

FREE

School News

Education + Communication = A Better Nation

Covering the Redondo Beach Unified School District



Volume 10, Issue 89

June 2016

Walking School Bus



Thirty-seven Walking School Bus routes help students from 14 elementary schools (eight in Redondo Beach) annually walk 423,000 miles.
(please see Beach Cities Health District page 6)

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Health News

by Anabella Pascucci, MD

How can I protect my child from sun damage?

Sunscreens protect the skin by blocking the absorption of ultraviolet (UV) radiation, but additional caution should be taken.

The sun emits two main types of rays: UVA (ultraviolet A) and UVB (ultraviolet B). UVA rays penetrate the outer layer of skin, damage skin cells and are the primary cause of sunburns. UVB rays penetrate deep into the layers of the skin and cause premature signs of aging such as wrinkles and age spots. Frequent and/or intense exposure to both types of ultraviolet rays are strongly linked to all forms of skin cancer.

Importance of sunscreens

Sunscreens help extend the length of time you can be outdoors before your skin begins to redden, but don't offer 100 percent protection from skin-cell damage. Selecting a good sunscreen is important in protecting the skin. The sun protection factor (SPF) on a sunscreen label is a

measure of how well the sunscreen protects against ultraviolet B (UVB) rays. Sunscreen should be applied 15 to 30 minutes prior to sun exposure to all areas of skin that is not covered by clothing.

The American Academy of Dermatology recommends choosing a sunscreen that offers a broad-spectrum protection (protects against both UVA and UVB rays), has an SPF of 30 or higher and is water resistant to provide protection while swimming or sweating. The type of sunscreen, provided it has adequate SPF, is a matter of personal choice, but it should be applied generously and frequently throughout the day. Available options include lotions, creams, gels, ointments, wax sticks and sprays.



Treatment for sunburns

To treat sunburns, apply cool or iced compresses or wet towels to the skin and constantly re-wet the towels. Over-the-counter topical moisturizing lotions can be used to help reduce inflammation.

Prevention is the best protection

There is no such thing as a safe, healthy or protective tan. Any tan – caused by sun exposure, tanning beds or sun lamps – can lead to skin cancer. The best treatment for a sunburn is not to get one.

Dr. Pascucci is a dermatologist at the UCLA Health office in Redondo Beach, located at 514 N. Prospect Ave., and sees patients of all ages.



Tips for sun protection:

- Use sunscreen year-round, even when it's cloudy outdoors
- Reapply sunscreen generously and frequently
- Seek shade when appropriate
- Apply sunscreen 15 to 30 minutes before going outdoors
- Limit your sun exposure between 10 am and 4 pm, when UV rays are the strongest
- Wear a hat with a wide brim and tightly woven clothing that covers most of your skin
- Wear polarized sunglasses
- Avoid tanning beds and sunlamps
- Wear swim shirts or rash guards for water activity
- Use UV protectant laundry additive to clothing to give extra protection

Superintendent



Dr. Steven Keller

Summer Learning

Participating in summer learning activities helps not only your child, but also teachers. Students who experience a plethora of learning over the summer return to school in the fall ready with new information and, therefore, full of new experiences. Teachers admire 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 or her favorite television shows and play his or her favorite video games. This student does not necessarily embrace new learning or new activities. This can contribute to creating the chasm between teaching and learning. This is tough on teachers.

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

If your child is going to watch television this summer, limit the time he or she watches and monitor what he or she is watching. There is indeed "good" television and "bad" television.

Provide at least one hour of reading time in your home, Monday through Friday. Magazines, books, and appropriate online content are a few examples.

Send your child to a day, weekend, or week-long camp in an area of his or her interest.

Take your child to a museum, to the mountains for a hike, to the beach for a stroll, or to the library for some quiet reading time.

Perhaps the most underrated learning and exchange with your child is while driving to or from a location. Some of my most profound (and entertaining) conversations with my son and daughter took place while I was driving somewhere. This is "priceless" one-on-one time that is often unused. Make the most of it.

Finally, and you know this, the traditional, family dinner time can never be undervalued. Playful spelling bees, multiplication problems, guess the author's quote, in what year did this occur, and a host of other teachable moments can take place when gathered around the table with the television and music off. Make the most of these moments, especially in the summer when your child is free from the responsibilities of school. Remember, Team Redondo Beach Unified School District (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 child this summer. I know that budgets are tight. 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.

Redondo Beach Council PTA



Raymur Sweeney
President

Summer Learning

The summer months are a particularly good time for parents and families to bond and enjoy some quality time together with fun, learning activities. At home, at the beach or on a road trip, you can find everyday ways to support student learning:

- **INDOORS Literacy** – Make time every day for your child to read and talk about a story they like best. Make a sock puppet of a favorite character and re-enact the story.
- **Math** – Prepare meals together using measuring spoons and cups or kitchen scales for ingredients. Have kids feed pets using a measuring cup to dispense dog or cat food.
- **Art** – Keep markers, pencils, paper, paint and other supplies on hand for art projects. Gather up recycled materials and clothing for skits, dances or plays.
- **OUTDOORS Physics** – At the beach or in a sand box at the park, compare the depth of big and small footprints due to weight differences.
- **Science** – Go on a scavenger hunt on a walk or hike to find and identify 5 plants, 5 animals and 5 birds together. Gather a few fallen leaves to take home to make leaf prints with paint and paper.
- **Health** – Use a pedometer to count steps throughout the day, aiming for 11,000 daily steps (ages 6 to 17). Help your child choose an activity such as walking, basketball or bike riding and encourage one hour of exercise every day.
- **ON THE GO Literacy** – Play word games in the car such as I Spy to strengthen skills in vocabulary, observation and description.
- **Geography** – Keep a list of car license plates by state and see who can spot the most states.
- **Math** – On an outing to a museum, beach or park, have your child show the way on the map. Estimate the distance, and then check to see how close you came.

Making family time for fun, learning experiences and staying active during the school break ensures that children and teens continue to grow their skills for success in school and beyond. I wish you a happy and healthy summer!

