

**FREE**

# School News

*Education + Communication = A Better Nation*



**Covering the Redondo Beach Unified School District**

**VOLUME 8, ISSUE 68**

[www.SchoolNewsRollCall.com](http://www.SchoolNewsRollCall.com)

**MARCH 2014**

## SUPERINTENDENT



### Plenty to Be Thankful For

Wow, what a difference a year makes! In 2012–2013, we were wondering if 2013–2014 was going to be yet another year of doom and

gloom, filled with further budget reductions. Yet, here we are in early 2014, and, while not flush with cash, we are certainly headed in the right direction. The “great recession” took its toll on our country, our state, and of course our great school district. Thank you for your patience and perseverance through these difficult times.

The Board of Education and I believe that we have turned a corner. Although there is much for which to be thankful, we must also learn from our budget crisis experience. Perhaps the most important lesson learned from the past five years is that we must build and maintain a higher reserve. School districts, like families, must be prepared for sudden, unexpected financial disasters. In the past, we typically were well prepared for one or two years of a bad state budget. The state’s continual decrease of our budget over a five-year period has been a painful reality check; however our Board of Education is committed to building a stronger reserve while also being mindful of students’ books, supplies, and technology needs. They are also determined to maintain a competitive compensation package that will retain our current staff and attract new staff.

The most important part of this message is a nod to the Redondo Beach Unified School District (RBUSD) staff. They are hardworking, caring, student-focused, and incredibly giving of

See **SUPERINTENDENT** • Page 4

*By Kara Heinrich, Principal  
Jefferson Elementary School*

**JRH reminds students to be mindful of overall wellness through education, exercise and eating a well-balanced diet.**

Jefferson recognizes that our students spend a large proportion of their day in school or pursuing academic-related activities after school hours. While the primary objective of school is academic development, our educational objective is far more comprehensive of the entire student’s development. We therefore incorporate activities and programs addressing the whole child, such as wellness and philanthropy—for example, our recent participation in the American Heart Associations Jump Rope for Heart (JRH).

In January, we participated in JFH. Students came to school with tennis shoes on their feet, dressed in red for heart awareness and ready for



**American Heart representative Kyle joins the fun!**



**Jumping through Hoops for Heart Health**

exercise! Classes participated in grade-level teams in three rotational physical activities involving jumping rope, Hula-Hooping and a racing game. This year so far, our students have raised over \$18,000 in just online donations for the American Heart Association. Jefferson was proud to be the top donating school in all of California the last time we participated.

See **JEFFERSON** • Page 9

## BOARD OF EDUCATION



**Laura Emdee**  
President

### Ch-Ch-Ch-Changes

Historic reforms are happening in education. Everything from curriculum to testing to funding is changing.

First, Common Core State Standards are replacing the California content standards. For a complete description of the new standards, check out [CoreStandards.org](http://CoreStandards.org).

Second, testing is dramatically different. California is moving from paper and pencil assessments to computer adaptive testing.

With Measure Q, Redondo Beach Unified School District will have enough network bandwidth for all students to take the tests within the assessment window. We have purchased netbooks for testing. The rest of the school year students can operate in our own private cloud for group projects and other education uses. By the time our students take the state tests on the computer, they will be very familiar and comfortable with their devices.

Third, there has been a huge change in how California funds education with the Local Control Funding Formula

(LCFF). The LCFF gives more money to districts when more than 55 percent of their students are classified as economically disadvantaged, foster children and/or English learners. RBUSD does not qualify for the extra money but, thankfully, we are no longer being cut. RBUSD hopes to get back to the 2007–2008 funding levels in the next few years. Consequently, while funding is no longer being cut, we are not rolling in dough either. So I hope you will support the Redondo Beach Educational Foundation (RBEF) annual donor drive! Please visit [RBEF.org](http://RBEF.org) to donate.

Fourth, a casualty of the LCFF is the Southern California Regional Occupation Center (SCROC or SoCalROC). SoCalROC has lost its dedicated funding as part of the overhaul of the school finance system. If dedicated funding is not restored or a contingency plan is not made, then SoCalROC will have to close its doors. If you want to see SoCalROC keep its direct funding, please let Governor Jerry Brown know at <http://govnews.ca.gov/gov39mail/mail.php>.



## Redondo Beach Educational Foundation

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

# Join the Wave to Make a Splash



**Ted Craddock**  
President

Public funding alone simply is not enough to provide the high-quality education our children deserve. This is why the RBEF was founded, and why we need your help.

Thanks to the generosity of our RBEF donors, we help fill the financial gap to provide an exceptional educational experience at our RBUSD schools. In 2013, the RBEF contributed approximately \$850,000 to help fund the teachers, counselors and programs that promote college preparation, science, music, art, school safety, counseling and innovative instruction. We need you to give today to make sure that these and other critical educational programs will continue in 2014.

Our annual donor drive will be held from March 3 through March 18. We are asking for a family donation of \$400 this year, although any amount is welcome. You can give in one lump sum or in monthly installments. Please contribute by dropping off a check at any school office, or by donating online at [www.rbef.org](http://www.rbef.org).



**Kay Coop**  
Founder/Publisher



In Dr. Keller's message on the front he makes an excellent point of the importance of thanking the RBUSD staff. Sometimes it is easy to recognize the leader and it is a good leader who gives credit to the team. So thank you to Dr. Keller and the entire RBUSD staff on behalf of *School News*.

It is amazing to read the RBUSD Educational Services article on page 4 and realize the graduating class of 2028 will be the entering Kindergarten class! It truly is never too early to start planning for the future. —

## School News

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[www.schoolnewsrollcall.com](http://www.schoolnewsrollcall.com)

Covering the  
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SCHOOL DISTRICT**

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\* For participants holding an eligible California Education Specialist Credential.



14568-13



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## Redondo Beach Unified School District

### Kindergarten Enrollment

**STARTS: MARCH 3, 2014**

Enrollment for children who plan to enter kindergarten for the 2014/2015 school year will be held at all district elementary schools starting Monday, March 3, 2014.

