

FREE

School News

Education + Communication = A Better Nation

Covering the Redondo Beach Unified School District



Volume 9, Issue 77

March 2015

Celebrating culture means celebrating one another!



CDC Students showing their creative work! (please see page 8)

Board of Education



Brad Serkin
President



Michael R. Christensen
Vice President



Anita Avrick
Presiding Officer



Laura Emdee
Member



Brad Waller
Member



AFTERSCHOOL & SATURDAY

Open up their minds to the world
Before it is too late!



**REDONDO BEACH
STUDENTS SPECIAL
\$100 OFF GROUP CLASS
WITH THIS AD**
Offer ends on 3/15/15
Not valid for preschool
minimum 8 weeks registration
www.sfli-ca.com

SAVOIR FAIRE LANGUAGE ♦ INSTITUTE

Classes available for adults & children



FRENCH



MANDARIN



ITALIAN



SPANISH



GERMAN



JAPANESE



ENGLISH



ARABIC

Call Now!
310.379.1086

Open House • March 14th • 11 am – 1 pm

**Rolling Hills
Montessori School**
in a beautiful rural setting,
offering 3 programs:
**Toddler, Pre-Primary
and Transition (18 months - 7 years)**

- Full day and half day
- Chinese/Spanish and Music inclusive
- 10 Extra curricular classes available
- Field Trips
- Community atmosphere
- Fully credentialed staff

Spaces are limited.
For more info please call: (310) 377-5722

Rolling Hills Montessori
26825 Rolling Hills Road
Rolling Hills Estates, CA 90274
www.rollinghillsmontessori.com

Peaceland Music & Repair GUITAR LESSONS

**Guitar, Piano, Voice,
Bass, Drums**

Also: Ukulele, Banjo, Mandolin

James Musser

Nominated Best LA Band '96
Best Guitar '97 LA Music Awards

All Ages, Levels & Styles

Days, Evening & Weekends



(310) 650-4201

www.peacelandmusic.com

peaceland@peacelandmusic.com

23706 Crenshaw #105 A&B,
Torrance, CA • (across from Hof's Hut)

Visit us on:

MySpace.com/PeacelandMusic • YouTube.com/PeacelandMusic

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

We Care For Kids

**Sign Up In March for Before and After
Kindergarten Care for Fall 2015**

- A 1:14 adult to child ratio
- Caring teachers licensed by the State of California
- A safe enriching atmosphere for your child
- Full days on some holidays and vacations
- Field trips on most non-school days
- Developmentally appropriate activities
- Both school year and year round contracts available

Join The Fun
at CDC

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.

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

**F
U
N**

Piano Instruction

All styles of music
Kindergarten to adult
Torrance studio with easy
access to major streets

Bob Bommarito

310-329-5474

bommaritomusic.com



**Summer
school
built
around
you.**



On your time. At your pace. For
fun or for credit. To catch up, get
ahead, or make up a grade. Taught
just for you - one-to-one - always.

Summer at Fusion doesn't take away
your summer fun. Our flexible
scheduling allows you to attend
classes on your schedule. Go on
vacation, sleep in, or come to class
early - whatever works for you. Each
class is one teacher and one student
per classroom, allowing for a
completely personalized summer
school. Contact us to learn about our
unique summer programming.

**fusion
academy**

Fusion South Bay
310.376.5139

Superintendent



Dr. Steven Keller

Our Employees Shine

Many of you have heard me say, “85 percent of Redondo Beach Unified School District’s budget eats.” In a typical California school district, anywhere between approximately 80 percent and 90 percent of the district’s budget is consumed by the total compensation of staff. When such a large chunk of a budget is dedicated to one resource, it is incumbent upon the district’s leadership to dedicate significant time ensuring that particular resource is nothing short of great. In Redondo Beach Unified School District (RBUSD), with about 1,400 employees, we have learned that a little extra work on the front side of the hiring process goes a long way in ensuring we are putting the best people in front of (y)our kids.

To briefly summarize the hiring process for most of our positions, an interested candidate applies online via Edjoin (www.edjoin.org). The principal/supervisor will go online to look at the candidate pool, checking for items such as experience, skills, education, employment history, and letters of references. The principal/supervisor then selects a group of candidates to interview. After the interview, a consensus process with the interview committee occurs, and the top candidate is selected. Once the candidate is selected, reference checks are conducted to verify the information in the application and interview process is accurate. Reference checking is complex and multi-faceted, a skill that our leaders know well.

