of saying it: our school district's focus on whole-child education and maximizing the potential of each student would not be possible without the ongoing and amazing support we receive from the Redondo Beach Educational Foundation, our school PTA, and the Redondo Beach District PTA Council.

The PTA's advocacy is evident in how well it has partnered with the RBUSD to help educate our parents about the new Common Core State Standards (CCSS), the Local Control Accountability Plan (LCAP), and the new state funding model known as the Local Control Funding Formula (LCFF). Our PTA also recently coordinated a huge district-wide undertaking for Project Unified, which provided a plentiful December for over 45 families in need.

The Redondo Beach Educational Foundation continues to raise more and more dollars that are sent directly back into our schools. Their support for counselors, arts, science education, physical fitness, and our school district's strong college-going culture is making a big difference every day.

If you are part of either or both of these organizations,

we want to give a heartfelt thank-you on behalf of our 9,000+ students. If you are not yet involved, I challenge you to make your active participation a personal goal for 2015. Make a difference this year by showing your support and involvement. Thank you!



**Adams Middle School students intermural competition
(funded primarily by the Redondo Beach Educational Foundation).**

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

South Bay Adult School



Vivian Ibarra
Director

The ABC's of Yoga

At South Bay Adult School, we remember the importance of play. Students choose to come here to learn, and we make learning an enjoyable part of their day.

Stop by preschool teacher Amy Glasman's 3-4 year class,

and you might see a group of children stretching and posing as alphabet animals to match the sound and form of the letter they are learning that week. Ms. Glasman has adapted yoga moves to meet the physical abilities of her young children in a program she calls The ABC's of Yoga. The alligator pose for the letter A, for example, is similar to the cobra pose of actual yoga: the children lie on their stomachs with their hands on the floor palms down next to their

chest. The children elevate their heads while they take a deep breath.

The daily 10-minute activities that Ms. Glasman incorporates into her curriculum every day have many benefits for the children. First of all, most three- and four-year-olds love physical activities, and they think it's pretty cool to do their own yoga. Children learn in many different ways, and understanding the sounds and forms of letters in the alphabet through The ABC's of Yoga appeals especially to kinesthetic learners. These fun movements encourage participation from all the classmates, and at the end of the 10-minute session, they are calm and ready to focus on the day's activities.

The Handwriting Without Tears and the Live Well Tots programs are included in our South Bay Family Tree parenting program in which children and their parents learn together through dramatic play, science, art, music and movement.

South Bay Family Tree, where learning is fun!

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



Parents Help Out on Campus Clean Up Day.

Adams *Middle School (6–8)*

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



Anthony Taranto
Principal

Winning Partnerships

The goal of schools is to help foster academic development in our children, but schools also aid in their social, emotional, and physical growth. School activities encourage students to become motivated and engaged in learning. But this requires everyone to work together effectively to do what is best for our children.

Our PTA and Redondo Beach Educational Foundation (RBEF) are two organizations that help bring families together. Their goal is to provide our children with the kinds of learning experiences that help the schools work more effectively.

Parent involvement is important to the success of any child's development, and one of our PTA's great strengths. Research shows that students who have involved parents tend to attain higher grades, adapt better to school, and graduate at higher rates. The PTA raises money through various fundraisers and family nights, and with many campus-specific experiences. Our parent volunteers also

support school programs such as Hands-On Art and the coordination of library volunteers.

Each year, during their annual donor drive, the RBEF helps raise money for grants and programs that would not otherwise exist. It provides music, arts, and science programs aimed at the elementary level, and intermural sports in the middle schools. All of these programs are aimed at developing the whole child.

Did you know that, in most cases, households with children attending public schools are becoming an even smaller percentage of the U.S. population (Havens, 2001)? The role of educational foundations has become even more important in building better relationships with those many households who do not have children of their own in the schools.

This partnership between the RBEF and PTA is an important community asset. Both groups join together to support the development of the whole child. Here at Adams Middle School in Redondo Beach, come see us "Reach Greatness!"

Alta Vista *Elementary (K–5)*

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



Susan Wildes
Principal

Get Involved!

