

FREE

School News

Education + Communication = A Better Nation



Covering the Redondo Beach Unified School District

VOLUME 8, ISSUE 71

www.SchoolNewsRollCall.com

JUNE–AUGUST 2014

SUPERINTENDENT



Dr. Steven Keller

Summer is Not for Slacking

Participating in summer learning activities helps not only your child, but also Redondo Beach Unified School District teachers. Students

who participate in educational experiences during the summer months return to classrooms in the fall with enhanced minds and therefore, contribute to the rigor and culture around them. Teachers admire and welcome the child who arrives bright-eyed and ready to learn and do more. As for those students who sit at home, watch bad television, and play video games... well, you have guessed it. This particular student begins a new year of school thinking about returning back home to watch his/her favorite television shows and play his/her favorite video games. This student does not necessarily embrace new learning or new activities, nor easily tap into the knowledge gained in the previous school year. This can

See **SUPERINTENDENT** • Page 19

By ShareFest Staff

It was a beautiful day on the green on Friday, April 25, as nearly 200 participants and supporters turned out for the 2nd Annual Balfour Beatty Construction/Sharefest Golf Tournament. Together with their sponsors and supporters, they raised more than \$82,000 toward projects at the upcoming Sharefest Workday, a community-building service day benefiting schools and communities across the Los Angeles area, as well as the Sharefest Youth Development Academy. The tournament took place at the Skylinks Golf Course in Long Beach, followed by a dinner and awards banquet.

The funds raised through the event will support four Sharefest Workday projects that took place on Saturday, May 3, at schools in the Redondo, Torrance, Culver City and Wiseburn school districts. On that day, more than 350 Balfour Beatty Construction employees, contractors, vendors, site staff, students, family and community members worked to help complete the projects, including landscaping, painting buildings, mural painting, and other upgrades. Additional funds will go toward

Golfing Benefits Students



Dr. Steven Keller with ShareFest/Balfour Beatty Golf Tournament organizers.

Sharefest's Summer Youth Development Academy, which provides academic and extracurricular programs to underserved middle and high school students.

"RBUSD gives thanks to all involved and appreciates the hard work that goes into making our schools look great for students and the community." Dr. Steven Keller, Proud Superintendent of Schools.

With Grateful Thanks

By Eli Jarmel, Student Board Member

All around me, I watched the rapid evolution of the school and district I grew up in. As the years of high school matured me, I witnessed the nearly parallel transformation of my school. I immediately connected with the ambition of the administration and the Redondo educational community as a freshman and hoped that I could someday contribute a legacy to this rising institution. It feels so fitting that my high school career ended with one of the most enlightening and enriching experiences of my life: serving as Student School Board Representative.

See **GRATEFUL THANKS** • Page 19



2013-2014 Student Board Member, Eli Jarmel.

RUHS Senior Wins California State Science Fair

From the District

Petra Grutzik, a senior at Redondo Union High School, has won the 2014 California State Science Fair in the Zoology division for her project studying gene expression and song learning in zebra finches. The title of her project is Linking Expression and Function of FoxP2 in Adult Songbirds Using Operant Preference Testing.

Songbirds, like humans, learn their vocalizations through social interaction. FOXP2, a transcription factor, is directly linked to human speech and language, and mutations

See **SENIOR WINS** • Page 11



State science fair winner, Petra Grutzik, is destined to change the world!

It's Been Quite a Year



Ted Craddock
President

Another school year has come to a close, and the summer is now upon us. Although the campuses will be quiet, rest assured that many of the folks who make our school district so great will continue to be hard at work. The planning for next year is well under way throughout our fine district.

This is also true at RBEF. Our summer sessions will be in full swing, along with our district-wide, nonstop work in raising money and funding programs. But since the school year is coming to an end, it's perhaps a good time to reflect upon our accomplishments. We want to thank the many people who stepped up and helped out this school year.

First and foremost, I want to thank all of the volunteers at RBEF. We now have over 25 people working for us, with representatives at every school. Our board members and site representatives are some of the most dynamic and dedicated people I have ever been associated with. We are lucky to have them working so hard on behalf of all our children.

Our RBUSD senior leadership team, and especially our principals and assistant principals, also continue to go above and beyond in support of RBEF. They are the most amazing group of education professionals, and we are so lucky to have them.

Lastly, I want to acknowledge outgoing Executive Director Danielle Allphin. I could use all of the space allotted to me here to talk about the many accomplishments we have made because of Danielle. Suffice to say, her legacy and impact will be felt for years to come. We are so grateful for her guidance and leadership, and we want to wish her and her family the best. We will miss you, and we are so better off because of you!

Finally, to all of the families who supported us this year, thank you. In the months ahead we will make sure that your donations work hard for our children. If you not have donated yet you still can, at www.rbef.org. And if you are interested in joining the team at RBEF, please send me an e-mail at ted@rbef.org.



Kay Coop
Founder/Publisher



As this school year comes to a close, I want to thank you again for including *School News* among your reading choices. This has been an eventful year as always under the positive leadership of Dr. Keller.

The principals and columnists have shared many ideas to keep your children motivated, stimulated entertained, focused and educated throughout the summer months.

We continue to receive a record number of entries in our contests.

I'll have to come up with more challenging contests next year... September 3rd is our next issue.

Have a great summer.

Congratulations to the class of 2014!

School News

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Covering the
**REDONDO BEACH UNIFIED
SCHOOL DISTRICT**

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Beach Cities Robotics

By Ellen Brim - Advisor

Beach Cities Robotics Competed at the FIRST Robotics World Championships last weekend in St. Louis, MO. Of the 32,808 teams from around the world only 400 qualify to compete at the World Championships. The team competed in a division of 100 teams and at the end of the qualifying matches we were ranked #16. The robot was consistently one of the best robots on the field but we were eliminated in the quarter finals after an extremely close match. The team has a lot to be proud of, we built a reliable, consistent and great looking robot and it took the best of the best to knock us out of the running.



Competing at the World Championships against teams from as far away as China and Israel was an exciting conclusion to a great year. The team accomplished a great deal. We were very busy in the fall moving into our newly remodeled shop space. After completing the robot we competed in the Inland Empire Regional and came home with the Finalist Trophy and the General Motors Industrial Design Award. At the Los Angeles Regional we came home with the First Place Banner and the Motorola Quality award.

I would like to thank the Mentors from local industry, Northrop Grumman, Boeing and Raytheon for their generous funding and the parents and school administration. Without all of their support none of this would have been able to happen this year.



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Redondo Union High School students who took The Princeton Review Ultimate SAT Prep Course last year saw an average increase in their scores up to 286 points.