1401 Inglewood Ave., Redondo Beach, CA 90278
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Redondo Beach Unified School District
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Board of Education



Anita Avrick
President

Wonderful Endings and Beginnings

I can hardly believe that another school year is coming to an end, and I am proud to serve in the position of president of the Redondo Beach Unified School District Board of Education once again. It is an incredible honor and something I do not take lightly. We have an awesome school district with amazing teachers and administrators, not to mention our great volunteers, supportive parents, and remarkable

students. We are very lucky to have very active PTAs as well as valued partners in the community, such as Beach Cities Health District, the Redondo Beach Educational Foundation, and city leaders.

This is an exciting time of the year with all the promotions and graduations to look forward to. It is also a time to say goodbye to some. We have had the privilege of working with an amazing student Board member, Chris Paludi, for the last two years. We have watched him grow into a bright, intelligent, articulate young man. Kenyon College is lucky to welcome him in the fall. I look forward to hearing from him about how everything is going. Madison Laster is our incoming student Board member, and I am very excited for her to join us.

In June, Measure K will be on the ballot. It is a rezoning of our property on Knob Hill to allow Kensington Properties to build a senior assisted-living facility, similar to Silverado. Once it is built, the school district and students will be receiving over \$600,000 a year with annual increases, which will be going into our general fund. We are very proud to say that it was a unanimous vote of the city council to move forward to put Measure K on the ballot. For more information, please go to LearnMoreAboutK.org.

I hope you have a great summer, and we look forward to seeing you in August.



Chris Paludi
Student Member

An Expression of Gratitude

My past two years of service on the school board have gone by unbelievably quickly. As time has gone by and I've come closer to what is now the end of my second and final term as the student representative, I've savored every meeting and every event as an opportunity to work and interact with truly incredible people and genuinely great students.

This district is special. The culture that teachers, administrators and the board create at our schools is unparalleled by any other I've seen. Students genuinely enjoy coming to school in Redondo Beach—they love the environment, the engagement and the energy we've created at our sites. Serving the students of this district has brought me immense pride, and when I think of moving on from RBUSD, I can't imagine any school—even college—being better than my high school. No school could have a more supportive administration, no school could have such great teachers, no school could rival our students' individuality and capacity for greatness.

When I was appointed to the board, I was 16. However, over these past two years I've become a man, and so much of the credit for who I am today goes to the role models I've met through this position. Too many to name individually, the people of RBUSD and of Redondo Beach as a whole will forever hold a special place in my heart and a formative chapter in my story. I've learned the importance of diligence to my work, the value of respect for everyone, and the necessity of the whole-child approach we wisely practice with our students. Today, I stand taller than I ever would have because of the support of those I've been blessed enough to work with.

The Next Adventure

In addition to those who work in the district, I'd also like to thank the taxpayers of Redondo Beach. The recent measures you approved have transformed RBUSD schools into beautiful hives of activity and have empowered us to take our place among the leaders in California education and technology. Students here may not always realize how lucky they are because this is all they've ever known, but one needs only to venture outside our school district to appreciate Redondo.

Next year, I'll be venturing far indeed. I've committed to Kenyon College in Ohio, but my heart will always be at 1 Sea Hawk Way, looking out over our unmatched view of the ocean. For the rest of my life, I'll embody the values that my service on the board instilled in me, and I'll never forget where I came from or how lucky I was to be here. Thank you to everyone I've met and worked with over the past two years, and I hope to see you all again whenever I make the flight back home.



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Kay Coop
Founder/Publisher



Congratulations Class of 2016!
Here we are at the end of another successful school year. We wish the graduates well as they go on to their next journey knowing they have an excellent foundation from RBUSD.

The Superintendent starts this issue off with the importance of continuing to learn during the summer. This issue is full of suggestions for keeping your child's mind and body active.

Thank you for your continued readership. The entries in our contests have increased to record levels and I look forward to your emailed comments with your entries.

Our next issue is September 7. Until then have a fun summer. Parents and teen please remember don't text and drive.



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Redondo Beach Educational Foundation



Ted Craddock
President

First Annual Spring Gala

The Redondo Beach Educational Foundation would like to give a big THANK YOU to our community for making our first annual SPRING GALA a HUGE success.

The event was held at the gorgeous Redondo Beach Historic Library on April 29th. It was SOLD OUT weeks prior. We were overwhelmed by the support of our Redondo Beach families, District personnel, School Board, City Officials, and local businesses. As a result, the event rose over \$50,000 towards enriching the educational experience for all students in our great school district. As beautiful as the venue was, we were unable to accommodate everyone who wanted to come. If you were unable to get tickets to this year's gala we hope that you'll keep us in mind next year. We promise to find a bigger place! We look forward to making this an annual event and are already working hard to find a venue that will accommodate all who want to come out and support RBEF! Once we get a spring date set for next year we will make the announcement. So make sure to buy your tickets early and you don't miss out on this fun evening.

In the meantime, if golf is your game, mark down Monday November 14th. We will be hosting the First annual RBEF/ Mayor's Cup Golf Tournament at Skylinks Golf Club in Long Beach. Refer back to www.rbef.org this summer for more details.

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Beach Cities Health District



Susan Burden
CEO

Feeling Blue?

The Beach Cities have a certified case of the blues. And that's cause for joy.

After six years spent weaving health into the fabric of education, city policy, business and our community culture, we're proud to announce the Beach Cities (Hermosa Beach, Manhattan Beach and Redondo Beach) recently became the largest community to achieve "Blue Zones Community"

certification. This honor recognizes the Beach Cities' remarkable transformation through the successful implementation of Blue Zones Project, which we launched in 2010 to make the healthy choice the easy choice for residents.

Due in large part to the unrivaled commitment and participation from Redondo Beach Unified School District, which boasts all five of our community's Blue Zones Designated schools, Blue Zones Project achieved the following key milestones since 2010:

- Alta Vista, Beryl Heights, Birney, Jefferson and Lincoln completed Blue Zones Designation – impacting 2,900 students annually – and now offer more health programs and resources.
- Thirty-seven Walking School Bus routes help students from 14 elementary schools (eight in Redondo Beach) annually walk 423,000 miles.
- 125 local eateries, including the RUHS student cafeteria, earned Blue Zones Restaurant® designation by committing to serve healthier options.
- Hermosa Beach and Manhattan Beach adopted robust public smoking bans.
- Fourteen of the top 20 employers achieved Blue Zones Designation by instituting policies that favor health.