**For more information, please visit [www.rbusd.org](http://www.rbusd.org)**



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[uclahealth.org/getsocial](https://uclahealth.org/getsocial)



# College for All!



**Dr. Annette Alpern**  
*Deputy  
Superintendent,  
Educational  
Services*

For RBUSD administrators and elementary school office staff, March is viewed as school registration month. It is the month where we enroll the vast majority of children who will eventually join us as kindergarteners come late August. First-time parents have a lot on their minds at this time of year: Will my child make friends? How will my child adjust to his or her new environment? How many students will there be in the class? What are students expected to know and be able to do in kindergarten?

This is an exciting time in your life and in life of your child. We want you to know that while no one can ever love your child as much as you do, we will embrace them and care for them with all of the heart and mind and soul that educators bring to school on a daily basis. We want to support you helping them to become generous, caring people with a life-long love of learning. And not only do we focus on supporting the “whole child”—which means we want them to thrive socially, emotionally, physically and cognitively—but we also want them to have every option available when they graduate from Redondo Union High School in 2028. That is why RBUSD focuses on “College for All” at each of our school sites. It is never too early to start planning for the future.



**Washington students and Principal O'Sullivan**  
**believe it is never too early to focus on college readiness.**

High School graduation in 2028? It seems an awfully long time away, but in a blink of an eye, your child will be there. We look forward to welcoming our kindergarteners and their families to the larger RBUSD family and working on the journey together for the next 13 years.

**SUPERINTENDENT • From Page 1**



**Dr. Steven Keller**

their time. I have been in this business for a long time; I can assure you that our employees are impressive—each one of them. Our teachers, custodians, maintenance and grounds folks, secretaries, instructional aides, administrators, child development center staff members, and everyone else in this district genuinely make a difference in our learning community. Because of this, I ask a big favor from you—please thank them. I need to be better at this, and I admit it. I will commit to you that I will model what I've asked you to do.

Now, you are probably saying, “Why is he really saying this?” I'm really saying this because we have a “great gig” here in RBUSD. Let's appreciate it more and exhibit that appreciation. If there is an issue, let's deal with it...nicely.

I appreciate and applaud our staff, students, and parent community. You are the best. Thank you!

**1401 Inglewood Ave., Redondo Beach, CA 90278 • (310) 379-5449**

# Moai-tivating Social Connection



**Jens Brandt**  
*RUHS Assistant  
Principal/  
Blue Zones  
Project Liaison*



**Lauren Nakano**  
*BCHD-  
Blue Zones  
Project Director*

*By Lauren Nakano, Blue Zones Project Director*  
In the villages of Okinawa, Japan, elementary school-aged children are grouped together by their elders with five to six of their peers ... for life. And life, for many Okinawans, can last a century or more.

Known as a “moai,” which roughly translates to a “meeting for a common purpose,” each group is designed to provide the social support and companionship necessary for participants to navigate life's challenges, and achieve health, longevity and long-lasting friendships.

And it works. The Japanese live longer than anyone on the planet, and Okinawans live longer than anyone else in Japan and boast the highest ratio of centenarians in the world.

According to Blue Zones Project® Founder and National Geographic Explorer Dan Buettner's extensive research in the region, Okinawans also live better enjoying sound bodies and minds well into their later years. And moais are playing an integral role.

Due to this success, Beach Cities Health District's Blue Zones Project is currently creating moais more than 6,000 miles away in Redondo, Hermosa and Manhattan Beach. We're not grouping children for life, but we are bringing people together of all ages to form walking groups, healthy potlucks and reading clubs, among others. But one size doesn't fit all, and we encourage each moai's activity to be as diverse as the people in it.

Research shows that when people band with others who are healthy or working toward positive change, healthy behaviors increase, as well as the likelihood of maintaining these behaviors long-term. Additionally, there is a strong connection between social connectedness and longevity, as illustrated by the Okinawans and other Blue Zones® (long-living areas) around the globe.

So in the New Year, I challenge you to create, join or register your existing moai with Blue Zones Project. Aside from the health and social benefits, you'll also receive discounts at Blue Zones Restaurants. And it may help you live longer, to boot.

Talk about moai-tivation.

For more information, to register an existing moai or to join a moai, contact Tiana Rideout, Blue Zones Project community health programs coordinator, at [tiana.rideout@bchd.org](mailto:tiana.rideout@bchd.org) or call (310) 374-3426, ext. 139.

## Redondo Beach Unified School District Board of Education



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*President*



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*Member*



**Brad Waller**  
*Member*

### Board of Education 2014 Regular Meeting Schedule

<b>Mar. 11</b>	<b>April 22</b>	<b>May 27</b>	<b>June 24</b>
<b>Mar. 25</b>	<b>May 13</b>	<b>June 10</b>	

(3/25/2014 – Organizational Meeting Effective 4/22/14)

## Beach Cities Health District

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

# A Full Night's Sleep: Dream or Reality?



**Dr. Lisa Santora**  
Chief Medical  
Officer

"Go to sleep!" I have distant memories of my mother regularly yelling this order up to me. But now, this "order" has become silent pleading with my own children.

It's amazing how kids manage to delay a much-needed night of sleep. "Mom, one more story." "That wasn't a good story." "I'm hungry." Sadly, the spirited one (my 3 year-old-son) still doesn't sleep through the night. He's a terrible sleeper – just like me.

While individual sleep needs vary, there are guidelines. Preschoolers need 11-13 hours of sleep. School-aged children need 10-11 hours. Teens need 8 ½-9 ½ hours, though their circadian rhythms change in adolescence, making it hard for

them to fall asleep before midnight and harder for you to wake them up for school. And finally, adults need 7-9 hours! How, you ask?