Location: Redondo Union High School

October SAT Ultimate Course #163279

Monday	6/23/2014	9:00am - 1:30pm (Test)
Tuesday	6/24/2014	9:00am - 12:00pm
Wednesday	6/25/2014	9:00am - 12:00pm
Thursday	6/26/2014	9:00am - 12:00pm
Monday	6/30/2014	9:00am - 1:30pm (Test)
Tuesday	7/1/2014	9:00am - 12:00pm
Wednesday	7/2/2014	9:00am - 12:00pm
Monday	7/7/2014	9:00am - 12:00pm
Tuesday	7/8/2014	9:00am - 1:30pm (Test)
Wednesday	7/9/2014	9:00am - 12:00pm
Thursday	7/10/2014	9:00am - 12:00pm
Monday	7/14/2014	9:00am - 1:30pm (Test)
Tuesday	7/15/2014	9:00am - 12:00pm
Wednesday	7/16/2014	9:00am - 12:00pm

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Questions? Contact Jess Deshayes, your local rep!
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Make Summertime a Healthy Time



Dr. Lisa Santora
Chief Medical Officer

Today’s kids gain weight during summer at a rate three times higher than during the school year. And a sedentary summer lifestyle and unhealthy eating habits are generally to blame. When I was a kid, I played outside: in the street, the woods, anywhere, all day long until my mother screamed for me to come in for dinner. And I’d rush through my meal just to get back outside for more play with friends until the street lights came on. Sadly, this is not reality for our children. Times and dangers have changed and, therefore, so have our parenting strategies. That said, there are still many things you can do to create a healthy summer environment for your children, like day camps.

Throughout the Beach Cities, there are a variety of great options available, including the Health District’s own AdventureCamp at AdventurePlex in Manhattan Beach. If camp isn’t right for your family, create your own adventure. Walk, bike, or drive down to the beach and have a fartlek (yes, fartlek – google it!). Or better yet, bring the kids to the Beach Cities Free Fitness Series for outdoor Zumba dance and Boot Camp in the sunshine. Find details at bchd.org/freefitness. Finally, help your kids eat healthier by clearing junk food from your kitchen and stocking up on healthy snacks. Encourage your children to drink more water and less soda by preparing a jug of fruit-infused H2O each morning. Let your kids pick the combinations. Mint, strawberry, blueberry and lemon are all great options. Now get out there and have a summer filled with healthy family fun!

RBUSD Educational Services

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

Keep Busy!



Dr. Annette Alpern
Deputy Superintendent, Educational Services

In this, the last edition of the school year, you will be immersed with advertisements and articles suggesting both free and for-cost ideas and programs for summer learning. Why? Well, it isn’t just because educators or those in the private sector know that many parents work all year and need somewhere to keep their children during the day. And it isn’t because we know that many parents want to avoid hearing their children complain about being bored after a week into summer vacation. What educators and academics know is this: all, yes, all young people experience learning loss when they do not engage in educational activities during the summer. For over 100 years, research has shown that students typically score lower on standardized tests at the end of the summer than they do at the beginning. Most students lose about two months of grade-level equivalency in mathematical computational skills over the summer months as well. But we need to be aware of more than just academic loss during the summer months. Most children also gain weight more rapidly when they are out of school during this time. Take time to get outdoors together; get active... ..be aware of more than just academic loss during the summer months. Most children also gain weight more rapidly when they are out of school during this time. Take time to get outdoors together; get active... ..

We look forward to welcoming you all back to school at the end of August.

Lauren Nakano, 514 N. Prospect Ave., Redondo Beach, CA 90277 • 310/374-3426x350 • www.bchd.org/bzp

Free Fitness Series



Jens Brandt
RUHS Assistant Principal / Blue Zones Project Liaison



Lauren Nakano
BCHD-Blue Zones Project Director

Outdoor Zumba dance and Boot Camp run June 2 through August 25 in Beach Cities

By Lauren Nakano All summer long, Beach Cities Health District’s Blue Zones Project® is hosting a Free Fitness Series to help Beach Cities residents move, flex, stretch and dance their way to better health in the beautiful SoCal sunshine. The once-a-week series began with yoga in Manhattan Beach, but now shifts gears to Zumba and Boot Camp. It’s a prime opportunity for participants to establish meaningful social connections with people who support healthy behaviors. Blue Zones Project calls this phenomenon finding your Right Tribe.

Decades of public health research, including Blue Zones® Founder Dan Buettner’s, shows that when people create social circles that foster positive behaviors, including physical activity and proper nutrition, significant health gains are often realized. Moreover, the likelihood that people within the circle adhere to healthy habits long-term increases considerably. Buettner experienced this first-hand when studying the world’s longest-living people in five specific areas around the world, known as Blue Zones. These tightly knit communities socialize frequently, exercise daily and support each other throughout their lives. And since research also indicates that smoking, obesity, depression and happiness are contagious, simply assessing your friendships and seeking out healthy relationships can do more to add years to your life than nearly anything else. So what better way to discover your Right Tribe than by dancing to upbeat music or working your muscles alongside men, women and children of all ages from our community?



Zumba in the Park!

Here’s how to get involved in the Beach Cities Free Fitness Series:

Zumba in the Park – Mondays at 6:30 p.m.
June 2nd, 9th, 16th, 23rd and 30th at Alta Vista Park in Redondo Beach
July 7th, 14th, 21st and 28th at Jefferson Elementary in Redondo Beach
Boot Camp – Mondays at 6:30 p.m.
August 4th, 11th, 18th and 25th at Valley Park in Hermosa Beach
Zumba and Boot Camp are led by the Health District’s certified fitness instructors and participants are required to register online ahead of time at bchd.org/freefitness or upon arrival. For more information, please visit bchd.org or call (310) 374-3426.

Miller Children's & Women's Hospital Long Beach

2801 Atlantic Ave., Long Beach, CA 90806 • 562/933-KIDS • MCHLB.org



Severe Morning Sickness



Michael Nageotte, MD
Associate Chief
Medical Officer,
Miller Children's &
Women's Hospital
Long Beach

The majority of pregnant women suffer from some type of morning sickness, but nearly five of every 1,000 women develop severe nausea and vomiting. Also known as hyperemesis gravidarum, severe morning sickness can cause such extreme weight loss and dehydration that the health of the mother and the baby can be jeopardized.

Morning sickness usually begins around the sixth week of pregnancy, but disappears around weeks 16 to 18. While some morning sickness is considered normal, intense vomiting and nausea are not.

Signs of hyperemesis include:

- Nausea with severe vomiting
- Consistent nausea that makes it impossible to eat or drink
- Recurrent headaches
- Weight loss
- Decrease in urination
- Extreme fatigue
- Inability to keep any food down
- Fainting or dizziness
- Dehydration from vomiting

Risk factors for hyperemesis are carrying multiples, a history of motion sickness and migraines with nausea/vomiting. The intense vomiting results in a loss of nutrition for mom and baby and can be very harmful.

At Miller Children's & Women's Hospital Long Beach, the high-risk pregnancy care team works with women suffering from hyperemesis to provide an individualized treatment plan. Most patients feel better within hours of receiving therapy, stop vomiting after one day and are back home from the hospital after a second day.

If you are pregnant and suffering from severe morning sickness, don't ignore it. Call your doctor immediately to determine the next steps to take to keep you and your baby healthy and receiving the necessary nutrients.



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Kristha, Type 1 Diabetic;
High-Risk Pregnancy Patient,
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See You Soon!



Vivian Ibarra
Director

“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.” Henry Ford


Have you ever thought, “I want to learn how to...”? Well, the South Bay Adult School (SBAS) may be the place for you!

For more than 90 years we have been offering a wide variety of classes to adults of all ages. We offer classes to help you learn a language, cook a meal, exercise your body or brain, paint a picture, buy a house, or play an instrument. Adults who need to learn English or earn their high school diploma can also come to SBAS to further their education.