Once the candidate has been confirmed by the principal/supervisor as a great candidate to work in RBUSD, he or she meets me—whether it’s for a teaching position, a custodial position, an administrative assistant position, or any other position. (When there is a management opening, I’m typically involved from the beginning.) I will dedicate 15 to 20 minutes reminding the recommended candidate that this is RBUSD, home of the greatest school district around, so he or she needs to be just that, great. I remind each of them that we hold staff accountable, that we support staff, and that this is a special place to work. But, I remind each candidate, “If you are looking for an easy job without being accountable, look elsewhere.” I am very serious about this!

As you can see, hiring the best takes time and a relentless focus. The staff members who work for (y)our kids each and every day are quality, caring, hardworking, and dedicated to our mission. South Bay residents sometimes stop me to share how impressed they are with our facilities, our Redondo Union High School athletic teams, our technology, and our united mission. I quickly remind them that it is our employees who shine brightest. On behalf of our Board of Education, I want to thank our 1,400 employees. They are key to making RBUSD truly great.

Board of Education



Brad Waller
Member

Slow Down!

It seems as if the number of incidents involving pedestrians and cars has increased substantially over the last year or so. There have been a number of accidents involving students on their way to or from school that have resulted in minor and major injuries that did not make the nightly news. The blame does always lie with the drivers of the cars. But, no matter who is to blame, when a pedestrian and car end up colliding, the pedestrian loses every time.

Pure speed is not the issue here. It is the pace of life. Tight schedules, children not being ready on time, carpools, and more can make it hard to get your children to school on time. Take a cue from Vince Lombardi: always be 15 minutes early. Get everyone up 15 minutes earlier; even if you end up five minutes late due to a forgotten netbook, you will still be 10 minutes early.

Life gets a lot easier when you are not rushed in the mornings. You will find that there is no big line at the school and drop off is fast and easy. If your children are walking from where you drop them, or all the way to school, showing up early has the benefit of a safer environment with less traffic.

Give yourself more time to get where you are going and remember to be extra careful at intersections.

And please remember how stop signs work. You don’t roll through slowly. You don’t simply stop and go. Stop, look to see if there are pedestrians in the crosswalk or cars at the cross streets, and then, and only then, proceed when it is safe. It is a rare day when I see a middle school child crossing the street unsafely, but every day I see multiple drivers stop in the middle of the intersection because there are students in the crosswalk.

Just remember to be safe and take it easy when driving. Give yourself more time to get where you are going and remember to be extra careful at intersections.

Board of Education 2015 Regular Meeting Schedule

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

(April 14 – Organizational Meeting)



Kay Coop
Founder/Publisher



Netragrednik

This issue includes articles on various topics from art, fitness, the value of exercise, saving energy, testing, writing, college and career readiness and quilting. So much to enjoy reading.

I love your enthusiasm for our contests! This issue there are two for you to enter. The contests are open to all ages. I especially enjoy the comments in your emails.

On page 18 we are introducing our newest columnist, Tyler Armstrong. Does your child enjoy writing? I am interested in adding several student columnist. If your child has a hobby or specific interest he/she would like

to write about, email me. Perhaps a student would like to write a book review or highlight community service projects. I'm open to ideas and look forward to hearing from you and your children.

Parents if you have found web sites that you have found helpful and you would recommend to other parents, email me and I'll pass the info along. There is so much information out there that it is nice to know what other parents find helpful.

Our next issue is March 25. As always, thank you for including *School News* among your reading choices.

UCLA Extension

Pathway

For Students with Intellectual & Developmental Disabilities

Our Post-Secondary 2-Year Program Offers:

- Successful completion for a Certificate in Learning & Life Skills
- Foundational instruction toward independent living
- Dedicated partnerships for job development & gainful employment
- Financial aid & scholarships



Visit uclaextension.edu/snPathway or contact us at (310) 794-1235.

explore. experience. expand.®

15988-14

School News

Education + Communication = A Better Nation

www.schoolnewsrollcall.com

Covering the

REDONDO BEACH UNIFIED SCHOOL DISTRICT

FOUNDER/PUBLISHER: Kay Coop

562/493-3193 • kay@schoolnewsrollcall.com

Fax: 562/430-8063

ADVERTISING SALES: Valerie Reid • 310/874-2716

valerie.schoolnewsrollcall@gmail.com

CONTENT COORDINATOR: Barbora Longiny

GRAPHIC DESIGNER: Meshel Negrete

COPY EDITORS: Lisa Brock, Kate Karp & Anna Zappia

CONTRIBUTING CARTOONIST:

Netragrednik by Neta Madison



[SchoolNewsRollCall](#)



[@SchoolNewsRC](#)



[SchoolNewsRollCall](#)

SCHOOL NEWS ROLL CALL, LLC

P.O. Box 728, Seal Beach, CA 90740

562/493-3193

www.schoolnewsrollcall.com

Copyright © 2006, School News Roll Call, LLC

Reproduction in whole or in part without written permission is strictly prohibited unless otherwise stated.