Here are some tips:

- Wind down for a half-hour before you turn off the light.
- If you are reading on an electronic device, try to reduce the blue light, which alerts your brain and suppresses sleep-evoking melatonin.
- When possible, keep a consistent schedule. If you don't get enough sleep, you'll go into "sleep debt," which is hard to pay back.
- Create an environment that promotes sleep by removing electronics from the bedroom.
- Keep your sleeping area dark, cool, and quiet. Many people find white noise helpful.

Sleep debt adversely affects performance, including recall and reaction time. It also increases your levels of the stress hormone cortisol, which promotes insulin resistance, a precursor to diabetes. And, lack of sleep intensifies your appetite in excess of your calorie demands, increasing your risk of weight gain. So, yes, sleeping will actually help you lose weight!

## Miller Children's Hospital Long Beach

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

# Kids with Asthma



**Eliezer Nussbaum, MD**

Medical Director,  
Pulmonary,  
Allergy, Asthma  
and Cystic Fibrosis  
Center

Asthma is one of the most common chronic childhood disorders affecting an estimated 7.1 million children in the U.S. according to the American Lung Association. It's the third leading cause of hospitalization among children under the age of 15.

Although there is no cure for asthma, we know what common asthma attack triggers are and strive to educate children and their families how to avoid their triggers.

Take action in your home to protect your children from triggers like: dust mites, mold, animal dander, strong odors and second-hand smoke.

There are some triggers that can't be avoided like changes in the weather and pollen in the air, but many common triggers are caused by our environment and the people and things in it.

It's surprising the impact making a few changes in your everyday life can have on the community. A cleaner environment can mean fewer hospitalizations for children with asthma, decreased absenteeism from school and a community where they can breathe easy.

Consider adopting a few of these strategies for clean air:

- Drive less – think about walking, riding your bike or carpooling
- Maintain your car – get regular checkups for emissions
- Don't "top off" your gas tank
- Use alternative fuel or vehicles, such as hybrid or electric cars
- Don't leave your car running for extended periods of time
- Conserve energy – turn off appliances, lights, etc. when you leave a room
- Remove indoor asthma triggers from your home to help avoid an attack
- Use environmentally friendly cleaning products
- Quit smoking – it's good for you and others



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

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Our specialty:  
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Corey's specialty:  
**MVP Hoop Hero**

**Corey, 12-years-old,**  
Miller Children's  
Acute Asthma Patient







## Kindergarten Registration is Here



**Theresa Van Dusen**  
Director

March is Kindergarten registration for the Redondo Beach Unified School District Elementary schools and the Child Development Center. All Children who turn five on or before September 1, 2014 can register for Kindergarten and students who turn five between September 2, 2014-December 2, 2014 can enroll in Transitional Kindergarten and enroll in their school's CDC program.

Our CDC Kindergarten program is designed to meet the needs of our working families. We are open from 6:30 a.m. until 6:00 p.m. on all school days and many of the days the schools are closed. Our kinder students are walked to and picked up directly from their kindergarten class and our teachers spend time on homework and provide enrichment activities that reinforce the kindergarten curriculum to help support school readiness. Our program works closely with each school to provide a supportive environment for all our families.



## Welcome to Parent Education!



**Vivian Ibarra**  
Director

March is a very special time of year for our Parent Education program. It is when we invite all of our current and new families to visit our classes and sign up for next year.

Parent Education at South Bay is a State of California "Program of Excellence." It is an award-winning preschool program for families with children from birth to age five. Each class is child-appropriate, with special story times, arts, crafts, music and play.

We believe in introducing academics through play-time activities, and prepare our children to learn and adapt through a creative, flexible approach. Parents also have an opportunity to participate in discussion times with their teacher and other parents. You will make lifelong friends at the South Bay Adult School's Parent Education program as you prepare your child for their future education.

## Laugh and Learn Together

SBAS believes that parents are the child's first and most important teacher. This might seem obvious, but it is a very important statement to us here at South Bay Adult School.

When you visit one of our classrooms you will see parents leading activities at tables, supervising outdoor play, serving snacks, reading to small groups of children, or sitting with their teachers in discussion groups. Families experience hands-on learning activities where our parents and children can laugh and learn together.

We know that involved parents are a key factor in student achievement, and can provide that important positive attitude towards learning. We also know that our involved parents stay involved parents



**Goldfish math at SBAS.**



**Science experiment fun in preschool.**

when their children enter the regular elementary schools.

The South Bay Adult School Parent Education program has been in business since 1952, and it has always had in its heart the mission to support South Bay families. We invite you to visit our parenting classes, and then join us with your child!

**Redondo Beach Unified School District**  
**Child Development Center**  
1401 Inglewood Ave, Redondo Beach, CA 90278

**We Care For Kids**

**Join The Fun at CDC**

**Sign Up In March For Before and After Kindergarten Care For Fall 2014**

- A 1:14 adult to child ratio
- Caring teachers licensed by the State of California
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- Both school year and year round contracts available

**Open 6:30 am—6:00 pm**

CDC Registration Forms are Included in the Kindergarten Registration Packets at your Child's Elementary School  
Call 310-798-8683 ext. 1312 or 1322 for more information

**Important**  
Registration for the CDC Program is separate from Elementary School Registration.  
**Low and No Cost Care Available for Qualifying Families**

**Open Registration Begins March 3, 2014 and Ends March 31, 2014**



## Fostering the Arts



**Dr. Erin Simon**  
Principal

Redondo Shores High School offers a mixed-media engaging and comprehensive arts program that nurtures the creative talents and aspirations of students. Within this program, art teacher Unique Campa provides an all-encompassing and sequenced program of study in which students are exposed to core art concepts and are encouraged to infuse their own artistic insights into their projects through critical thinking. Students have the chance to develop skills in drawing, painting, ceramics and sculpture and are introduced to key elements such as perspective, portraiture, landscape and 3-D design.