We are offering several new classes this summer. For parents and children, try our new “Do-Re-Mi and You” music classes. Or perhaps our Mini-Chefs cooking class is more to your liking. You can also bring your entire family to the Teddy Bear Picnic for a night of singing under the stars.



English students create dream boards for their future.



Summer term: June 23-August 1

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- Swim Sun Tai Chi
- Is Gluten Secretly Destroying Your Health?

Money

- Living with Living Trust
- Evaluating Income Property
- Affording Your First Home

Express Yourself

- Pencil Sketching, Colored Pencils & Charcoal
- How to Draw with Pastels

ESL

- Conversation & Listening
- Reading & Vocabulary
- Beg. Conversation
- Essential Communication
- Skills for Job Seekers
- Idioms and Conversation

Parent Education

- My New Baby
- Crawlers
- Summer Fun for Parents/Toddlers
- Water Wonders
- Outdoors as a Classroom
- Super Summer Sibling
- Mini Chefs
- Get Ready for Kindergarten
- Exploring the Rainforest
- Language Arts through Drama and Music
- Rock and Roll and Play
- Dough too
- Do Re Mi and You
- Teddy Bear Picnic-Singing & Signing Under the Stars
- Music & Movement in the Park
- Creative Sewing for Parents

Languages

- Italian Japanese

Cooking

- La Cucina Italiana

Performing Arts

- Comedy Improv
- Laughing Warrior
- Secrets of Magic
- Guitar Ukulele
- Jazz Pianists:
- Ninety Years in Review
- Country Western Line Dance
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- Redesign Your Kitchen
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Crazy Hat Day in Preschool.

Explore Your Talents

Summer is also a great time to learn something new on the computer. Build your own Web site with WordPress, or organize your finances by learning how to use QuickBooks.

So come learn, enjoy, and meet new people. You can develop new talents or refine old skills. We invite everyone to take advantage of our many wonderful resources and discover why so many people are taking classes at SBAS. Our teachers are exceptional, our courses are interesting, and our prices are affordable.

Registration for old favorites or new additions is easy. Just log onto www.southbayadult.org to view our catalog and sign up. Summer registration starts on May 27. You can “Like” us on Facebook at www.facebook.com/SouthBayAdultSchool and learn more about our lifelong learning classes.

See you soon at one of our South Bay locations!



Summer at Our Centers



Theresa Van Dusen
Director

What happens when school is out for the summer? The Child Development Centers (CDC) are open and offering a program that is fun, interesting, challenging and educational.

When children come to us for the summer, we recognize they need a change of pace from their school year. Our summer programs are designed to provide experiences that meet the needs of the whole child. We enrich their day with activities such as science experiments, cooking projects, dance classes, journal writing and quiet reading times. When you walk into a CDC classroom, you will find a unique environment, a variety of center-based areas, tables for messy art activities, puzzles, board games and manipulatives for small groups.



CDC students having summer fun!



Summer at the Child Development Centers is a fun, exciting time. Each week of the summer program is divided into creative themes. Each theme is one or two weeks long, with plenty of indoor and outdoor activities, arts and crafts, and local field trips to places such as the library, various different parks, the farmers market and more. We also have large trips planned that may include the Flight Path Center, Columbia Space Museum, Jet Propulsions Laboratory, the Marine Mammal Care Center, the Griffith Observatory, the Discovery Science Center, the Queen Mary, Olvera Street, Madrona Marsh, the Aquarium of the Pacific, Scooter's Jungle, the beach, a Sparks game, the Getty Museum and Adventure City, just to name a few. Everyone has a great and memorable time.

Come visit a CDC during Open House and see our exciting summer plans!

The Zone

Summer 2014

Exclusively for Middle School Students!

Zone Summer Location:
Adams Middle School
2600 Ripley Avenue
Redondo Beach CA 90278

June 16 - August 22
8:00 am - 5:30 pm

Spend the summer with your friends, going on day trips to places like:

- Disney's California Adventure
- Universal Studios
- Knott's Berry Farm
- Horseback Riding
- Go Cart Racing

- Rock Climbing
- Painting
- Cooking Activities
- The Beach

The Zone Summer program has it all! Join us!

Contact the RBUSD Child Development Center main office to receive the full Zone Summer calendar of events and pricing!

Program dependent on the enrollment of at least 20 students weekly.

RBUSD CDC/ Zone • (310) 798-8683 • Ext. 1312 • Ext. 1322

Adams *Middle School (6–8)*

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



Anthony Taranto
Principal

Summer Learning

According to the National Summer Learning Association (NSLA), teachers spend a considerable amount of time re-teaching material due to summer learning loss. All students experience some learning loss when they are not engaged in educational activities during the summer. There are lots of great things you can do to help your child to avoid summer learning loss.

Read every day. No list of summer learning activities would be complete without reading. Research shows that reading four to five books over the summer has a positive impact on student achievement. You may even want to start a family book club.

Use math daily. Create math games at home and when you are away. Have your child estimate the cost of gas for a given distance or develop a budget for an upcoming trip. You can also check out coolmath4kids.com or coolmath.com for pre-algebra.

Get outdoors. Take children to parks and trails for walks or to ride bicycles. Visit a museum. Look for free admission days. Also, The Smithsonian offers library and archival exhibitions on the Internet, or you can take a visit to a local museum. Don't forget to visit a planetarium!

Do a good deed. To assist with your child's social/emotional development, encourage your child to volunteer with a local group or fulfill a service learning project or take your child to pick up litter or volunteer at a soup kitchen or senior center.

Encourage creative writing. Have your child to keep a summer journal or write a weekly letter to a relative or friend.

Avoid the summer slump and help your child discover that learning can be fun beyond the classroom.

Beryl Heights *Elementary (K–5)*

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



Karen Mohr
Principal

Summer Learning Can Be Fun

During the summer months it is important to keep your mind healthy and involved with good extracurricular activities. Most importantly, families should read together, spend time exercising together, take a walk, ride a bike, or just relax together.

Through their Summer Reading Program, the Redondo Beach Library provides multiple opportunities for students and families to read. We are encouraging all Beryl students to sign up for this program and turn in their logs next school year. Those students will then be recognized for their summer learning. The incentives

are fun and worthwhile, and the children will learn that reading can be an enjoyable and lifelong process.

In regards to science, the Sea Lab is now open! Here students can explore and learn about our ocean and the animals that live in it. There are many fabulous places to visit in Redondo Beach that have all different types of animals to help keep our students' scientific minds working.

Keep Active!

Many outdoor excursions, hikes and visits to tide pools and parks can be exciting and invigorating. Families can take outings where their children will learn about nature and how we interact with it every day.

Fourth-grade students study the California Missions, and a visit to one of them is always an exciting trip. In the third grade our students study Redondo Beach history, and the planets, and so visiting local landmarks can give families an opportunity to talk about history with their children and discuss the importance of the past.

The Griffith Observatory is always a rewarding trip, too. There are also many summer camps available so that your children can keep active and stay fit. Visit our Web site to see the many exciting summer activities that are available.

Have a safe and fun summer, and enjoy your time together as a family! Remember, school starts on August 27. See you then!