"Our school district is committed to a 'whole child' approach and believes student health is paramount to academic success," said Dr. Steven Keller, RBUSD superintendent. "The work of Blue Zones Project helps further our goals as a district and is a driving force behind creating a healthier school environment and delivering a complete education to each student."

As a result of these concerted efforts, 25 percent of local students now walk to school – compared to 11 percent nationally – and the childhood obesity rate in Redondo Beach elementary schools (grades K-5) fell from 20 percent in 2007 to nine percent in 2015.

These health gains validate the years of hard work and sustained commitment to health exhibited by our entire community. However, we are far from finished – there's still much more to accomplish.

We look forward to your sustained partnership as we continue on this journey. Congratulations!

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Fombe Ndiforchu, MD, MPH, MBA
Medical Director,
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Foundation
Pediatric Surgical
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Women's Hospital
Long Beach

The possibility of your child requiring surgery can be daunting. Understanding the type of surgery your child needs and how it will benefit them is important. A number of procedures never thought possible are now minimally invasive, including surgeries done on the esophagus, hernia, tumors and more.

Traditionally, surgical procedures were performed through large incisions using "open" incision techniques. Whenever possible, surgical procedures are now being done through tiny incisions, often less than an inch long, using minimally invasive surgery, or "keyhole" techniques.

In most minimally invasive surgeries, a flexible camera and light-weight surgical instruments are introduced to the area requiring surgery through tiny incisions. Guided by greatly magnified images on a television monitor, surgeons may perform complex procedures less invasively.

The advantages of minimally invasive surgery are many, including:

- Less pain
- Shorter/eliminated overnight hospital stay
- Improved recovery times
- Minimized scarring

It also is important for your child undergoing surgery to understand what they will be experiencing. You can help by:

- Asking questions of your child's surgeon, anesthesiologist and nursing staff to better understand what your child will experience
- Asking to accompany your child into the operating room
- Speaking honestly about what will happen
- Listening to your child's concerns about surgery
- Touring the surgical unit with your child
- Encouraging your child to participate in medical play

To help lessen any fears you or your family may have about surgery, Miller Children's & Women's Hospital Long Beach offers tips and a virtual tour of its Pediatric Surgical Center at MillerChildrens.org/Surgery.

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After being diagnosed with cyclic vomiting at the age of 4, doctors found a cyst in 9-year-old Elia's body. The cyst was a duodenal duplication – a double portion of intestine – that caused Elia to vomit and prevented her from eating. Elia needed help from surgeons at Miller Children's & Women's Hospital Long Beach. Through minimally invasive surgery, Elia's cyst was removed. Now more in control of her body than ever before, Elia is singing her thanks to Miller Children's.

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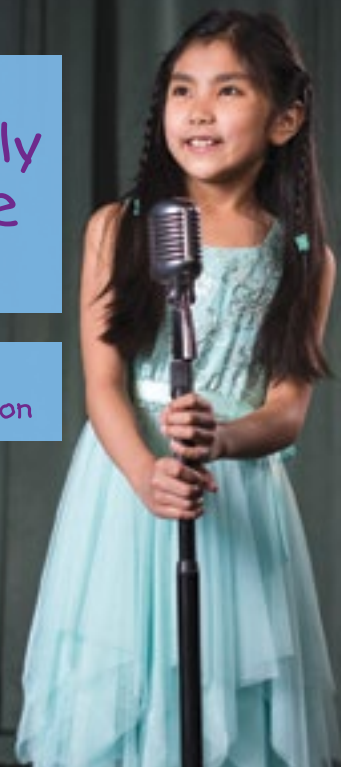
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RBUSD Alternative Education



Sue Hall
Principal

Options

By Lissa Watts

Summer is coming! While the school year at Redondo Shores is winding down, the staff is gearing up to help students continue learning over the summer

break. We have several options available to our students this summer. While some of our students will be taking courses through RBUSD's summer school, others will be enrolled in El Camino College (ECC).

We are very fortunate to have built a very strong relationship with El Camino College. ECC provides an educational advisor that comes to Redondo Shores weekly. Through this partnership, students become informed about the programs offered at ECC, get assistance with enrollment, and even have an opportunity to tour ECC. ECC provides concurrent enrollment options to high school students, and also provides priority registration to our graduating seniors. As of mid-April, a third of our seniors are enrolled in El Camino College who plan on taking courses after graduation.

ECC also has other free summer opportunities for high school students. They have a Young Scholars STEM summer program which is designed for high school students who are interested in learning more about careers



Students visit El Camino College campus.

and majors in Science, Technology, Engineering, and Math (STEM). They also have a five-week Summer Reading Institute (which serves students K–12). In this program, students strengthen their reading and comprehension abilities and learn how to study more effectively.

Here at Redondo Shores, we encourage our students to continue on their educational journey year-round. We are fortunate to have options outside of RBUSD for our students. In addition to the free program options open to all of our students, ECC also provides a scholarship opportunity each year to the graduating seniors of Redondo Shores.

This year the recipient of the ECC Scholarship is Austin Wilson. The scholarship provides a \$1,000 award for two consecutive years!

1000 Del Amo St., Redondo Beach, CA 90277
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RBUSD Educational Services



Dr. Annette Alpern
Deputy
Superintendent,
Educational
Services

Be Active Physically and Mentally

In this, our last edition of *School News* for the 2015-2016 school year, you will be immersed with advertisements and articles suggesting both free and for-cost ideas and programs for summer learning for your kids. Why? It isn't just because educators and those in the private sector know that many parents work year-round and they need somewhere to keep their kids for the day. And it isn't just because we know that many parents want to avoid hearing their kids talk

about being "bored" only after a week into the summer vacation. What educators and academics know is this: ALL, yes ALL, young people experience "learning loss" when they do not engage in some brain-based activities during the summer. Research spanning over 100 years shows that students typically score lower on standardized tests at the

end of the summer than they do on the same tests at the beginning of summer. 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 over the summer months. Most children gain weight more rapidly when they are out of school during summer break. Maybe spending too much time in front of a screen? In other words, read the articles and suggestions throughout this issue of *School News*. There are plenty of free and low cost ways to support your children during their ten weeks of summer vacation. Whether they attend summer school or spend most of the summer getting outdoors, staying active and living in the ideal climate that is Southern California, the educators of RBUSD look forward to welcoming all of our students back to school on August 31st.