The newly designed Media Arts program focuses on visual-communication design with an emphasis on digital—computer generated—media. Lessons in theory, criticism and practice are the impetus of this program. Students are encouraged to explore their own artistic abilities and gain a comprehensive understanding of design in print, digital imaging and digital-video creation.

Shores students' creative-arts skills are exhibited in projects either still in progress or those that will be completed this school year. They include the Yearbook Project, Senior Tiles and the Art Showcase.

Shores' third yearbook will highlight activities that occurred on campus, in the community, and during school events and extracurricular activities. Senior Tiles is a culminating activity; it's a multifaceted painting that celebrates years enrolled at Shores. It is intended as a tribute. The Art Showcase event will take place in April or May in concert with RUHS.

Shores' students have demonstrated and will continue to demonstrate a mastery of defined skills that will enable them to be productive, self-directed lifelong learners who appreciate and respect the arts.

## Impressionistic Monet

By Co-Chairs Alicia Rubio & Sue-Anne Silkes

Redondo Beach students participated in the Hands On Art project "Impressionistic Monet" during last month's lesson based on the founder of Impressionism, Claude Monet. Students created a replica of classic Parliament Buildings inspired by Monet's study of "Sunset on the Thames." The goal of the project is to allow the young artist to explore the art of Impressionism using acrylic paint as the medium. Each child created different textures with the use of the brush and became familiar with such terms as background, foreground, horizon line, main theme (or subject), shadow, highlights, reflection, texture and of course, Impressionism.



**Parras Middle School students paint, using thick and short brushstrokes in a classic Impressionism style.**

The results were quite remarkable as students grasped the concepts of the lesson, while being exposed to a classic artist. Up next in the continuing study of classic artists will be VanGogh's "Starry Night", with a Southern California twist!

Redondo & Manhattan Beach Unified School Districts

[www.southbayadult.org](http://www.southbayadult.org)

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Spring & Summer 2014

# WALKING EXHIBIT

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## Adams *Middle School (6-8)*

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



**Anthony Taranto**  
Principal

### Get Connected!

Educators and school health professionals have increasingly pointed to school connectedness as an important factor in reducing the likelihood that adolescents will engage in health-compromising behaviors and school absenteeism (Blum, 2005; CDC, 2009). Research shows that students who are connected with their schools are motivated and have less emotional distress due to their strong bond with their schools (Resnick et al., 1997).

School connectedness refers to an academic environment where students feel there are caring adults who are not only concerned about their learning but them as individuals. A connected school environment also increases the likelihood of academic success.

Adams Middle School encourages school connectedness by providing students with meaningful learning experiences inside and outside of the classroom that are relevant to students' lives. Students are encouraged to display Eagle Personal Responsibility In Daily Efforts (PRIDE). Through promoting personal responsibility, strong academic performance, and continued character growth, PRIDE will nurture each Eagle's desire to achieve.

Sports, clubs, and student leadership opportunities at Adams also promote school connectedness. Adams has three sports seasons, numerous clubs, a middle-school transition program called Where Everybody Belongs (WEB), and an Associated Student Body (ASB) group which are open to interested students. Extracurricular learning opportunities build students' self-confidence and decision-making skills and enhance students' time management, improving their academic performance.

## Alta Vista *Elementary (K-5)*

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



**Susan Wildes**  
Principal

### Bringing the Arts to Life

As eager third-grade students were lining up outside of our Alta Vista cafeteria one crisp January evening, excited chatter could be heard as the teachers tried to keep them assembled, settled and neat.

Inside, their parents, grandparents and families sat with cameras and recorders ready to capture the pending magic. What they were awaiting was as exciting as any event we had held during the year. It was our annual vocal music concert!

Choreographed by elementary music teacher Linda Brown, the next 50 minutes were filled with song, movement and instrumental music. But this yearly concert was unlike any other school event. That's because, along with our other third-grade teachers, Mrs. Brown provided moments for each of her students to showcase their own musical talents and unique personalities.

The musical numbers were well-rehearsed, but it was the unexpected moments that stole the show. The humorous dialogue, the distinctive dance moves, and the surprising integration of instruments allowed each student to make this show his or her very own. Soon Mrs. Brown will begin preparing our fourth-graders for their own showcase of talents, while our band teachers will be fine-tuning the fifth-grade band performances.

These exhibitions are an important part of the education that we provide for our students. They can ignite talents that you might not ever see in the regular academic subjects. So would you like to experience the magic? Please join us Monday, March 10 at 8:30 a.m. for our fifth-grade band's Coffee Concert; or on Monday, June 2 at 6 p.m. for our fourth-grade performance showcase.

## Beryl Heights *Elementary (K-5)*

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



**Karen Mohr**  
Principal

### Physical Fitness and Good Nutrition Make a Difference

Each day, our students are diligently preparing their minds and bodies through daily exercise, standards-based education, nutrition lessons and physical-fitness testing, particularly for our fifth-graders, who will take the annual California Physical Fitness Testing in March. Through hard work and determination, it is evident that our students are learning about fitness and keeping their bodies in good physical condition, particularly because we exercise eight minutes every morning with our wonderful parent volunteer and PTA vice president, Linda Buck. LiveWell lessons

are taught by our parent docents, and students are learning the value of good nutrition and how it affects their minds and bodies in order for them to be successful in school and in life.

Out on our playground, each grade level has its own garden planter, and the students and parent volunteers harvest and plant vegetables so that each student may eat the fruits of their labor. This year, we harvested some great pumpkins, and we are looking forward to our gardens producing several kinds of vegetables. Our amazing parent volunteers will then come out to feed the students carrots, lettuce and radishes from our garden! The students will thoroughly enjoy eating from our garden! Our school cafeteria menus have also improved tremendously by providing a salad bar along with fruit and water that are offered during lunchtime.

This year, our Jog-on-the-Wild Side Jog-a-thon will take place Friday, May 2. Our students run around the track for 30 minutes with their classes and participate in raising donations for running laps. Each student will be given a Beryl Jog-a-thon T-shirt, and the design will be from one of our artistic students. To top off our wonderful Jog-a-thon event, we will have our annual Walk on the Wild Side silent auction and parent party at the Sea Side Lagoon on May 3. It will be a fantastic, fun evening.