Alta Vista *Elementary (K–5)*

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



Susan Wildes
Principal

Summer Learning

Our Wildcats are gearing up for an exciting summer of fun adventures. Our staff has some suggestions to help our students keep learning all summer long.

Set a goal for reading: Break out an empty calendar, and have your child decide how many books to read by the end of August. Set small reading goals for each week and design a plan for visiting the local library and finding good books that match your child's interest and reading level. Challenge your reader to "think like a critic," and be ready to share book reviews at dinner!

Share reading with friends: Just as adults love to share and talk about good (and the bad) books we've read, so do children! Consider forming a book club for your child and a few other friends. Help them choose a common book, set reading goals and get together to discuss what they've read. Don't forget to have the children compose questions to ask during discussions.

Keep some structure: Set aside 30 minutes daily for your child to work on math facts, reading, and computer skills. Getting in the habit daily will help your child feel more confident for the upcoming school year.

These suggestions sound fun, but they will also add quite value to your child's learning and help your child to be better prepared for a successful new school year.

Birney *Elementary (K–5)*

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



Lisa Johnson
Principal

Making the Most of Summer

While we want children to enjoy the summer and all the pleasure it brings, it's important to see that they are presented with regular learning opportunities. Research shows that students can lose up to two months of academic progress during the summer if they are not engaged in some sort of learning.

They are many fun ways to incorporate experiential learning into the summer months. How about taking a family trip? Low-cost trips to zoos, parks, museums and aquariums are a great way to enjoy an enriching experience while sharing quality time.

Keeping a journal of these experiences will provide sound writing opportunities and make a wonderful keepsake of your time together.

Why not visit a local university? Capitalize on these trips by engaging your child in conversations about higher education and learning. Encourage them to take pictures and create a visual representation of their visit and future college and career goals.

You can also utilize your local library. The Redondo Beach Public Library has a great summer program that encourages students to track their reading, and provides incentives to meet their goals. Daily reading ensures that your child will increase their vocabulary as well as build knowledge and stay mentally stimulated. Don't forget to incorporate informational text into the reading list!

Most importantly, always enjoy these months with family and friends. Summer provides a great opportunity to spend quality time and reconnect. Just remember, you can enjoy the break as well as continue the learning process! Have a great summer, and we'll see you in the fall.



Jefferson *Elementary (K-6)*

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



Kara Heinrich
Principal

Summer Learning

Summer is the perfect time for fun and unique learning opportunities for children. Families can launch their children into summertime learning while preparing them for next year's grade by looking ahead and aligning standards and curricular themes with family activities. Parents can then create rewarding experiences for family time while building on children's contextual background information. For instance, if your child is advancing into the fourth grade, make California history a focus. Plan a day trip and visit a local mission, tour a rancho, or head to the library to chase history through the pages of a book. Visiting a local university is another meaningful activity and a means to promote higher learning.

Summer programs are an additional asset to the school year. This summer, consider signing your child up for the library reading program, enrolling him or her in a RBEF Summer Session course or having him or her attend a local educational camp. When expanded-learning partners such as the Redondo Beach Educational Foundation work closely with our school staff, enriching activities are created to reinforce learning from the school year into the summer. Expanded-learning programs have the unique capacity to increase time with curriculum, highlight key concepts identified for mastery, and, more importantly, engage students with additional caring adults who provide support and help connect students to school.

In light of new expectations with the implementation of Common Core Standards, no time could be better than this summer for participating in an expanded learning program as an effective support to student learning.

Lincoln *Elementary (K-5)*

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



Jeff Winckler
Principal

Summer Learning for Our Students

A summer that reflects a balance of academic and physical activities gives students an opportunity for greater success come the fall. It is important to keep your mind and body healthy during the summer months. Families should read together, spend time exercising together, and relax together.

This summer, the Redondo Beach Educational Foundation (RBEF) is once again providing summer enrichment and intervention classes. For more information on this offering, please visit: www.rbef.org. Also, for additional RBUSD-approved summer programs, please visit the RBUSD web site at <http://www.rbusd.org/communityevents>.

Locally, the Redondo Beach public library provides multiple opportunities for students and their families to read through the Summer Reading Program. This program provides structure and goals that encourage students to read. Staff from the public library will come to Lincoln on June 5 to explain the Summer Reading Program in detail. Additionally, the Internet is a good resource to find recommended reading lists for independent summer reading as well as other academic activities.

For science and social studies, local and greater Los Angeles-area aquariums, zoos, museums and historical sites offer opportunities through which students can learn and explore. These are fantastic places to visit for the entire family. Many of these locations have activity centers to visit that allow students to not only see concepts firsthand but also allow children to engage in hands-on activities.

Have a safe and fun summer, and enjoy your time together as a family!

Madison *Elementary (K-5)*

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



Drew Gamet
Principal

Memorable Learning

As we move into summer, your students have the time to experience many truly enriching activities through a variety of camps and activities offered through the city of Redondo Beach and the South Bay as a whole. There are programs for students to experience new activities in visual and performing arts and sports and fitness, in addition to the incredible museums that we are fortunate to have close by in the greater Los Angeles metropolitan area. These abundant opportunities are some of the reasons that many of us have made the choice to come to this area to raise our families. These opportunities are minor compared to the greatest educational experience that you can provide your child: that is time with you as a teacher!

While many of these programs are taught by skilled instructors, nothing can compare with taking the time to impart your knowledge and experience to your child. Many families will take time to travel far and wide for summer vacations, but simply taking time to exercise, play, and talk about life are experiences that no surrogate can impart. Your summer-time experiences with your children can and should transform your students and bring them closer to you in preparation for the coming school year. More importantly, those moments will provide you and your children with a lifetime of joyful memories.



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Parras *Middle School (6–8)*

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



Dr. Lars Nygren
Principal

Summer Learning Opportunities

There are students who need additional support during the summer to help them to be more successful during the regular academic year, and there are others who would like to pursue studies for enrichment purposes. In Redondo Beach Unified School District, we are fortunate to be able to offer both, with the help of the Redondo Beach Educational Foundation (RBEF). Please read below for further information about the summer learning opportunities available for our students.

RBEF has combined efforts with the Redondo Beach Unified School District to create RBEF Summer School. RBEF will offer curriculum that has been designed by our credentialed RBUSD teachers and administrators to help students reach their fullest potential. The courses will be four weeks long, and there will be academic interventions and enrichment courses. Please visit www.rbef.org for more information. Summer school will be held June 23–July 22 from 8 a.m. until 12:30 pm at Washington Elementary School.



Parras students hard at work.

El Camino Community College, our local community college, has been a popular choice for many students. El Camino offers academic classes during the summer in many different subjects for middle school students. They do charge a fee for their courses. Please visit www.ECCCommunityEd.com for more information.

It is important to note that students cannot skip a regular academic year of math in middle school by taking a math course through RBEF summer school or El Camino.

Reading is a great way to continue learning all summer long. Please have your student take advantage of summer reading for extra credit in language arts class. There are a number of books on our summer reading list, which is posted at www.parrasmiddle.org.