Alta Vista Elementary School is proud of the strong relationships that we have established with the Redondo Beach Educational Foundation (RBEF) and the PTA and the impact that they make on our campus. These relationships allow our academic and social programs to flourish and allow students to exceed expectations year after year. The PTA funds programs that reach well beyond the classroom. By being a member of the PTA, our parents play a critical role in ensuring that our students have access to these great programs and enriching opportunities. Educational funds for individual classrooms allow teachers to be innovative in their approaches to instruction in a way that otherwise would not be attainable.

Our school and community are also blessed to have a deep connection with RBEF. The foundation provides financial support to fund such programs as: investigative science teachers for fourth- and fifth-grade students; Family Science Night; music and band instruction; funding for our elementary school counselors; and an enhanced college-going culture. Additionally, mini grants have been awarded to many of our teachers to purchase instructional materials for curriculum enhancement.

Alta Vista truly appreciates and values these two outstanding organizations that care so deeply for our children. They are willing to do "whatever it takes" to support teachers, programs, staff and communities as we work to further our commitment to educating the whole child. We encourage those who have not done so to join today and make a difference.



Beryl Heights *Elementary (K-5)*

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



Karen Mohr
Principal

Excellence through Partnerships

The last few months have been busy! Our PTA partnership has been a key element in our daily focus to learn and become model citizens. They provide field trips, great assemblies that emphasize good character, and fun family nights. Our Redondo Beach Education Foundation is a key resource for opportunities for our students in music, science and band. A local service organization brought the Hoop Shoot to our school, and 55 students participated. Two students made it to the competition at an L.A. event center.



Beach Cities Health District has helped Beryl thrive in our Live Well Kids program where exercise, gardening and nutrition are emphasized throughout the grades. Students have the opportunity to learn about new foods and work with parent docents who teach students about the

components of a healthy lifestyle. BCHD has also supported our Walking School Bus, which utilizes four walking routes to encourage children to walk to school during the week. One of our wonderful parent volunteers, Jim DiPaola, spends several hours a week working with our students on physical fitness in order to enhance students' performances on the fifth-grade physical fitness test. He also emphasizes good sportsmanship and good character throughout his lessons.

In order to keep our parents and community informed of important events, our website holds a wealth of knowledge that includes our yearly calendar, teacher information, important links to grade-level standards, nutrition information, lunch menus, district handbooks and pictures that bring

smiles to everyone's faces. The site brings to life the experiences and opportunities of being part of the Beryl Bunch. Check out the new website at www.rbusd.org and click on our schools to access Beryl, or come by and visit—we would love to see you!



Birney *Elementary (K-5)*

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



Lisa Johnson
Principal

Get Involved

There are many things that make Redondo Beach Unified a special place. One is the amazing partnerships with our Parent Teacher Associations (PTA) and the Redondo Beach Educational Foundation (RBEF).

Our schools are greatly strengthened by the strong relationships they have established with these two organizations. The end result is that our students and teachers receive valuable enrichment opportunities and classroom support that they would not otherwise have available.

As Birney welcomes its new families one message rings clear: we must encourage and welcome more parent involvement. What better way to accomplish this than by joining the PTA? By becoming a member, parents can play a key role in seeing that their students have access to a

variety of great programs and enrichment opportunities. The PTA is a child advocacy group, but it is only as strong as its members.

As a result of their support and generosity, our partners in education are also given the opportunity to watch their school and district grow. The RBEF provides support in the form of investigative science teachers; Family Science Nights; theater, music and band instruction; and teacher mini-grants. Consequently, Redondo Beach Unified has become a destination district as more families begin to recognize, as we do, the importance of educating the whole child.

Birney truly appreciates and values the support we receive from its partnerships with the PTA and RBEF. We want to thank those members who have pledged their support, and encourage those who have not done so to join today and make a difference.

Jefferson *Elementary (K-6)*

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



**Dr. Oryla
Wiedoet**
Principal

Enrichment Programs

Our fabulous PTA at Jefferson is committed to providing an environment where each child is given the opportunity to reach her or his academic potential by providing enrichment programs in the areas of art, music, science, and health. Through the PTA, teachers and students are provided with additional resources to support and enhance the school curriculum. Enrichment programs are entirely funded by the PTA

and include: Hands On Art, assemblies, and field trips. In addition, the PTA provides teacher grants to reimburse our teachers for out-of-pocket classroom expenses and curriculum based teaching materials, as well as one large grant for a project proposed by Jefferson Elementary School teachers. In addition to the academic support of the school, PTA also sponsors fun family social activities such as Back to School Ice Cream Social, Fall Family Night, Spring Family Event, Mother/Son Laser Tag, and a Father/Daughter Dance.