At Beryl, our motto is to strive to be the best that we can be and to put forth our best effort in all that we do. In order for our students to be successful, they must continue learning how lifelong fitness, activity, and nutritional choices will impact their future.



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# Birney *Elementary (K-5)*

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



**Lisa Johnson**  
*Principal*

## Making Wise Lifestyle Choices

The Birney Elementary School community is committed to leading fit and healthy lives. Our partnerships with the PTA and Beach Cities Health District provide us with many opportunities to promote healthy living and encourage our community to make wise lifestyle choices.

Every year our Birney students participate in a Jog-a-thon, the purpose of which is twofold: to promote good health and fitness, and to fund enrichment programs such as Hands-on-Science, Hands-on-Art, and class field trips. Our student fund-raising efforts culminate in a day of fun and exercise. This year we ran a total of 3,949 laps, or the equivalent of 494 miles! This is just one demonstration of our community's commitment to health and fitness.

The Beach Cities Health District has also partnered with Birney in the fight against childhood obesity. Through its LiveWell Kids program, our students participate in daily morning exercises that invigorate the body and mind. We make sure that Birney's population is engaging in physical activity every day.



**Birney students participate in the annual Jog-a-thon.**



**Jumping rope for a worthy cause.**

## Gardening for Health

The BCHD also provides support in the way of our Garden Angels, who assist with the planting and harvesting of school gardens. Our students are encouraged to play an active role in this program, and learn healthy eating habits that can last a lifetime.

Birney students also learn about the importance of giving back by participating in an annual philanthropic activity in support of a worthy cause. Through the American Heart Association's Jump Rope for Heart program, Birney discovered that being physically active can also be fun! In this process, our students helped to save lives in their community, and across the country, by raising funds to support research and education. They also learned the value of developing heart-healthy habits.

Our students are able to participate in a service program that allows them to give back to the community, while also learning that good nutrition and exercise can help them lead long and healthy lives.

# Jefferson *Elementary (K-6)*

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



**Kara Heinrich**  
*Principal*

## Jump for Heart Health! • From Page 1

Donations go toward preventative research and medical care for children suffering from heart disease. JRH reminds students to be mindful of overall wellness through education, exercise and eating a well-balanced diet. One of the easiest ways to help children avoid future health issues such as heart disease is by taking steps today to improve habits and health. Although we are proud to raise money for this great cause, we are equally proud to maintain a health and wellness focus at Jefferson while raising awareness and promoting wellness through heart-healthy education

# Lincoln *Elementary (K-5)*

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



**Jeff Winckler**  
*Principal*

## All In for Arts

Having a well-articulated arts program for all students is a significant part of Lincoln Elementary School's commitment to whole-child development. From fine art to visual art to performing arts, Lincoln students have a variety of opportunities to increase their knowledge and develop skills in all areas of arts education. These opportunities are made possible through the combined efforts of several supportive groups and organizations.

Starting in kindergarten and continuing through fifth grade, students receive ongoing art instruction in the classroom setting throughout the school year. In addition to classroom-based lessons, our PTA provides the Hands On Art program to all students, taking them through six fine arts lessons throughout the year. Thanks to the Redondo Beach Educational Foundation (RBEF), two of our primary grade levels receive 10 weeks of arts education from the Music Center. The Music Center provides an Irish Dance program to students in first grade, while second-graders participate in a theater program. Additionally RBEF provides all third- and fourth-grade students with a district-wide, 18-week vocal music program, and fifth-graders have the option to participate in beginning band, which runs all year.



**Lincoln 3rd grade perform at a Vocal Music Concert.**

There is no question that art education is valued at Lincoln. The strength of the programs we provide to students is a credit to the combine commitment that our teachers, parent volunteers, PTA, RBEF, and Board of Education have made to enrich the lives of our students.



# Madison *Elementary (K–5)*

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



**Drew Gamet**  
*Principal*

## A Wonderful Opportunity

We at Madison Elementary are fortunate to be able to provide our students with a rich artistic curriculum. Our Hands-on-Art program provides an opportunity for students to study the work of classic artists by teaching them how to create work in the historic styles. The students in our after-school programs also have the opportunity to learn about the art of dance.

Thanks to the support of the Redondo Beach Education Foundation, we are able to offer music to our lower grades at the Music Center. There is also vocal music for the third- and fourth-graders, and a full band class for our fifth-grade students.

But on February 4, our third-graders had an artistic experience that they will not soon forget. That's when they visited the Walt Disney Concert Hall to hear the Los Angeles Philharmonic perform *Le Quattro Stagioni (The Four Seasons)* by Antonio Vivaldi. This concert featured a dramatic performance that helped our students connect to music that was composed almost 300 years ago.



**Madison students descending the Walt Disney Concert Hall**

This event was part of the LA Philharmonic's "Symphonies for Schools" program. The lucky schools that attended were selected in a drawing. We could not be happier than to be able to provide this wonderful opportunity to our students!

# Parras *Middle School (6–8)*

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



**Dr. Lars Nygren**  
*Principal*

## Measure Q – Making an Impact

The Redondo Beach community passed Measure Q to support technology, solar panels, and facility improvement within the Redondo Beach Unified School District. At Parras Middle School, the positive effects of Measure Q can be seen throughout our campus. Some of the Measure Q projects planned for Parras have been completed, and others will soon be finished.

Thus far, two large construction projects have been completed at Parras. Security has improved with the addition of a beautiful, seven-foot, wrought-iron fence built around the entire campus.

The new fence replaced the less secure and smaller chain-link fence. Solar panels have also been installed along the field on the side of Prospect Street. The panels not only produce electricity and reduce the cost of utilities for the school district, but they provide needed shade for our students during hot, sunny school days.