Redondo Union *High School*

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



Dr. Nicole Wesley
Principal

Turn Electronics Off, Turn the Brain On

By Rich Grimes, Consultant

As summer draws near, students and parents look forward to doing fun things: quality time with family and friends, travel, reading a book or two, and just relaxing. However, I wonder how electronics will impact these endeavors. Texting and use of cell phones, iPads, iPods, video games—you name it—dominate our time and apparent need to keep up with the rapid-fire pace of our lives to which we seem so addicted.

Are these practices healthy? Accordingly, I propose an idea guaranteed to enhance personal relationships in a big way so that our learning this summer will focus on actual face-to-face conversations, especially with loved ones.

I offer the following recommendations for your consideration. Understand that they require lots of discipline and alteration of electronic obsessions.

First, have a conversation with yourself—many of you already do this, and we know who you are—about your daily compulsion to text or talk on your cell phone. Will the world end if you turn off your electronic devices, even for just a few hours? Of course not. Personally, I feel both annoyed and betrayed when a friend or a colleague, iPhone in hand, interrupts our conversation and responds to a text or a call. This is impolite, and the consequence is a tendency to not initiate future conversations. Not a good thing. Life is or should be all about relationships.

Be Battery Free!

Discuss with family members and friends to support a moratorium or at least a reduction in the use of communication devices. You can even host an electronics-free party and talk until the cows come home. All devices would be collected at the door. I believe that you would learn much about all in attendance. Listening and direct eye contact will be a change of pace, and who knows—you may learn something new, perhaps about your spouse or child.

Share a meal with family, devoid of any electronic devices. This will be challenging, as many young people are wired—tuned out if you will—as they consume their meal. Realistically, many families don't have the time or don't take the time to eat together. Growing up, dining with my family was essentially the only opportunity to share. We caught up on lots of things—school, work and a variety of other topics. Has this ship already sailed in your family? I suspect it has. Turn it around and enjoy time with one another.

Learning has many connotations, many of which are academic or cultural. I contend, however, that learning has a broader meaning and that use of electronics, while satisfying our need to communicate quickly, impedes our social growth. Therefore, this summer is the perfect time to tune in family and friends and tune out electronics.

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Tulita *Elementary (K-5)*

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



Christina Giguere
Principal

Every Day of Learning is Precious

All young people experience learning losses when they do not engage in educational activities during the summer. Research spanning 100 years shows that students typically score lower on standardized tests at the end of summer vacation than they do on the same tests at the beginning of the summer. Here are some suggestions to keep your children's brains and bodies moving this summer.

Picnic Learning: Let your children take charge of a family picnic. Give them a budget and let them plan the menu, shop for the food, and pack everything. For more challenge, add nutritional goals, such as grams of protein per serving and overall calories.

Estimating Time and Distance: The next time your child asks, "Are we there yet?" help her figure it out. Using tools like a map or road signs, ask her to estimate how far you've traveled and how much longer it will take to reach your destination. On routine trips, ask questions like "It's 2:15, and it will take 25 minutes to get to the doctor's office. Will we arrive before your 3:00 appointment?"

License Plate Learning: When you're on the road, have your children study the license plates on the cars in front of you. Have them rearrange the numbers on the plates to make the largest three-digit numbers possible. The person with the largest number wins the round. Change it up by asking for the smallest number possible. Introduce algebra by using plate numbers to solve math problems. For example, add two or three numbers to get the answer 6 (for example, $3 + 3$ or $(3 + 3) \times 1 = 6$).

Clipping Coupons: Teach money management by involving your children in your family's grocery budget. Instruct your children to look in newspapers and flyers and clip coupons for items on your list. Then give your child some coins and ask him to count out how much is saved by a single coupon. How many different coin combinations can he make to total the savings—such as 50 cents—using nickels, dimes, quarters? Have your child figure out the total savings.

Grouping Groceries: As you put away groceries, play Guess My Rule. Group items based on a common feature—such as cold items or canned items. Challenge your child to guess what rule you used to group items. Switch roles and ask her to use another rule to regroup the items. See if you can guess her rule—glass jars, cardboard packages, food groups? This is a great way to help your child develop classifying and mathematical reasoning skills and the ability to analyze data.

Volunteer Reading: Is there an elderly relative, a neighbor, or a younger friend your child can read to over the summer? Reading for an audience is a different experience than reading independently. Your children will build confidence in their reading skills and feel good about giving of their time to someone else.

SENIOR WINS • *From Page 1*

cause severe speech and language deficits in humans. Because humans share the same transcription factor as zebra finches we can study these small songbirds to understand how the human brain works. Petra designed an experiment to evaluate how the zebra finches behavior in a social context changed as their level of FOXP2 changed.

"I have always been fascinated by the brain and cognitive science. With this experiment I was able to pursue my passion for science and work in a lab at UCLA. I have been very lucky to have the support of the truly great teachers at Redondo Union High School like Leila Williams, Matt Key, Shannon Rodriguez and Linda Dillard, and my mentors Dr. Nancy Day and Dr. Stephanie White at UCLA."

Petra will be competing in the Intel *International Science and Engineering Fair* (Intel ISEF), the world's largest international pre-college science competition, in downtown Los Angeles.

Washington *Elementary (K-5)*

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



Jacqueline O'Sullivan
Principal

The Importance of Summer Reading

Did you know that research says that students who don't engage in summer learning can lose the equivalent of two months of math and reading skills? To succeed in school, children need ongoing opportunities to learn and practice essential skills, and summer is a perfect time to have some fun doing so. Here are some ideas.

Start a summer journal. Take pictures of fun events, and have your children write each day about what they do throughout the summer. Make it fun by decorating a special notebook just for this purpose. You can start one, too, and model this important skill.

Access Raz-Kids! In grades K-3, your current login will work through the summer. This is an excellent way to keep your child on grade level! If you don't have Internet access, you can go to the RB Public Library and access it at <http://www.raz-kids.com/main/Login>.



First graders are ready for summer reading!

Take time to read daily and join the Summer Reading Program at the RB Library. This year's theme is "Paws to Read." Your child's reading level and a list of books at that level will be sent home with the report card so that you can check out books to be read independently. The same lists are on our website. You read, too, to send the message that reading is fun!

Go to a free concert on the Redondo Pier every Thursday or Saturday night. Pack a picnic and enjoy the music and ocean breezes.

Go to the farmers markets. You can buy healthy fruits and vegetables and give your child a chance to practice counting money. Farmers markets in Redondo Beach are held on Thursdays from 8 a.m. to 1 p.m. at Veterans Park and Harbor Drive and on Fridays from 3 to 7 p.m. at Riviera Village, Avenue I.

Check out the many museums in Southern California. We're lucky to live in an area with so many choices. Of course, after each visit, talk about your experience to build your child's vocabulary.

Down Time is Necessary, Too!

Turn off the TV, tablet and computer and spend time lying in the grass, putting your toes in the ocean or walking on the strand. Down time is important!

If you take a vacation, send us a postcard, and we'll display it in the hallway upon our return! Let's see how many we can collect!

Go for a hike! Southern California has more hikes to try than you can count! There are plenty in the South Bay and more in our neighboring areas. Grab some snacks and water, and hit the trail!

Let your child pay the bill! Older children can be responsible for calculating the tip on your dinner bill or making a budget for your next shopping trip.