Fall Family Night at Jefferson.

Lincoln *Elementary (K-5)*

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



Jeff Winckler
Principal

Partnerships for Success

Lincoln Elementary School's partnerships with PTA and Redondo Beach Educational Foundation (RBEF) are significant factors to our overall success as a school. Each group supports us in our commitment to provide valuable educational experiences for students. We are grateful to have both organizations play strong roles at our school.

The PTA is responsible for a number of programs and events, including Movie Night and field trips. These programs and events enrich the lives of students and enhance our school community. PTA volunteers also contribute countless hours of school service in classrooms and across our campus.

The RBEF also supports student success. RBEF

contributes to such programs as The Music Center arts program and Science Night, which was held in January this year. In turn, our school community consistently supports RBEF through its March Donor Drive by attending RBEF events, such as the Pier-to-Pier Friendship Walk.

The combined work of the PTA and RBEF on behalf of our school makes a significant difference in the lives of Lincoln students every day. Their contributions are strong examples of the successful partnerships that make our school an even better place to be.



PTA Membership Tree.

Madison Elementary (K-5)

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



Drew Gamet
Principal

Your Help is Needed

If you have ever visited Madison and participated in our Halloween Carnival, or seen our Blue Dog on campus – or heard wonderful tales from your child about our school's great assemblies – you are the beneficiary of the hard work and dedication of our Madison PTA.

Under the leadership of President Jackie Romano, our PTA helps support many different and exciting activities at Madison. On any given day you can easily find this group busy helping to maintain our great reputation. Many of you who are reading this article might be one of those dedicated volunteers. If not, you are probably wondering how to get involved!

You can find the Madison PTA page under the "Parent" menu at <http://madison.rbusd.org/>. There you will see a list of the many activities that our Madison PTA supports. For every activity, there is always a need for volunteer support. The skills that are needed are quite varied, too; everything from grilling hamburgers to Web design.

Time commitments can vary as well, with small projects that require no more than an hour's worth of commitment, to recurring programs that can last for over the course of a year. You can find information on how to participate under the "Help Wanted" tab.

With your support, these great programs will continue to exist at Madison Elementary School.



Madison PTA Volunteer helps during a garden lesson.

Parras Middle School (6-8)

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



Dr. Lars Nygren
Principal

Positive Connections

At Parras Middle School, our focus is not only on providing our students with a strong academic education but also ensuring that their social and emotional needs are met. Great strides are made to allow students the opportunity to make positive connections with one another. It has been shown that when students feel connected to their school and have positive peer relationships, academic achievement increases. As such, Parras Middle School has implemented several activities to provide students with out-of-classroom opportunities to build positive connections. Our Buddy Lunches, The Spot, Where Everyone Belongs (WEB) and Club Rush are several programs designed to give our students opportunities to make friends and connect with their school while having fun.

Buddy Lunches are typically held at the start of each school year. The goal of this program is to help students build friendships. Students are split up into pairs and eat lunch, listen to music, and play games with other students. This is a popular program at Parras and has proven to be a great way for students to meet friends.

The Spot, formerly known as Yourspace, is a counselor-driven program. The goal of this program is to offer students a fun-filled lunchtime experience while making new friends in a supportive environment. It is a weekly lunchtime program open to all students, held on Wednesdays in the cafeteria.

WEB is a middle school orientation and transition program that welcomes sixth-graders and makes them feel comfortable throughout their first year here. Built on the belief that students can help other students succeed, the program trains mentors from the eighth-grade to be WEB Leaders. As positive role models, WEB Leaders are mentors and student leaders who guide the sixth-graders to discover what it takes to be successful during the transition to middle school and help facilitate sixth-grade success.