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

RBUSD Child Development



Theresa Van Dusen
Director

Summer in the CDC

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 in addition to the awesome field trips they go on weekly. When you walk into a CDC



A day at the farm



CDC beach fun

classroom, you will find children that are engaged and having fun, which is just how we like it. Everyone has a great and memorable time.

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

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South Bay Adult School



Dr. Anthony Taranto
Director

Summer Learning for All Ages

Summer is a great opportunity to not only downshift and spend time with the family but also to practice lifelong learning. At South Bay Adult School (SBAS), we offer a wide range of parent education classes in our South Bay Family Tree Parent (SBFT) Education Program. We have classes for children from newborn through 6 months old and up to 6 years of age. Join us for classes that not only


provide fun bonding activities with your child but also the enjoyment of meeting other parents for fun and supportive friendships.

Babies and Bubbles is a class for newborns and parents to stimulate curiosity and sensory activity for children. In How Does Your Garden Grow?, children 18 to 24 months old explore seeds, gardening and water conservation. Children will explore the art, music, games, food and culture of friends in Around the World, a class for children 5 to 6 years of age. All classes in SBFT require parent participation.

Health and fitness classes including light weightlifting,

swimming and yoga will be offered at Redondo Union High School. At Mira Costa High School, classes include fitness for cardiovascular exercise, Japanese and dealing with grief and loss.

At our Edison campus, intermediate drawing for older adults, quilting and fitness for mature adults will be offered. Also at Edison, we will have a variety of English as a second language (ESL) classes including ESL Basic Computer Skills, English for Academic Success, GED Prep, and Vocabulary and Pronunciation.



SUMMER 2016

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Lisa Veal
Principal

Let the Learning Continue!

As parents of middle schoolers, it is important for you to help your children strike a balance this summer between leisure and learning. While we want our students to enjoy the summer and all the pleasure it brings, it is important that children are presented with continued learning opportunities to prevent the “summer slide” or a loss of learning this summer. They are

many fun ways to incorporate experiential learning into the summer months.

As your teenager gets closer to heading off to college, consider visiting a local university. Capitalize on these visits by engaging your child in conversations regarding higher education and life after high school. Encourage them to take pictures and create a visual representation of their visit, to help them plan for their future college and career goals.

Take a family trip. Visits to parks, museums and other local attractions can provide a perfect opportunity to enjoy an enriching experience while sharing some quality family time together. Journaling these experiences will make a wonderful keepsake and provide great material for personal narratives when they return to school.

Find ways to ensure your children are reading on a

daily basis. Utilize your local library. Visit the Adams Middle School Web site and look for the summer reading list and related projects. Adams’ teachers have compiled an excellent list of summer texts, including award-winning fiction novels and nonfiction works. Students are encouraged to read several books on the list in preparation for the next grade level.

Remember to provide math practice opportunities. Students have access to TenMarks, an online math program that reinforces classroom instruction and builds conceptual understanding and procedural fluency. Set aside a pre-determined amount of time per day to practice math. While on family trips, create fun math games to do with your children. Encourage them to calculate expected time of arrival. Ask them to add or multiply digits on license plates. Get their assistance in determining how much to tip at restaurants.

If you are looking for a more structured environment, the Redondo Beach Educational Foundation (RBEF) hosts a six-week, fee-based program that provides both intervention and enrichment classes. Visit www.rbef.org to see the class offerings.

Most importantly, enjoy these months with family and friends! Take advantage of summer to spend quality time together and reconnect. Just remember to continue the learning process as you enjoy the break. Have a great summer, and we will see you in the fall!

Beryl Heights *Elementary (K–5)*

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



Karen Mohr
Principal

Summer Learning

During the summer months, it is important to keep your mind healthy and involved with extracurricular activities. Most importantly, families should read together, spend time exercising together, take walks, go on bike rides, or hang out at our beautiful beach.

The Redondo Beach Library provides multiple opportunities for students and their families to read through the Summer Reading Program. We are encouraging all Beryl Heights Elementary School students to sign up for the library program and turn in their logs at the beginning of next school year. Participating students will then be recognized for their summer learning. The incentives are fun and worthwhile, and students learn that reading is enjoyable and something that we do for the rest of our lives.

In regards to science, the Sea Lab is open. At the lab, students can explore and learn about our ocean and the animals that live in it. There are many fabulous places to

visit throughout Redondo Beach, where there are many different types of animals to see and where students can keep their scientific minds working. Many outdoor excursions, hikes, and visits to the tide pools and parks can be exciting and invigorating and give students an opportunity to learn about nature and how we interact with nature on a daily basis.

In fourth grade, students study the missions as part of their social studies curriculum, and a visit to one of our California missions is always an exciting trip. In third grade, students study Redondo Beach history, so visiting landmarks in Redondo Beach gives families an opportunity to talk about history and discuss the importance of the past with their children. Students also study planets in third grade, so the Griffith Observatory can be a rewarding trip.

There are also many summer camps available, so students can stay fit and keep active. Visit our Web site to see the exciting summer activities that are available.

Have a safe and fun summer and enjoy your time together as a family! School starts Wednesday, August 31. 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

Why Summer Learning Matters

At the conclusion of every school year, as students' excitement over the impending summer rises, their plans for summer learning typically take a back seat. As parents, it's important for us to not only think about how summer plans can occupy our children's time and keep them busy, but how those plans can be used to support student success. Often, our children view

summer learning as punitive and remedial learning, but well-structured summer programs can be so much more.

When designing your child's summer learning calendar, it's important to try to strike a strategic balance between core academic learning, hands-on activities, skill-building, arts, sports and meaningful relationships. We know from decades of research that without ongoing opportunities to learn and practice essential skills in reading and math, students fall behind. Most children lose about two months of math skills and approximately one to two reading levels.