Parents who are involved in their child's education have successful children. Your attitude about school and learning is the most important thing in your child's school experience! Visit Washington's website for great educational sites, get some rest, and we'll see you in the fall ready for another fantastic year with the Explorers!



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KINETIC ILLUSIONS

By Co-Chairs Alicia Rubio & Sue-Anne Silkes

Redondo Beach students continued their study of abstract art this month with a project titled Kinetic Illusions. The project is based on contemporary Israeli artist Yaacov Agam. Using geometric shapes and paper folding the students created a model of Agam's Polymorph, which is a relief painting made up of triangular alternating color fields of geometric shapes. The models were then mounted in a 3D fashion in which the image someone sees from the front is different from the left to the right, while the image seen from the right cannot be seen from the left or right and so on, therefore creating an "illusion". The project has constant motion, which was a interesting lesson for the students to learn.



Tulita Elementary Fourth Grade students
use geometric shapes to create their Agam model.

This is the final project of the 2013-2014 school year for South Bay Hands on Art. It has been a diverse year of projects ranging from relief sculpture, a study of the artistic masters to abstract art. We look forward to next year and another presentation of thought-provoking and creative projects.

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Summer is the Time for Edu-tivities



Susan D. Marshall

Typically I write to address the parents, but this is for you and your children. Soon we will all be thinking, "Hooray! School is out!" This is the time to swim, play sports, and enjoy some R&R.

One question though: Have your children ever wanted to study sea animals or to learn to play an instrument but there just isn't enough time during school to do it? Maybe they wanted to learn about rockets, how to cook or sew, the choices are endless!

Kids: Now is your chance to learn about what you are interested in, to discover and to explore things that YOU have always wanted to find out about. Now is the time to satisfy YOUR curiosity.

Simply stagnating for 3 months will eliminate some of the knowledge your children gained throughout the year. As a parent, I always wanted to cultivate my children's desire to learn and explore. If they were interested in something we would research that subject, learn all we could and then do an activity related to their research. Sometimes time is not on our side but I found that having a membership to museums, the zoo, or an amusement park would allow us to explore for a shorter amount of time on days throughout the year would allow us to gain more access and a better experience than trying to fit all of the attractions into one day.

The benefits of membership at different venues stretch far beyond simply the ability to visit the various attractions. They typically have special member only classes for the children, discounts for behind the scenes tours, and much more. If money for a family membership sounds out of reach there are FREE activities to be found.

Of all the venues for learning opportunities, the best place is still your local library. Before you say "sounds boring..." ask yourself when was the last time you went? Library cards are FREE! You can get videos, music, even find books that can rock your world. There is story time and other shows at many libraries, but you won't know about them until you look. Plus, the knowledgeable librarians will help you on your quest, showing you the right sections to find the information you need.

Who will you be at the end of summer? It's up to YOU...

Note to the college bound: Your summers are as important as the school year. Stay competitive, be productive.



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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The Advantage of Summer Learning



Dr. Erin Simon
Principal

Most students anticipate the summer break with enthusiasm. Summer gives them time off from the regular school routine and it can be filled with fun.

For some students, summer vacation means educational or sports camps, family trips and a variety of developing activities. Others find that when the schools close for summer break the engaging learning activities are out of reach. They are unable to strengthen their academic achievement by participating in extra learning opportunities during the summer months. In fact, research shows that students often experience a significant decrease in academic knowledge after a long summer of little to no learning.

For many educators, the benefits of summer programs are well documented. Many educators believe that strong, beneficial programs can address the needs of the whole child as well as offer innovative approaches to the learning process. Additionally, these programs can boost student achievement, self-esteem and self-confidence. Moreover, well-designed learning programs can increase a student's motivation to develop old skills and nurture new ones.

Examples of successful summer programs can include (but are not limited to) summer reading, writing and math interventions; accelerated summer school; newly envisioned summer school sessions; educational camps; and hybrid youth development and academic enrichment programs.

By and large, summer programs have the potential to help reverse learning loss and increase educational equity. They are good for students, and can help make our schools even more successful. Investing in summer learning can definitely pay off in many ways.

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Redondo Beach Council PTA

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

Summer Reading Tips



Lisa Christensen
President

Parents play a major role motivating children to read during the summer. California State PTA recently published these 8 tips from the nonprofit organization Reading is Fundamental.

- Combine activities with books
- Lead by example
- Talk it up
- Help kids find time to read
- Relax the rules for summer
- Have plenty of reading material around
- Use books to break the boredom
- Read aloud with kids

Summer leaves lots of time for kids to enjoy fun activities. If you are going to the beach, stuff a paperback book in the beach bag. In the car or over a hot dog at the baseball game, you'll have lots of time to talk about books and the game.

Newspapers and magazines are great sources of light reading. If kids see adults around them reading, they will understand that books and other reading material can be an important part of their summertime fun!

Note-ables

Buy One Get One Flea, Dog on Fleas



Kate Karp

For some time, creators and performers of young people's music have been dispensing with the cheap, synthetic sound of electronic tracks and replacing them with real live instruments. I'm surely not the only one who's delighted beyond words. Dog on Fleas is one of the groups that plays in its own band, called the Backyard Orchestra; the combo includes but is not limited to a sousaphone, duck calls, a bass drum, a bassoon, a clarinet and several kazoos. The wacky instrumentation and the wordplayful monikers of group and band indicate one slaphappily good CD.

The content is composed of songs original, familiar and obscure. Imagine, if you will, "Over the Waves" and the "Grand March" from the opera *Aida* played solely by kazoos, albeit skillfully. The original songs, written by Grammy Award-winning producer and band member Dean Jones, are based on themes that both child and parent will appreciate. "Hundredaires" is about the joys and disadvantages of a simpler life and a lighter wallet. "It's a Ruse" warns about things that seem too good to be true and likely are. "Pardon My Pajamas"—well, who hasn't longed to spend an entire day in jammies?

And "Hinterlands" is plain wonderful—brilliantly arranged and tuneful, with an energy that you can jump on and ride. You're certain to get an itch for Fleadom.

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

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July 17: Knott's Berry Farm
July 24: Medieval Times
July 31: Raging Waters
Aug. 7: Knott's Berry Farm
Aug. 14: Soak City
Aug. 21: Ice Skating

THEME DAYS

June 20: Luau Day
June 27: Flashback Day
July 2: Crazy Hat/Hair Day
July 11: Western Day
July 18: Wacky Day
July 25: Halloween in July
Aug. 1: Superhero Day
Aug. 8: Wacky Day
Aug. 15: Group Color Day
Aug. 22: Pajama Day

Beach Cities

Hands-Only CPR

June 14, 2014

Join Beach Cities Health District's AdventurePlex and the American Heart Association for Beach Cities Hands-Only CPR Event!

Bring the entire family to be trained on lifesaving Hands-Only CPR, and receive COMPLIMENTARY* general admission. Other activities include free class demos and emergency preparedness resources.

Date: Saturday, June 14, 2014

Time: 10 a.m. – 2:30 p.m.

CPR Training: Noon – 12:30 p.m. & 12:30 p.m. – 1 p.m.

To RSVP for a training visit: www.bchd.org/cpr

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*Must take the training to receive free general admission to AdventurePlex during the CPR event.