Each year, our ASB Leadership class hosts our Club Rush, an organized lunch event in which all of our students are able to explore the variety of student-run clubs offered at Parras. Each club is invited to set up a booth to advertise its organization to students. In the past, we have had Glee Club, Drama Club, Jazzercise Club and Writers Club.

At Parras Middle School, we're committed to providing your child the best education possible, both in and out of the classroom.

Redondo Union High School

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



Dr. Nicole Wesley
Principal

R-U Involved?

By Terri Boyle, RUHS PTSA President

"It takes a village to raise a child," is a famous African proverb that clearly describes our RUHS parental support. RUHS parents have been working tirelessly to help with student registration, first day of school activities, senior picnics, PSAT testing, the RU Classic Car Show, and much more.

Our parents have also flipped burgers, sold spirit wear, troubleshot online registration issues, distributed Chromebooks, designed flyers, hung posters, and made balloon towers! Since the beginning of the 2014–2015 year our PTSA parents have put in over 1,800 volunteer hours. And it's only the beginning of January!

Urban legend says that when children get to high school, the parents no longer need to volunteer at their school. This

is not true, because that's when our children need us the most! They're juggling demanding academic schedules, hours of homework, athletic practice, music performances and sports competitions; all with the goal to get into college or start a career at the end of their senior year.

While it's true that students at this age want to assert their independence, parents can also help from afar. As a volunteer for numerous school activities over the years, I have seen great pride reflected in our students' faces

when mom and dad volunteer. I have even heard some students remark to their friends, "Is that your Mom?"

"Cool!"

Our parents have some unique skills, expertise, experience, and talents that can be used in hundreds of ways to help our RUHS "village" thrive. Being a volunteer gives back to RUHS in ways you can't imagine. So, R-U Involved? Be a PTSA volunteer! Sign up today at RedondoUnionVolunteers@gmail.com.



RUHS PTSA volunteers make great events happen, such as the RU Classic Car Show!

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More info? Call 310.376.6211 x11 or x12

Tulita Elementary (K-5)

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



Dr. Tanaz Farzad
Principal

Powerful Partnerships at Play

This is the perfect time of year to express gratitude and say thank you to the powerful partnerships we have with two very important organizations. We would not be able to provide our Tidalwaves with such superb educational experiences without support from our PTA and the Redondo Beach Educational Foundation (RBEF).

Tulita Elementary School greatly benefits from the efforts of both of these dedicated organizations.

Our PTA provides students and teachers with library books, assemblies, field trips, classroom supplies, newsletters, Hands-on Art, countless volunteer hours, and many more meaningful programs and events. We are also thankful for RBEF. The foundation supports district-wide programs including teacher mini-grants, our spring Family Science Night, Los Angeles Music Center instruction for first- and second-graders, a field trip to Los Angeles County Museum of Art for second- and third-graders, a field trip to

a local university for fourth-graders, science specialists for fourth and fifth grades, and a vocal music teacher for third and fourth grades.

On October 26, the Tulita staff and students met up to participate in the Pier-to-Pier Friendship Walk to raise money for RBEF and Tulita. This important event not only helps South Bay school districts but also supports a nonprofit organization called the Friendship Circle. On November 19, the Tulita PTA hosted the first annual Turkey Trot, a jog-a-thon organized to raise fund for Tulita PTA. Not only did PTA meet fund-raising goals, but they



Tulita students participate in the 1st annual PTA sponsored Tulita Turkey Trot.

exceeded it. It was amazing to see such dedication and organization from to make this first-ever event at Tulita successful.

At Tulita, we all feel a deep sense of gratitude for these two organizations that go above and beyond to support our schools. Thank you to PTA and RBEF! We appreciate all that you do for our students, teachers, and communities!

Washington Elementary (K-5)

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



Kristen Holm
Principal

Together We Can

The Washington Explorers would like to thank our Redondo Beach Education Foundation (RBEF) and the Washington PTA for helping to support and provide the kind of outstanding educational opportunities that might not otherwise exist without their generosity.

The Washington PTA is 605 members strong. Under the leadership of President Lindsay Smith, it provides enrichment funds for educational field trips, cultural arts assemblies, and the Hands-on Art and Hands-on Science classes. The PTA is also responsible for our popular Running Club, where Explorer families have an opportunity to exercise together two days a week before school.