Students who engage in summer programs, whether voluntary, mandatory or simply programs that encourage students to read at home during the summer, all have positive effects on student achievement. Even more importantly, research indicates that the positive effect

these programs have on students can endure for at least two years after the student has engaged in the program.

Parents also play a key role in preventing the "summer slide." Research shows that learning loss is less evident if families have enrolled in classes, taken trips to the library regularly, and taken advantage of other learning opportunities. A weekend car trip to local missions, historic landmarks, and geologic formations can offer students key background knowledge and help promote future learning.

So how do I plan out my girls' summer calendar? First we work together to set reading and math goals and create a "bucket list" of things they want to experience. Next, we create their daily schedule, which allows them some ownership of when their daily reading, TenMarks practice, and journaling will occur. Depending on family travel destinations, we help the girls research local sites and day trips. Finally, we seek out local camps that will allow them to learn and try out new sports or art experiences and meet new friends.

Summer learning doesn't have to be the punitive, remedial programs of the past. The key components of a program your children will benefit from include consistency, balance, and choice. With parent involvement, all of our students can avoid the summer slide and return to school more ready than ever.

Birney *Elementary (K-5)*

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



Mira Baskaron
Principal

Summer Fun

As the weather changes, students and staff have the summer in mind. Summer generally means sleeping in, family fun and catching up on a good book or a show. It is important to keep our students engaged in a brain-stimulating activity to prevent summer regression. Some students will continue to read during the summer, while others will want nothing to do with any school-type

activities. But there are plenty of activities that students can engage in that are fun and help prevent summer regression.

Studies indicate that children who don't read or who rarely read over the summer encounter stagnation or decline in their reading skills. With that in mind, here are

some activities to keep your children reading, writing and doing math this summer

Go to your local public library and check out their summer reading program, keep fun summer reading logs have your children keep a journal of their daily fun activities, engage in fun science experiments, and have them engage in grocery store math. There are plenty of free resources on the Internet that will give you fun, innovative ideas on how to keep your children engaged in fun activities that could prevent summer regression all while being engaging. This is also a great time to look back at the notes you took during parent-teacher conferences and help your child refine concepts that proved to be challenging throughout the year.

Whatever your plans, remember to have fun and cherish every moment. Enjoy your summer!

Our next issue is September 7. Have a fun summer.

Jefferson *Elementary (K-5)*

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



Jeff Winckler
Principal

Summer Learning

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. Summer can be an excellent time for family bonding and connecting. Families should read together, spend

time exercising together, and relax together.

This summer, the Redondo Beach Educational Foundation (RBEF) is once again providing its Summer Session program. This year Washington School will again host the program, which provides both enrichment and intervention classes. For more information on this offering please visit www.rbef.org.

Locally, the Redondo Beach Public Library provides multiple

opportunities for students and their families to read through their Summer Reading Program. This program provides structure and goals that encourage students to read. It is a great way to keep a student's reading skills sharp. Staff from the Library will come to Lincoln in June to explain the Summer Reading Program to students 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, our local and greater



**Reading Adventures Await at the Main Branch
of the Redondo Beach Public Library**

Los Angeles area aquariums, zoos, museums, and historical sites offer opportunities where students can learn and explore. These are fantastic places to visit for the entire family. Many of these locations also have activity centers that allow the students to not only see these concepts first hand, but also engage in "hands-on" activities.

Have a safe and fun summer, and enjoy your time together as a family. We look forward to starting another exciting and enriching school year in the fall.

Lincoln *Elementary (K-5)*

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



Jane Tasker
Principal

Summer Learning

As a young girl growing up in the Midwest, my summer usually consisted of lazy days at the local pool, catching fireflies at dusk, and reading a lot of great books. Fortunately, the Redondo Beach Public Library is once again offering an outstanding Summer Reading Program.

The theme this year is "Read for the Win," and it will run from June 18 to July 30. More

information will be available to students this June, and you may contact your local library for details.

In addition to reading, there are many creative things that I like to recommend to families to prevent that "summer slide," and at the same time make summer learning enjoyable. I hope you are able to incorporate some of these into your summer plans.

Science and math explorations in Summer STEM provide your child with a chance to record all kinds of observations. Help your child make a special journal and encourage them to write down what they observe about their surroundings, such as looking at both the big picture and the small, and examining plants and rocks and insects up close.

Children will have a blast collecting postcards throughout their summer travels, and writing notes to friends and family along the way in creative writing. A summer "picture journal" is also a fun way for budding photographers to create a keepsake, including captions of their favorite travel memories.

Cooking is also a great way to incorporate math into your daily routine. Not only will you practice cooking skills, you can teach your child how to measure and convert weights, volumes, and numbers. Recipes are full of fractions, and this hands-on experience will help those concepts come to life!

Dedicate time each day to stay away from the "screens" and use it to be active and stay fit! Use the nice long days to establish after-dinner routines that involve playing catch or taking a family walk instead of turning on the television or playing video games.

Physical activity guidelines released by the federal government last year recommend that children and young adults do at least 60 minutes of aerobic exercise, muscle strengthening, and bone strengthening activity each day. Make this a goal this summer. And no matter what, make it fun.

Madison *Elementary (K–5)*

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



Drew Gamet
Principal

Citizen Scientists

Fun Fact: did you know that there are more national parks in the State of California than in any other state in the country? And of those, did you know that four of these nine parks are within 275 miles of us? There are actually five of the nine if you want to count Kings Canyon and Sequoia together.

These parks offer an educational experience for you and your child that cannot be recreated in a classroom. Over the next few months you will have the opportunity to give them that experience.

The closest park is also the trickiest to get to. The Channel Islands are only accessible by boat or plane. However, there is a visitor's center in Ventura where you

can make reservations for transport to one of the Islands. Once you are there, only foot traffic is allowed, because there is no biking or motor vehicles. The other parks can be easily accessed by car, but reservations are required for select locations.

On top of all of this, the National Park Service is also celebrating their 100th anniversary this year with a program called the BioBlitz. They are celebrating the biodiversity of all of their parks, and offering programs to children and adults on biology, ecology, and the important steps necessary to protect our national parks.