To support learning in the 21st century, Measure Q allowed for all sixth-grade students to receive netbooks. This one-to-one pilot program is designed to give students access to technology and improve their academic achievement. The pilot has been moving along smoothly. Students are using their netbooks to do presentations, type papers, and collaborate with each other over the Internet. Students are learning to use an online calendar to keep track of homework assignments that need to be completed. Now, when students turn in assignments, they do it digitally using their netbooks. Since all work is saved in the "cloud," it cannot get lost coming from home to school!

We are grateful for the community support of Measure Q. The effects have drastically improved Parras Middle School for our students and teachers.

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Parras Middle School  
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# Washington *Elementary (K–5)*

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



**Jacqueline O'Sullivan**  
*Principal*

## Minutes Well Spent

At Washington Elementary School, we exercise our students' minds preparing them for the Common Core State Standards and we exercise our students' core physical strength and fitness to support the whole child. Together with Beach Cities Health District and the PTA, staff is able to help students meet health and fitness goals in several ways. Students in

grades one through five at Washington receive PE instruction with Mr. Knapp and Mr. Viera every Monday and are engaged in a standards-based program that meets the state goal of 200 minutes of PE every two weeks.

Like all elementary schools in Redondo Beach, every morning, Explorers gather for eight-minute morning exercises. A series of exercises are set to music, and the routine changes daily. With guidance from teachers, students demonstrate these enjoyable routines for classmates by doing crazy jacks, three pointers, high knees, quick feet, and mountain climbers, to name a few. The routine ends with some deep breathing and yoga poses. Students are then ready to start the day, energized by exercise. Occasionally, the entire school does the Cha Cha Slide, the Cupid Shuffle or the Electric Slide to mix things up. In fifth grade, students districtwide are invited to RUHS for Field Day, an opportunity to showcase fitness and the high school at the same time.



**Fifth grade field day at RUHS.**

Not only are Washington students getting in shape but they are also learning great ways to add healthy food choices to their diet. LiveWell Kids, another of BCHD's programs, fights childhood obesity by supporting our school garden and providing nutrition classes taught by parent docents. Our PTA supports healthy choices, too, by sponsoring a running club twice a week and a Jog-a-Thon in February. Students keep track of miles and successes by adding a foot charm for every five miles run.



# Redondo Union *High School*

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



**Dr. Nicole Wesley**  
*Principal*

## The Common Core

*By Jens Brandt, Assistant Principal*

What is the Common Core? As we take on what may be one of the most important and potentially transformational moments in the history of public education, this is a question that is being discussed in schools and communities across the country.

The Common Core State Standards (CCSS) were created by a council of state governors and heads of education. Their goal was to develop a set of benchmarked standards that would be adopted by every state. This would allow states to compare testing data across the country, raise the level of instructional rigor, and

(ultimately) better prepare students for life beyond high school.

So how will the CCSS impact RUHS? First, we believe that the basic principles of Common Core instruction are already being implemented in many of our classrooms. While No Child Left Behind (NCLB) focused on learning standards in isolation, the CCSS place an emphasis on higher-order thinking skills such as analysis, inquiry, synthesis and evaluation. These skills are already an integral part of the lesson planning, collaboration and instruction that occurs at RUHS.

## Real-World Expectations

Second, the Smarter Balanced Assessment Consortium has created examinations that will raise our learning expectations and level of instruction. Students will no longer be assessed by answering multiple-choice questions; rather, they will be asked to complete short and extended-constructed responses and performance tasks which require a demonstration of analytical skill and real-world problem solving ability. These are the skills our students must possess for both college and the highly competitive 21st-century job market.

For the next 18 months our teachers will be involved in professional development activities, as we approach the CCSS English and math assessments for the spring of 2015. We hope that you can attend one of our Common Core Parent Education meetings on March 19 at 6 p.m. in the RUHS Library.



**RUHS students often work collaboratively in student-led groups, a common core component.**



**English teachers Ms. Buchanan, Ms. Jost, Ms. Gould, and Ms. Krueger discuss ways to increase students' depth of knowledge, a common core essential.**

# Tulita *Elementary (K-5)*

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



**Christina Giguere**  
*Principal*

## Connect with the Common Core

At Tulita, we are making great gains in understanding and implementing the Common Core State standards and realigning our planning, curriculum and assessments. As a staff, we are engaging in weekly and monthly professional development centered around planning lessons, analyzing student work, reflecting on our practice, and going through a continuous cycle of inquiry to improve teaching and learning in the classroom. We are keeping parents informed through parent-teacher conferences and weekly e-mails and will be hosting parent-education events in 2014.

The section below provides parents with details about the curricular and instructional shifts in English language arts. To summarize: Students will read more texts that provide facts and background knowledge in areas including science and social studies. They will read more-challenging texts and be asked more questions that will require them to refer back to what they have read. There will also be an increased emphasis on building a strong vocabulary so that students can read and understand challenging material.

What are the shifts? Students will read as much fiction as nonfiction, learn about the world by reading, read more challenging material, talk about reading using evidence, know more vocabulary words, and write about text using evidence.



**Third grade vocal music performance.**

## What Can Parents Do at Home to Help?

You can help at home by supplying more nonfiction texts, reading nonfiction books aloud with your children, and have fun with nonfiction in front of your children. Children should be given texts on topics that interest them. Finding books that explain how things work and why is another good idea, as is discussing ideas in nonfiction texts.

It's important to know what is grade-level appropriate. Provide challenging texts as well as books they can read easily. Challenging books can be read with children to show that these books are worth reading.

Talk about the texts. Demand evidence in everyday discussions and disagreements. Read aloud or read the same book as your children, and discuss and make predictions about it.

Encourage writing at home. Write "books" together, using evidence and detail, and review samples of exemplary writing by your children.

Read often and constantly. Read multiple books on the same topic. Talk, read, listen, sing, and make up rhymes and word games/

Please don't hesitate to contact the school principal or teacher if you have questions about the new standards. Thank you for taking the time to support your children at home!