They also organize fun events for the entire family, like Game Night, Movie Night, Walk to School Day, and our monthly Family Dinner Nights at local restaurants.

Numerous parent volunteers make up our amazing PTA. They all provide many hours of school service in the classrooms and throughout the campus, and for which we are truly grateful.

The RBEF also plays a major role in helping to support student success at Washington.



Students in the PTA supported Hands on Science Program.

It generously contributes to student welfare by providing college tours for the fourth-graders, band teachers for the fifth-graders, a lab science program for the fourth- and fifth-graders, a vocal music teacher for the third- and fourth-graders, and Music Center instruction for the first- and second-graders.

The Washington School community would like to say “thank you” to the RBEF and PTA for all that they do. We couldn’t do it without your help!

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Note-ables



Kate Karp

Build It Back Again

I'm delighted whenever I come across a collection for children featuring music that isn't formulated, childishly cute or backed with electronic tracks. *Build It Back Again* by the Billy Jonas band is none of this, even with the use of a toy piano

as a percussion instrument. The melodies are catchy compositions performed by a full range of vocal and instrumental mastery—even that little piano—and the lyrics do more than instruct and educate. They traverse sometimes wonky pathways to communicate profound messages of determination, maintaining humanity in a technological world, balance and historical significance.

The title song features a strong tempo with words to match. From the architecture of ancient Greece to the ravages of Hurricane Katrina—and certainly not stopping there—the band sings of the resolve of the human spirit to rebuild, often in new ways. The



rollicking “Monkeys Driving Cars” tells how necessary it is to advance ourselves as humans to the same extent as technology if we want to survive as people. In a primal atmosphere of percussion, “Moment of Noise” seamlessly transitions from the creation of the universe to thankfulness and appreciation for every little sound and what causes it.

The CD is heavy but not any means ponderous. The songwriters also love wordplay, especially as it increases vocabulary and wallows in punning, as in “Hairy,” “Maybe Maybe Not” and “What Kind of Bear Are You?”

The Billy Jonas Band has dug a sturdy foundation in *Build It Back Again*— good stuff for any group discussion that involves young minds.

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

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College 4 Less



Susan D. Marshall

You!

One of the things colleges allow to get to know you better is a Brag Sheet. Yes, you heard correctly. The Brag sheet!

It is also known as the College Admissions Resume. It is an opportunity to show the admissions committee what distinguishes you from every other applicant they are reviewing. The Brag Sheet communicates not only how unique and amazing you are, but

reveals to the reader a deeper understanding of who you are: your character and your personality.

Beginning as early as the summer of your freshman year: You are going to want to keep a record; basically everything you do outside of the classroom. You will want to keep your honors and awards including: newspaper articles, playbills, certificates all in one place.

One quick, easy tip:

Simply take a three ring binder. Fill with plastic sheet protectors and begin filling you're your awards, honors, poems, playbills, newspaper clippings etc. You can get fancy later with scrapbooking or even scan and create an electronic file adding additional photos or videos.



This Brag Book will be invaluable in the future. You will be surprise how many ways it will be useful. Use it when you create that resume; to help jog the memories of those who will write glowing letters of recommendation for you. Use it to make your applications come alive. Stand out from the crowd.

Be Ready... You will need to...Brag - Brag - Brag... The colleges want to know who you are.

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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Registration for the CDC Program is separate from Elementary School Registration.

Open Registration Begins March 2, 2015 and Ends March 31, 2015

We Have 4 Kids



Jodie Lynn

Question: We have four kids. Two are twins, one girl and one boy. One twin has not been doing well in second grade reading and his teacher has him going to a special reading group in a special needs class. While his twin has compassion the other siblings have been calling him names. This is upsetting him to the point of not wanting to go to school at all. What should we do?

From Jodie: Tell your son that it is not a big deal to need a little extra help in any subject. Give him examples of success stories about famous people, or someone that he can relate to, regarding how they overcame a specific challenge (Michael Jordan failed to make his high school varsity basketball team). Share the same story with the other kids in the family. Stress to them that just because

someone is having a few problems with reading, or basically anything, it does not mean that they are stupid. I am almost positive that the other three have had to get help in many things in their lives. It may have been riding a bike, learning how to whistle, hitting a ball or whatever. In fact, there may be something currently that they would like to do better because it's not up to what other kids have achieved or perhaps how they personally would like to do it. If we can remind others of where we have failed in various times in our own lives and worked hard and straightened things out, it makes challenges appear not so impassable and inspires instead. You might also be sure that you or another adult in your household are the ones that practice reading with your son in a private area. This way, compassion, love and patience can be the cornerstone of the learning process.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. 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.