For information on when these programs are going on this summer, and how you and your family can participate, just go to www.nps.gov. You and your family can become "Citizen Scientists"!

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 some students who need additional support during the summer to help them become more successful during the regular academic year, and there are others who would like to pursue studies for enrichment purposes. In the Redondo Beach Unified School District, we are fortunate to be able to offer both options with the help of the Redondo Beach Educational Foundation (RBEF).

RBEF has combined efforts with the Redondo Beach Unified School District to create the RBEF Summer Sessions. During the summer, the RBEF will be offering a curriculum that has been designed by credentialed RBUSD teachers and administrators to help our students reach their fullest potential. The courses will be four-weeks long, and there will be academic interventions as well as enrichment classes.

Please visit www.rbef.org for more information. Summer school will be June 21 to July 20 from 8 a.m. to 10 a.m., and also from 10:30 am to 12:30 pm. Classes will be held at Washington Elementary School.

Our local community college has been a popular choice for many students. El Camino offers summer academic classes in many different subjects for middle school students. They do charge a fee for their courses. Please visit www.ECCommunityEd.com for more information.



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

Please have your student also take advantage of summer reading for extra credit in their language arts class. There are a number of books on our summer reading list too, 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

Compare, Contrast, Discuss!

By Shaun Lloyd, School Librarian and English Teacher

Here's a clever idea for some summer fun that gets you out of the sun, involves higher-level-thinking skills and just might launch a family conversation: read a short story or novel, then watch the film version of it, and compare!

A great place to start is Wikipedia. There is a compilation there titled "List of short fiction made into feature films." Also, the incredible Redondo Beach Public Library has a book titled *No, But I Saw the Movie*, which provides several suggestions for films to watch and provides their short fiction source. A few examples are *High Noon*, *Psycho* and *It's a Wonderful Life*.

Did you know the classic Hitchcock film *The Birds* was originally a short story by Daphne du Maurier, who also wrote *Rebecca*? The original story is also available at your public library. Ask a reference librarian to help you locate this or any number of titles—short stories are usually in collections—if you need assistance. I happen to know firsthand that connecting people with books that they enjoy is a very gratifying experience for most librarians!

Your family can then discuss which was better, the book



Summer Reading!

or the film. What was cut out, added, enhanced? Did the actors fit what you envisioned when you read the story? This involves analysis and evaluation, two of the higher-level-thinking skills according to Bloom's Taxonomy/Depth of Knowledge.

Lastly, it would be educational to watch two films when the first one was originally from another country. Did you know Scorsese's *The Departed* was originally a film from Hong Kong titled *Infernal Affairs*? It's hard to decide which classic film is better when comparing *The Magnificent Seven* to its source film *The Seven Samurai*, but it sure is a great activity just trying to figure it out!



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Tulita Elementary (K-5)

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Dr. Tanaz Farzad
Principal

Summer Learning Doesn't Have to Be a Drag!

With summer right around the corner, it's time to start thinking about how to engage those minds! Research supports the idea that most students will experience learning losses if they don't take part in educational experiences over the summer. At Tulita, we encourage our community to engage children in summer learning opportunities, especially in reading and math. It's also important for our children to maintain a healthy, active lifestyle over the summer—we know that physically and emotionally healthy students are more successful in school.

Here are a few summer enrichment ideas to help your children succeed in school and in life!

Summer Math Activities

Collect change in a jar on the first day of summer. On the last day, estimate your change, count it, and plan a special purchase.

Create patterns with summer items like Popsicle sticks, shells and flowers, or draw patterns in the sand or dirt using a stick or your hands. How long can you continue your patterns along the length of the surface?

Use a stopwatch to time yourself running, Rollerblading, swimming or biking. Then try to beat your time. Keep the distance you're moving the same for each trial. Graph the results.

Using a map, calculate where you'll be if you travel 20, 50, 100 or 1,000 miles from home.

Explore your neighborhood to see how many routes you can take to the school, the grocery store, the mall or your friend's house.

Prepare a meal or a dish for the family. First, find a recipe, and then write what you need and how much. At the supermarket, choose the best-priced options.

Summer Language Arts Activities

Using a pail of water and a brush, write words on the blacktop or sidewalk.

Try a new product or activity and write about it. How would you describe it? Would you recommend it? Create an ad for it.

Use the Internet, travel-guidebooks, brochures and maps to plan a dream trip for a day, a weekend, a week or a month.

Follow a story in a newspaper during the summer, or investigate a local story. Write about the event as it unfolds so that you have it documented from start to finish.

Travel Activities

Create a car bingo card with words, shapes, colors and items that children will likely see during a trip—stop signs, billboards, railroad signs, etc.

Identify state capitals of license plates. The first to correctly identify 10 state capitals wins.

Use the numbers on license plates to practice addition, subtraction, multiplication and number patterns.

Washington Elementary (K-5)

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



Kristen Holm
Principal

Pump Up Your Summer!

Can you believe summer is just a few weeks away? Summer is a great opportunity to enhance your children's knowledge through life experiences. Studies have indicated that students can lose up to 60 percent of reading and math skills over the summer. To succeed in school and life, children and young adults need ongoing opportunities to learn and practice essential

skills. It's easy to make learning fun during the summer. Here are some ideas for you to do with your children during the summer months.

Ideas for Summer Learning

Start a summer journal. Take pictures of fun trips, and have your children write each day about what they do during the summer.

Take time to read every day, and join the Summer Reading Program at the Redondo Beach Public Library. The program is free, and children can attend free shows during the summer. Encourage your children to check out

books every week and read something fun.

Visit a museum. Admission to the Science Center is free. There are lots of great hands-on exhibits for children.

Visit a national park. The National Park Service turns 100 on August 25. Participate in Find Your Park Experiences to learn, discover, be inspired or simply have fun in national parks.

Go to a concert on the Redondo Beach Pier every Thursday or Saturday night from 6 to 8 p.m. in July and August. Concerts are free and fun for the whole family.

Free movies on the Redondo Beach Pier take place every Saturday night in June. Movies are free. Don't forget to take a low-back chair and a blanket.

Go to the farmer's market every Thursday from 8 a.m. to 1 p.m. in front of Veterans Park. You can buy healthy fruits and vegetables and give your children a chance to practice counting money and weighing food.