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Morning Garden is the Sky



Nancy

My morning garden is the sky, seriously! When it is cloudy and the heat of the night is held close to the earth, the sky beckons with cloud formations so beautiful when backlight by the rising sun. It just takes my breath away.

This morning it was clear and crisp and as I walked to open the gate the eastern skies were ablaze with early morning oranges and reds and golds, just gorgeous. Oft times I am treated to huge Vs made by geese, ducks and swans on our Pacific Flyway. Some days they are so low to the ground I revel in the whisper of their wings moving through the air. It too is breathtaking.

Of course, my evening garden is the sky also as I bid goodnight to the day at choretime. The western skies beckon at this time. I stand on the deck above my house and watch the coastal ranges as the sun slips behind them, outlining each ridge with a rim of gold. The rice paddies shine in the distance, as do our local “afterbay” and “forebay” and Feather River. It is quite peaceful to stand in the silence and watch towns stretched through the valley come alive with winking and blinking street and auto lights.

As much as I enjoy keeping my eyes to the ground and taking pleasure from trees, flowers and plants, it is wonderful to lift my eyes and appreciate that which is above me. Time to give my personal thanks for the coming of the day and then the passing. I hope your garden includes the sky.

Publisher’s note: Nancy is a mother, grandmother, great grandmother, retired school board member, and community volunteer. Nancy is a rancher in Northern CA. I don’t think I have ever known anyone quite as appreciative of nature as Nancy. She can stand in the middle of a field of weeds and find beauty in the gentle swaying of the tassels. At the end of her busy day, rather than settle down for a much needed rest, Nancy is preparing sugar water to not disappoint the hummingbirds the following morning. After much arm twisting, I convinced Nancy to share with our readers a few tidbits of her days on the farm. Enjoy!

Good for the Mind & Great for the Heart



Dr. Shari Sweetnam

The way we choose to spend our time and the activities in which we engage help form our value system. With a wide array of possibilities and opportunities, volunteering is a positive and vastly beneficial way of helping young people develop a strong sense of self.

Volunteering offers benefits spanning from the intellectual and spiritual to the educational and professional. As young people give of themselves and their time, they can learn about being selfless. In a busy world of “pursuit of personal happiness,” too often the intrinsic values of empathy and giving are the lessons that are overlooked. Helping others via a structured volunteer program is a positive and safe way to develop oneself in this regard.

Additional Benefits of Volunteerism:

- Learning: Acquiring a new trade or skill can help teens see the world in a bigger picture and be inspired to continue to expand intellectually.
- Networking: Volunteering brings people of like minds, interests and values together. This will inevitably lead to positive interaction and healthy relationships.
- Building the Résumé: Engaging in service to others and taking the initiative to learn new trades or skills is a brilliant way to expand your portfolio. This is especially beneficial for students and young professionals.
- Personal Growth: As Mahatma Gandhi said, “The best way to find yourself, is to lose yourself in the service of others.” Teens who experience growth at an early age are likely to continue cultivating positive behavior and friendships.

Motivational Speaker, Founder of *The Brainpower Programs for Schools*, Author, Consultant, Radio Host contact: info@doctorshari.com, www.doctorshari.com, twitter: DrShariS, Youtube: Dr. ShariS, LinkedIN: Dr. Shari Sweetnam

Constellations 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 subject line)

Entries must be received July 15, 2014
From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

AQUARIUS	GEMINI	SAGITTARIUS
AQUILA	HERCULES	SCORPIUS
ARIES	LEO	TAURUS
AURIGA	LIBRA	URSA MAJOR
BOOTES	LYRA	URSA MINOR
CANCER	ORION	VIRGO
CANIS MAJOR	PEGASUS	ZODIAC
CAPRICORNUS	PERSEUS	
CASSIOPEIA	PISCES	

You still have until May 15 to enter the May Word Search Contest! If you don’t have the paper, it is on our web site.
www.schoolnewsrollcall.com

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

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Session 1: July 14 – 18

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\$60 per day

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(June 1, 2014)
\$25 second sibling

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(800) 595-0838

To Register:
Download Registration at:
www.schoolofskills.net
(for daily schedule)

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- ⊗ Guaranteed to increase your basketball IQ

On The Run

Foot Injuries at the Beach



Dr. Doug Richie

With summertime here again, it is appropriate to alert beachgoers about the potential for injury in the sand and in the ocean. For various reasons, there are reports of increased foot and leg injuries affecting unsuspecting visitors to the beaches of southern California.

Walking in sand barefoot may be a unique and joyful experience, but some caution should be considered.

Unfortunately, our beaches may be filled with debris, such as broken glass, torn aluminum cans, and even hypodermic needles.

The use of sandals can minimize the risk of a laceration or puncture wound from a potential hazard buried beneath the sand.

In the ocean, natural wildlife may pose a threat to your feet and legs. Jellyfish abound in the waters off California. A jellyfish sting can be annoying, if not painful, but can be quickly remedied by applying rubbing alcohol to the affected area.

Sting ray injuries can be far more painful, and they seem to be on the rise along California beaches. To avoid these injuries, shuffle your feet in the sand as you walk slowly in and out of the water. If you have the misfortune of getting stung by one of these creatures, your best remedy is to soak the affected foot and leg in a bucket of very hot water (100–105 degrees F) for 30 minutes, then repeat once every hour until the pain subsides. Occasionally, antibiotic therapy will be needed as a follow-up treatment, so seek the advice of your physician.

Dr. Doug Richie is a sports podiatrist who has practiced in Seal Beach for 32 years. He is president of the American Academy of Podiatric Sports Medicine and serves as a medical advisor to U.S. A. Track and Field. 562/493-2451



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www.hermosasurfcamp.com

Healthy Summertime Tips

This column provides insight from Carol Berg Sloan RD, (a registered dietitian for 37 years) and her daughter Kelly Sloan, (a dietetics student at the University of Hawaii). Both give their perspective and tips to help make healthier food and beverage choices.



Carol Berg Sloan, RD

Summer sometimes leads to, shall we say, more “laid back” habits. The days are longer, trips are being planned and routines are interrupted. How can you stay on track with eating well when it seems everything is in vacation-mode?

As much as I hate to say it, routine becomes even more important when things become chaotic and unplanned. For example, if the kids are sleeping in, it’s easy to skip a meal or consume snacks that may not be the most nutritious. Younger children are easier to get up, dressed and fed, but teens love to sleep in until noon. Make sure a plan is in place with pre made meals, chores, activities and notes to keep everyone on track.

Eating three meals a day is a routine that should not be broken. Having good meal choices ready to go will keep everyone on schedule. Breakfast continues to be the best way to start the day both mentally and physically. Keep frozen waffles on hand along with unsweetened cereals such as Cheerios® or corn flakes. Berries, bananas and raisin are great add-ons. Check out the Cheerios® Nuts and Bolts Snack Mix below for a fun snack for mid-morning or afternoon. Sandwiches for lunch are a great stand-by and are easy to prepare. Having whole grain bread on hand with favorite fillings (PB&J, tuna, egg salad, sliced turkey or ham, with lettuce, sliced tomato and pickles) is a must! Working outside the home or not, a crockpot is one of the most important pieces of equipment in my kitchen. Chicken legs and thighs can be placed in the pot in the morning with a favorite sauce and be ready for a 6:00 pm sit down dinner. Don’t forget pot roast, pork roast or chili beans can also cook all day and be ready for a complete meal with added vegetables and salad.