Resources compiled from <http://www.engageny.org/parent-and-family-resources>





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## A Familiar Face From a Foreign Place

### Scarce Resources



Lauren Barrette

How much does the success of education depend on the physical and technological infrastructure of the school? Having never lacked a playground or a well-constructed desk during my education, I had never considered how my education might have been different without it. In the U.S., we aim to create the whole campus environment, complete with bean-bag reading corners and well-manicured sports fields; furthermore, schools are investing huge sums in technological infrastructure such as touch whiteboards and one electronic tablet per child, claiming it will revolutionize the educational experience for students and teachers alike.

My job in Nicaragua does not involve improving infrastructure in the schools. Instead I focus on training teachers in creativity and experiential learning techniques with the goal of inspiring students to become entrepreneurs. With so many aid organizations and institutions worldwide focusing significant resources on improving the basic four walls of the classroom, I am left wondering what role those walls play. Does that mean that Nicaraguan schools will always perform lower than countries whose bigger budgets create a pristine educational infrastructure? Or is there another way?

I will not claim to be an expert in education in Nicaragua or the U.S., but I have had a unique experience of observation. If I were asked to give recommendations to the Ministry of Education of Nicaragua (MINED) to improve education (granted I have not been hired to do that, but I like to imagine what I might say), the most surprising thing is that I might make the exact same recommendations to U.S. educators. I would not tell them to buy new computers (although much needed). I would not tell them to put in air-conditioning units (although I would love that). And I would not tell them to build a gymnasium. I would tell them to focus their scarce resources on reducing class size and attracting talented teachers. Education based on intimate relationships between talented mentors and interested students has existed for thousands of years, and, as a result, we have developed incredible things.

After some thought, I have decided that Nicaragua, in all its poverty, has the same chance as any other country to successfully educate its population, as long as the core of education is not forgotten: the talented and well-trained teacher.

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 the talented and well-trained teacher.



Graduate Los Alamitos High School Class of 2006. Studied Business Administration with a concentration in marketing at the University of Oregon Class of 2010. I decided to join the peace corps after college because I wanted to challenge myself to use my business degree in a creative way. I also felt that I was at a unique time in my life where I had no real responsibility and could dedicate two years of my life to serving others and seeking personal growth.



## Love Me for Who I Am



Kate Karp

"Please don't try to fix me. Love me for who I am. I may not talk the way you talk, but I've got some things to say...And I may not walk the way you walk, but I've got some place to go." *Love Me for Who I Am* Grammy-award nominee Brady Rymer has taken diversity and inclusion to a new and worthy level.

*Love Me* was inspired by Rymer's work with children at the Celebrate the Children School in Wharton, N.J. The school specializes in alternative learning styles, including autism and other communicative disorders. Rymer's lyrics celebrate

the children there and surprise us with the realization that the feelings and thoughts in them are universal among us.

Rymer and the musicians provide catchy folk- and reggae-flavored tunes. The CD art was created by Zoe Kakolyris, an artist with Asperger syndrome who is also deaf. The songs themselves deal with identity, discomfort, tuning out, moving around—or not—and other traits that characterize autism but have a broader reach.

"Picky Eater," "I Don't Like Change" and "Who Wants to Wear Shoes?" describe a special-needs child's extreme discomfort with certain sensations or things that go off pattern. "So Many Ideas" addresses the frustration of not being able to communicate feelings and ideas—"I've got so many ideas in my head, Yeah, they're hard to get out, I wanna scream and shout"—ever have writer's block? "Wiggle Alive" and "Squish Me, Squeeze Me" are about physical issues. "Squish Me" brings to mind the "hug machine" invented by Dr. Temple Grandin, arguably the most celebrated person diagnosed with autism; as a teenager, she created the machine to deal with stress and sensory overload.

Grandin herself commented on *Love Me*, saying "I really liked it. I hope it gets widely played." Such an endorsement is underscored by the five percent of the sales that will go to Autism Speaks, a nonprofit research and advocacy group.

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



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## College 4 Less

### College Financial Planning



Susan D. Marshall

If you were sitting with me in an audience listening to two extremely respected college admission counselors speak, you might have overheard this conversation between a dad and his son. "I can tell you one thing for sure; you will not apply to that private school. It is far too expensive." Dad, just tell me how much I have to spend. I'll make it work, I'll figure it out."

These words broke my heart because I knew there was a solution to their dilemma. I knew the father had no idea how much his son's actual college cost would be or how to know what he would be expected to pay. Most people don't. My heart went out

to the father as a parent and to the son who was genuinely sincere in accepting whatever his parents could offer and ready to take on the responsibility himself.

The father had no idea how the financial aid process works and was in "Sticker Shock" as I call it. He saw the price tag on the expensive school and immediately told his son he was NOT applying there. The irony is; the school with the higher sticker price in the end may have cost far less than the degree from the college with the lower sticker price. Unfortunately this is one of the biggest, potentially, the most costly mistakes families make when they are selecting a college.

They look at the sticker price and rule out a school before understanding what the true cost of a degree from that school will be. College selection based on sticker price is a mistake. Parents need to understand what the true cost of attendance will be before ruling out a school.

You can know what your COA – Cost of attendance will likely be and the type of aid you are most likely to get at the different financial institutions. You can know what your EFC or Expected Family Contribution will be if there tax or EFC strategies that you can employ. You can know what other opportunities exist for your family when saving and paying for college.

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](mailto:Susan@College4Less.com) or on her Web site at [www.college4less.com](http://www.college4less.com)





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# Oranges and Life’s Lessons



Nancy

I just spent a wonderful weekend with two little grandsons (ages 6 and 4) watching them enjoy and delight in what has become work for me after all these years at the ranch. The two boys loved climbing orchard ladders to harvest navel oranges. They picked themselves 5 twenty five pound bags to take home to sell. Aside from all the enjoyment they had they are learning some of life’s lessons, i.e., where their orange juice comes from, the work involved in harvesting the fruit, the work and art of sales, and earning some of their own money. Not too bad for one morning in the outdoors, enjoying nature and spending time with their great grandmother, grandmother and parents.