Wear your pedometer. Make it a family habit to go for a walk every day and stay healthy.

On behalf of the entire Washington staff, we hope you have a wonderful summer full of new adventure, laughter and most of all, learning! Go Explorers!



Car Seat Safety

A New Law

By Heidi Heflin, MN, RN, CNS, CPSTI

A new law, affecting the way the youngest children ride in the car in California, is coming into force on January 1, 2017. Safety advocates are urging all parents to prepare now to meet the new requirements which will save lives.

From 1/1/17, all children must ride facing the back of the car until age 2 (unless they weigh 40 lbs. or are 40 inches tall or more).

Most children will need a convertible safety seat (a seat that can be used rear facing and forward facing in the vehicle) in order to meet the new requirements.



Jesu was saved in a rollover after his mother took a class given by SafetyBeltSafe U.S.A.

Safety advocates have long recommended riding rear facing to at least age 2, longer if possible. This is 5 times safer for young children, whose relatively heavy heads and under-developed neck muscles mean they are likely to suffer much more serious injury in crashes when riding forward facing.

SafetyBeltSafe U.S.A. provides telephone counseling (800)745-SAFE or Spanish (800)747-SANO and an interactive Web site (www.carseat.org) to help parents choose and use safety seats properly for their children's protection.

SafetyBeltSafe U.S.A. is the national non-profit organization dedicated solely to protecting children from death or injury in vehicle crashes through the correct, consistent use of safety seats and belts. Heidi Heflin, MN, RN, CNS, CPSTI is a Program Consultant with SafetyBeltSafe U.S.A. She can be reached at CarSeatRN@gmail.com , 310/941-2322. www.SafetyBeltSafeUSA.org

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Parent To Parent

Summer Fun

Q: This summer, we'd like to do some activities best suited for children ages 6 to 12 years old that don't cost a ton. Just wondering if you could help?

A: There are many activities you can line up for the kids right in your own community. Almost all may be offered for free or for a small fee. Usually if there is a cover charge, the event will last for several hours. Research online or call and ask for summer activities at various parks and recreation centers in your area. Sometimes, certain schools will also host fun classes and things for kids to do at their own schools, especially during the summer. Or, let the kids get creative and come up with their own lists of things to do. I heard from several people that said one of the best times their kids had in the summer, was to allow them to write and put on their own play for family and friends. This is a wonderful idea because they can get involved in the whole process from writing the play and practicing it to making the props and even costumes. They can use whatever is around the house and/or maybe even make a trip to a local thrift store to select a wide array of clothes, scarves, shoes, masks, material, props, etc. When kids come up with their own entertainment not only do they really get into it but it is a very special memory that they will cherish forever.



Jodie Lynn

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

Parents and teens please remember do not text and drive!

Lucy's Book Review



Lucy Davis

Fascinating!

Chasing Secrets

Author: Gennifer

Choldenko

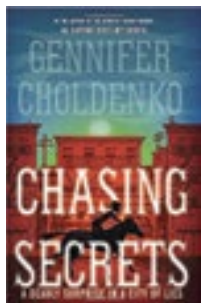
Set in the year 1900, Elizabeth is a thirteen-year-old girl living in San Francisco. Not really fitting in at her finishing

school governed by an unruly headmistress, Lizzie wants to become a scientist. She loves her family's cook, Jing, who always has an encouraging word, friendly smile, and occasionally a surprise-filled cake!

Suddenly a deathly surprise steps in. The bubonic plague has hit San Francisco, especially rat-infested Chinatown. Jing is unfairly placed in the quarantine because of his ethnicity. Now it's up to Elizabeth, along with the help of her brother and the cook's son, Noah (secretly living in her attic), to get Jing out of quarantine. Can they do it?

I give this book five bookworms because of the suspense and hope that Elizabeth gives the reader. Every step of the way you'll be on her side cheering her on to the very last page of this truly fascinating book.

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



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Ask Dr. Shari



**Dr. Shari
Sweetnam**

Memory Skill

Q. Over the years, we've clipped your column and collected the memory tools in your articles along the way but we want to know if you could only recommend ONE of the memory skills, what would it be? We want to get started in helping our son and want to start with the best one. —Pam D., RI

A. One? That is like asking a mom to identify her favorite child.

Okay, not exactly but it sure is tough to pick just one. Since every student has different preferences, interests, skills, and uses different techniques for different subjects... I recommend an exposure to many skills.

However, Pam, you asked a very direct question and I am not going to wimp out of the challenge.

One week later...I couldn't do it Pam. I kept writing down a "top 3" purely weaseling out of this challenge. So, I decided to ask the students in one of the schools that use my program. And the winner is (after much debate) "The Mind Explosion."

The students (all 5th graders) were exposed to this skill as a "group" and they indicated that they enjoyed the freedom, creativity and "newness" of the project.

So, here is what that looks like for you:

This extremely simple tactic involves nothing more

that a box of markers or crayons (Yes! Even for big kids!) and huge piece of paper. I recommend investing in a roll of butcher paper or the big roll of paper.

The next time your student has a test coming up, clear the table and put nothing but this piece of paper there. Now have your child begin to write, draw, represent each concept on this paper, in whatever creative way he decides. Encourage the use of different colors, to develop different representation ideas (like the use of stick figures, funny letters, balloon captions, bullets points, etc.) and feel free to allow them to do this alongside a friend who is doing the same. Allow them to engage, talk, laugh and develop their poster in any way they see of value.

When complete, have your child refer back to the notes or text to make sure all of the information for the test is represented.

This poster will serve as a very powerful study tool and it will actually be "fun" to study. Have fun Pam, enjoy creating Mind Explosions with your son! Please do not hesitate to use more than one skill at a time, however. Keeping a student engaged with "new ideas" and an opportunity to be creative through the study process is one of the most powerful ways you can support his success!

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

A Bit of History

Note Taking

By D.H. Coop

When I went through paramedic training I took pages of notes on yellow legal tablets and tape-recorded every lecture. The guy that sat in front of me took a one-letter size page of notes for each lecture. I passed tests with 94% and he passed with 99%. I looked at my note taking and saw that with my notes I was reviewing the whole lecture and not focusing on the central points. I decided it was not necessary to write notes in complete sentences. Notes should be key words that trigger memory for a quick review.