Cheerios® Nuts and Bolts Snack Mix

Makes 15 servings — Courtesy of <http://www.cheerios.com/recipes/cheerios-nuts-and-bolts-snack-mix/2651e989-d12a-4459-b628-92970af13cc8>

Ingredients:

- 4 cups Cheerios® cereal 2 cups pretzel sticks 1 cup nuts
- 1/4 cup butter or margarine, melted 1 tablespoon Worcestershire sauce
- 1 teaspoon paprika 1/2 teaspoon garlic salt

Directions:

1. Heat oven to 275°F.
2. in ungreased 13x9-inch pan, mix cereal, pretzels and nuts. Stir together melted butter, Worcestershire sauce, paprika and garlic salt. Pour over cereal mixture, tossing until evenly coated.
3. Bake 30 minutes, stirring occasionally; cool. Store in airtight container.



Kelly Sloan

Students really look forward to the summer when stressful classes are over and the fall seems faraway. I ask for a consistent schedule at my work and keep up with my exercise classes. I do take a week off and catch up on my sleep and “fun” time, but get back into a routine soon after.

As much as parents would like, college students are just not going to make good food choices all the time. Living in Hawaii, I do have access to lots of fresh fruits and vegetables but prices are higher and many times it is just easier to go to the local coffee house or smoothie shop for a blended drink. I tell students in the nutrition column that I write for the university paper how many calories are in these types of beverages (600 and up) so they can make a choice knowing how these calories can add up. One of the best purchases I made recently was a blender so I can make fruit drinks at home with fresh and frozen fruit. One of my favorite drink recipes that has been on my blog is Pineapple Green Machine. All the best for a great and relaxing summer!

Pineapple Green Machine

Courtesy of <http://kellyfoodparadise.com>

Ingredients:

- 1 cup spinach
- 1 cup fresh pineapple, sliced
- 1 banana
- 1 cup almond coconut milk
- 1 teaspoon honey
- 1 cup ice

Directions:

1. Add all ingredients into blender and blend until smooth! Add water to smooth out chunks.



Carol Berg Sloan, RD is a nutrition therapist in Long Beach. She can be reached at: cbsrd@verizon.net

Kelly Sloan-Staff Writer, Ka Leo O Hawai'i
Twitter: @KSloan6 University of Hawaii at Manoa

Parent To Parent

Summer Fun With Kids



Jodie Lynn

Q: This summer we want to try and do more things with our kids at home. What are some of the best, most entertaining and/or most educational products that are quality items? The children range in ages from almost 4 to around 12.

A: There's plenty of new and exciting creations for summer fun. Crayola has some awesome products, among which are new markers, sidewalk chalk in tons of amazing colors, colored outdoor bubbles, and a traveling, mess-free kit for kids in the car or on a plane. If you're looking for unusual, high-quality

clothing for kids, the Hiho Batik Handmade company makes beautiful cotton items that are light, soft and almost airy. Check out www.hihobatik.com for more details. The Flutterbye Surprise Butterfly Diary, by Spin Master, is a grand surprise that requires no batteries. It's supposed to be for the girls, but

everyone seems to enjoy it when we checked it out. There's great towels for the kids or anyone in the family for swimming, after a bath or just any old time. Check out www.karamagifts.com for their well-made beautiful items. Don't forget to keep them brushing their teeth. There's a new toothbrush for kids, and the whole family, made out of biodegradable bamboo that is non-toxic, BPA-free and antimicrobial. See www.woobamboo.com for more info. Lastly, there's a new business start-up kit, Lemonade Stand, by Bizainy™, to inspire the entrepreneurial in your kids and is also great amusing educational fun.

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.

SUPERINTENDENT • From Page 1



Dr. Steven Keller

create environmental challenges in the classroom and harden the relationship between teaching and learning. This is tough on teachers and students.

So, parents, let me encourage you to consider the following:

- 1) If your child is going to watch television this summer, limit the time s/he watches and monitor what s/he is watching. There is indeed “good” television and “bad” television.
- 2) Monitor gaming and online streaming content, as some of these applications and videos are better than others and can actually support learning—re-teaching or enrichment.
- 3) Provide at least one hour of reading time in your home, Monday through Friday. Magazines, books, and appropriate online content are a few examples.
- 4) Send your kid to a day, weekend, or a week-long camp in an area of his/her interest.
- 5) Take your kid to a museum, to the mountains for a hike, to the beach for a stroll, or to the library for some quiet reading time.

The most underrated, uninterrupted time to spend with your child is while driving to/from a location. Some of my most profound (and entertaining) conversations with my son, Jaxon, took place while I was driving somewhere. This is “priceless” one-on-one time that is often unused.

Finally, and you know this, the traditional, family dinner time can never be undervalued. Playful board games, multiplication problems, guess the author’s quote, etc. can take place when gathered around the table with the phones, television, and music off. Make the most of these moments, especially in the summer when your child is free from the responsibilities of homework. Remember, Team RBUSD will provide the schooling; Team RBUSD and you, the parent, educate.

As a father who takes his job seriously, I implore you to throw every learning opportunity at your kid this summer. I know that budgets are tight right now. You don’t have to spend dime on the ideas above. However, a little spending of time now can pay significant dividends in the long run.

1401 Inglewood Avenue, Redondo Beach, CA 90278
(310) 379-5449

WITH GRATEFUL THANKS • From Page 1



Eli Jarmel
Student Member

My four-year puzzle seemed to click into place the minute I was sworn this position. The Board embraced me and made the transition comfortable for me, offering answers to any of my questions and challenging me to express my opinions openly, even if they met some opposition. It was immediately apparent that the Board prided themselves on finding a perfect balance between an efficient business-like demeanor and a relaxed, friendly relationship with one another. This balance allowed me to get involved as a student and to have a sense of inclusion with the rest of the Board. Above all else, it was clear to me that the

Board wanted the best for their district and held the interests of students and faculty above their own, and this characteristic heavily appealed to me. My main goal after taking the position was to represent the interests of students throughout the district to the best of my ability, and I felt that sentiment was reciprocated.

After watching the district evolve and grow with me, it has been a life changing honor to represent my fellow students. I’ve learned more about politics and education than I ever could have through any other medium, and I’ve been able to gain experience as a student activist along the way. My hope is that my attempts to expand my role have been successful and that anyone who follows in my footsteps will have the same desire to create change in the name of the students and staff of our district. I cannot thank the Board and the district enough for the opportunity they’ve created in giving my position the weight it has. I’m proud to have had an active role in my educational community, and I’m so excited to watch this institution excel as an alumnus of the best district in the South Bay.

Board of Education Regular Meeting Schedule

2014			
June 10	August 26	October 14	December 9*
June 24	September 9	October 28	
July 22	September 23	November 18*	
2015			
January 13	February 24	April 14	May 26
January 27	March 10	April 28	June 9
February 10	March 24	May 12	June 23
	(April 14 – Organizational Meeting)		

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