Whole Health Everyday 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)

All ages may enter!

Entries must be received by February 22, 2015

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

Congratulations to Winners:

November — Kekoa Kapu

December — Nicole Rondeau

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- ALMONDS
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- CARROTS
- CHICKEN
- FIBER
- FRUITS
- HEALTH
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- KALE
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- MINERALS
- NATURAL
- NOURISH
- NUTS
- PROTEIN
- SALMON
- SEEDS
- VEGETABLES
- VITAMINS
- WATER



RUHS Mural Restored and Relocated

From the District

A team of RUHS Archivists and Alumni successfully removed, restored and reinstalled the historic 1965-66 "Panorama of Sports" mural last fall. The team was recognized for their efforts by the RBUSD Board of Education in October.



RBUSD Board of Education Members recognize "Panorama of Sports" restoration volunteers. Brad Waller, Michael Christensen, Brad Serkin, Laura Emdee, Linda Denison Aust ('66), Terry Brady Martinez ('71), David Shipley ('78), Anita Avrick, Patrick Aust ('66).

The mural was created by advanced art students, among them Pat Aust, under the direction of art instructors Cesar Hernandez and Jack McClain. It hung in the RUHS cafeteria for over 45 years. When the cafeteria was being demolished to make way for the new Student Union, the mural was removed and stored by David Shipley '79.

Principal Dr. Nicole Wesley and Athletic Director Andy Saltsman collaborated with archivist Terry Martinez to select a new location in the Sea Hawk Pavilion to display this work of art. Before the 25' x 5' mural weighing over 400 pounds could be re-installed, it underwent restoration in the Noble Gallery at Redondo Union High School. In its new location it was necessary to have the mural protected by specially cut plexiglass. The re-installation project took over 80 hours of work and was funded by the archive sales of old yearbooks. The project brought three decades of alumni together with current students that were able to observe first-hand the work of the team and learn about the history of this timeless piece of RUHS history.

Los Angeles County Office of Education

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Rising to Rachel's Challenge



Arturo Delgado, Ed.D.
Superintendent

Rachel Scott was a kind-hearted teenager with a big dream. She believed that the smallest act of kindness could ripple out and start a chain reaction, and this was how she wanted to change the world.

On April 20, 1999, her life abruptly ended – and the movement to keep her dream alive began.

Rachel, at 17 years of age, was the first victim to be shot and killed at Columbine High School, during a rampage by two of her fellow students.

Rachel's dream lives on through her writings and has changed millions of lives since her death.

Rachel's Challenge, an inspirational program based on her writings, offers a message that focuses on inspiring others to replace acts of violence, bullying and negativity with acts of respect, kindness and compassion.

The project was created by Rachel's dad and stepmother, Darrell and Sandy Scott. It aims to motivate and equip students to start and sustain a chain reaction of kindness that transforms schools and communities.

Rachel's Challenge includes a series of student-empowering, educator-motivating programs and strategies called the "Awaken the Learner Five-Step School Improvement Process." This process equips students and adults to create and sustain safe, caring and supportive learning environments essential for academic achievement.

Darrell has spoken to more than five million people in live settings around the world, not counting the millions he has spoken to through programs such as Oprah, Larry King Live, CNN, and the Today Show. He has authored or co-authored five books, and meets with politicians and educators regularly concerning issues of school violence.

I invited Darrell to speak about Rachel's message at our leadership conference at LACOE and at our Superintendents Convocation last year.

Event participants found the message to be simple but powerful. Many of them sat in silence, teary-eyed, at the end of Darrell's presentation.

Rachel's message is that we all can have the power to make positive changes through acts of kindness and compassion – and the challenge for educators and other members of the education community is to empower our students to make their positive impact in the world.

My hope is that we all rise to Rachel's challenge.

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



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