Later, when I continued my education at a university, everyone took notes as they read with a highlighter. Some of their highlighted pages had turned into a pages of pink, yellow or green color. That caused them to reread the complete pages once more taking valuable time. Rereading is good if one wants to have a better understanding of the subject; however, rereading is not good for review.

When I became a secondary teacher, I noticed my students would take notes in complete sentences with every "the," "and" and "a" in their notes. They also followed the same highlighting practice of coloring in whole paragraphs and pages. This not to say that all students

made these mistakes and that they had not been told how to take notes. The fact was they had been told many different methods to take notes and given samples of note taking. The problem was the form became the grading standard instead of the understanding of material. For example, I told the students to highlight key words and that there should be no more than ten words highlighted per page. Being bright students, they randomly highlighted words to demonstrate that they had taken their notes. They miss calculated in that I did not look at the page and count the words highlighted. Instead I asked what the words triggered in their memory. Note taking should be for the recall of important points and to internalize information.

So here are my three suggestions for note taking. First, when listening or reading, write only key words related to the topic that will cause you to recall and connect to the topic. Second, review and rewrite notes at a later time and fill-in blank spots. If you cannot fill-in the blanks, write down your questions and reread that section or ask the instructor the next time you meet. Finally, talk to someone about what you have learned. This allows you to internalize the information and develop a better understand.

D.H. Coop is a retired educator having taught IB & AP History for 32 years. He has a tutoring studio on Main Street, Seal Beach private and group history tutoring by appointment. www.targetedhistorytutoring.com

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Note-ables



Kate Karp

Backyard Garden

The idea of sustainability coupled with eating a healthy diet has been gaining steady momentum in communities across the country. The concept is becoming part of the curriculum of an increasing number of elementary schools. Community gardens and rooftop beekeeping have been established in cities, and it's not uncommon to find classes and entire schools planting gardens on campus.

Earthworm Ensemble, a group of family musicians, integrates this lifestyle into their new collection, *Backyard Garden*. The CD is a sprightly collection of country-rock tunes with a narrative of growth for both plants and youngsters.

Everything our planet needs has a tribute on the CD, be it ladybugs, wind and compost or compassion and responsibility. The title tune expresses the joy of growing, harvesting, cooking and eating and getting dirty in the process. "Bees Make Honey" arranges strings and lyrics to create a worthy hymn to the busy workers and also includes essential vocabulary for young people: *cross-pollination*, *drone*, *worker bees*. "Chicken Coop" informs listeners that backyard chickens are free range and quite content, and it would be lovely if all poultry were raised this way. "Reduce Reuse Recycle" turns an omnipresent motto into a steel-guitar-embroidered song of hope for the planet and its young residents.

Summer's here, and it's time to tend the garden, whether it's a rural, suburban or urban one. *Backyard Garden* is a brisk and bouncy accompaniment to a favorable combination of Mother Nature and human nature.

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



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Alana's Book Review



A Fantastic Story

Spirit Animals Fire and Ice

By: Shannon Hale
Follow the team of Meilin, Abeke, Conor, Maya, Tarik, and Rollan as they travel across Arctica to find Suka



the polar bear in hopes of retrieving her talisman. After losing one of the teammate's family members, the team thought they had received their fair share of broken families but they seem to have thought wrong. What will happen when a close relative to one of the team members shows up in Arctica as a minion of the Devourer?

I won't spoil who this story is mostly about (although you can probably just look at the cover and tell) so that you will be surprised at who the relative is. I'd probably give this book four stars because while this is a fantastic story, it outlines one of the main character's confusion and depression so it makes me depressed.

Alana F. is a student columnist invited to review her favorite books for our readers. She rates the books on a scale of 1—5 with 5 being the highest.

Isabella's Book Review



A Page-Turner

Flexible Wings
is Veda Stamps' first full-length novel.

The main character, Summer, wants to be on a swim team, but her parents are in the military and move

around often. When she's finally on a team, she doubts if she wants to participate. To make matters worse, her mom is deployed! Dad says that Grandma would come while Summer's mom is gone. Soon, Summer makes new friends, but fights with her younger sister, Emiko. To make up she throws a surprise party! But the party becomes a disaster when Emiko is unable to breathe because of a bee sting. Emiko does get better. Phew! The family survived this disaster, but will they survive what lies ahead- without their mom!

I give this book 5 stars, because every page has an extraordinary family, events, details and tragedies. This book is definitely a page-turner and will keep you reading until the end!

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



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)

Entries must be received by July 15, 2016

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

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KALE	WATER
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On The Run



Dr. Doug Richie

Paper Tape Prevents Blisters

The number one enemy of the feet of runners are friction blisters. Whether during training or on race day, a painful blister can stop you in your tracks and sometimes can lead to serious infection. As a result, any new insight into preventive measures for blisters are welcome, particularly if proven by medical research.

A recent study published in the *Clinical Journal of Sports Medicine* (April, 2016) demonstrated that application of paper tape to blister prone areas of the feet of runners could significantly protect from blistering events during the running of ultra-marathon races. This is important because paper tape is inexpensive and easy to apply. Since the toes are most prone to blisters in runners, paper tape may be the best prevention if certain toes always seem to blister. The research showed that you do not need to apply tape to all the toes, but only to those which have blistered previously.

While many other measures to prevent blisters are commonly used by runners, few have been validated to work in actual medical studies. Applying lubricating ointments such as Vaseline is very popular but research has shown that this practice may actually increase the chance of blistering on the feet. The fact is that increasing moisture content with ointments actually increases friction force on the skin.

Still, the best advice for runners to prevent blisters is to wear properly fitted shoes and socks composed of synthetic fibers which wick moisture from the skin surface.

If all else fails, apply paper tape to those areas of the feet which are blister prone..

Dr. Doug Richie is a sports podiatrist who has practiced in Seal Beach for 33 years. He is Past President of the American Academy of Podiatric Sports Medicine and serves on the medical staff for Long Beach State Athletics.



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