# 1964 and “I Feel Fine”



Charlene Ashendorf

The year was 1964, and I remember it like it was “Yesterday.” There were more than 52 million television sets in homes across America; that’s one in nine. Ours was a cabinet style Westinghouse with blonde wood and it would be turned on and tuned in...the year that the British rock band from Liverpool, The Beatles, was preparing for their first American appearance. Reports indicated that more than 73 million people would view this premiere television event and would be mesmerized by these four musicians in their early twenties. That Sunday night, February 9, 1964, I would convince my parents to allow us to watch the Ed Sullivan show while eating dinner on tray tables. “After a Hard Day’s Night” my mother broke down and agreed to serve the Swanson TV dinners in front of the television set (which was always forbidden on Sunday nights).

The Fab Four were introduced to a record breaking crowd. The audience was made up primarily of screaming teens like myself. I wept, I jumped up and down and choked on the words to “I Wanna Hold Your Hand.” My dad took his dinner, got up from the plastic covered sofa and finished his meal in the kitchen. My mother, disgusted by the gyrations of these teen idols and appalled by the behavior of these youngsters promised we would never watch Ed Sullivan again.

And we never did.

Of course you know the rest of the stories... What followed were movies, solid gold album sales, and dozens of number one records. Two of our Beatles are gone, one murdered and the other died of cancer. The two who remain are in the early seventies. And by the time this article goes to print the British pop duo, The Eurythmics (Annie Lennox and Dave Stewart) will have performed in Los Angeles celebrating the 50th Anniversary of the Beatles appearance on the Ed Sullivan Show. If you don’t remember when, or you were late to that party, you may be able to catch “The Night that Changed America” youtube style. And if you are like me, you will always remember when.

Charlene remembers growing up in Chicago with hot and humid summers, leaves that turned colors in the fall and endless winters. She is the executive director of Laurel House, a shelter for at-risk teen girls. She is active in her church and community. Her hobbies include reading, writing and visiting art galleries. Charlene resides in Costa Mesa with her husband, Dennis who is a teacher in the Newport Mesa Unified School District. <http://about.me/cmash>

# Biting is Unacceptable Behavior



Jodie Lynn

My three-year-old son is in preschool with his cousin. She all of a sudden has begun to bite when she gets upset. Now our son is beginning to bite as well. What should we be doing to teach both of them that this is unacceptable behavior towards each other as well as the other children?— Chuck Turner in Albany, NY

**A.** This is a more common challenge at this age than you might think. Gather details from the teacher about exactly when it is taking place. Perhaps there is something right before or after a specific activity that is either causing frustration or possibly even stress that causes your son's cousin to act out her feelings by biting. She could be using it as a kind of emotional relief, yet targeting it towards him, especially since she knows him better than the other kids. The teacher will also need to pinpoint when he retaliates. Since I am not sure if he is reciprocating the unkind physical agitation of being bit towards her and only her, or if he is biting other classmates, it could get worse for everyone involved and spread like wildfire. Hopefully, it can be nipped in the bud before it gets any worse. Be sure that the time right before preschool is calm and as pleasant as possible for your son. If it is rushed and filled with haphazard behavior, it will only heighten the need to release that type of negative feelings right into the classroom. Also, talk with the little girl's parents to be sure that she too is experiencing a positive environment before preschool. Having a pleasant, calm morning makes a world of difference in their day, just like it does for us all.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. Author of *Mom CEO (Chief Everything Officer), Having Doing, and Surviving it All!* and *Syndication Secret—What No One Will Tell You!* [www.ParentToParent.com](http://www.ParentToParent.com)





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## FRAM Tryouts 2014 – 2015 Soccer Season

We will be building new teams in the age groups and are seeking players to strengthen our existing teams.

All tryouts will be held at Miraleste Intermediate School

U8 Boys & Girls..... March 10th, 11th & 17th – 4:30-6:00PM

U9 Boys & Girls..... March 12th, 13th & 18th – 4:30-6:00PM

U10 Boys & Girls..... March 13th, 19th & 20th – 4:30-6:00PM

U11 Boys..... March 11th, 17th & 20th – 4:30-6:00PM

U11 Girls..... March 12th, 18th & 19th – 4:30-6:00PM

U12 Boys & Girls..... March 10th – 4:30-6:00PM

& March 11th & 20th- 6:00-7:30PM

U13 Boys & Girls..... March 12th, 13th & 19th – 6:00-7:30PM

U14 Boys & Girls..... March 10th, 17th & 18th – 6:00-7:30PM

Please bring the FRAM Tryout Application form with you to the first try-out session.

The form is available for download on the Tryouts Page of the FRAM Soccer Club website.

**FRAM Soccer Club is Currently Holding  
Open Training Sessions Now**

Players interested in learning more about FRAM and trying out for the upcoming 2014-2015 season, visit [www.framsoccer.com](http://www.framsoccer.com). Please email us for a current team training schedule, or contact the FRAM coach of the team you are interested in joining.

For additional information email [admin@framsoccer.com](mailto:admin@framsoccer.com) or (310) 963-7101.  
[www.framsoccer.com](http://www.framsoccer.com)

# Football 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](mailto:Kay@schoolnewsrollcall.com) (Please put RBUSD in the subject line)



Entries must be received by March 15, 2014

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

Clipping	Kicker	Scrimmage
Coach	Linebacker	Special Teams
Conversion	Loss of Down	Super Bowl
Cornerback	Offsides	Tackle
Defense	Personal Foul	Tailback
Field Goal	Possession	Touchdown
Flanker	Quarterback	Yardage
Goal Post	Roughing	
Interference	Safety	

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

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