Opinions expressed by contributing writers and guest columnists are their views and not necessarily those of *School News Roll Call*. This publication is privately owned and the right is reserved to select and edit content. The school district does not endorse the advertisers in this publication.



Redondo Beach Council PTA



Lisa Christensen
President

Dads in PTA

One of my favorite commercials that aired during the Super Bowl was sponsored by Dove. It focused on the important role that Dads play in our children's lives. Dads can also play an important role in PTA. Dads can be involved in their children's education matters more than ever.

When Dads are active participants in their child's learning and school, research shows that it leads to better grades and higher attendance. It also contributes to creating a healthy school climate and, in the long run, it increases the likelihood of a student going on to college.

A recent survey said men don't get involved with PTA because they aren't asked. Dads you are welcome and invited to be a vital and important part of PTA in Redondo Beach. We look forward to the experience, talents, and skills you can bring to our schools.

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

South Bay Hands On Art

VALEN-DINE'S HEART

By Co-Chairs Alicia Rubio & Sue-Anne Silkes

Pop Artist Jim Dine was the inspiration for the Hands on Art project Valen-dine's Heart. Jim Dine is a contemporary American artist skilled in painting, sculpture, printmaking and illustrating. Students created a monoprint of a heart with markers on wet media film and transferred the print onto an individual canvas to create a breathtaking heart.



5th grade Madison elementary student displays his Valen-Dine Heart.

Next month, inspired by artist Jordana Klein's hill artwork, students learn the use of water soluble oil pastels on wet and dry watercolor paper.

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

The results were fabulous, and students were amazed by their transferred drawing! A lesson on symmetry, contrast created by shadow and light, as well as shading techniques such as hatching, cross-hatching and stippling were taught.

Redondo Beach Educational Foundation

Come Follow Us!



Ted Craddock
President

Have you given yet so we can raise the tide? Our once-a-year Donor Drive is upon us! When you visit our website to give, please connect with us through our social-media platforms.

RBEF is excited to share what is going on. In addition to our informative website, you can further your connection with the Educational Foundation by joining us on Facebook, Twitter, LinkedIn and Pinterest. Our Facebook page offers great content for K-12 students and parents alike. We post blog articles that include interviews with RBUSD staff, how to prepare for college, fun science experiments that can be done at home and much more.

On all of our social-media platforms, we also post events that are going on in the district and community. We even featured a group of elementary students who got together over the summer and opened a lemonade stand for the day! They decided that they would donate all of the money that they raised from their business venture to RBEF. Their gesture was so touching that we wanted to make sure that they were recognized for their generosity.

We would love it if you would join us on any of our social-media platforms and get to know RBEF even better! Please "like" us on Facebook at www.facebook.com/RedondoBeachEducationFoundation. Follow us on Twitter at www.twitter.com/RBEdFoundation. Get LinkedIn by sending us an invitation, or check us out on Pinterest at www.pinterest.com/raisingthetide.

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

**Proud Sponsor of Your School for
Over 20 Years!**

South Bay
Driving School

\$20 off

One coupon per student
*Online and Classroom
Available*

(310) 791-1111

3614 Pacific Coast Hwy., Torrance, CA 90505
Southbaydriving.com

Beach Cities Health District



Dr. Lisa Santora
Chief Medical
Officer

Vaccinate

The outbreak of measles at Disneyland has people talking. Unfortunately, a lot of the talk is misinformed and sensationalized. Measles, like all vaccine-preventable diseases, is a serious illness that can cause significant harm. Many of us have never experienced measles and, therefore, underestimate the risk of not vaccinating a child.

Our world is flat, especially when it comes to disease. The current measles outbreak actually started in the Philippines two years ago, before traveling to the U.S. When people infected with contagious diseases travel (remember, you can be infected and asymptomatic) and come into contact with non-vaccinated or under-vaccinated individuals, we are all put at risk. Vaccines aren't 100% effective, so we also depend on proper hygiene, herd immunity and herd effect to reduce the transmission of contagious diseases.

Luckily, we have near record low levels of vaccine-preventable childhood diseases in the United States – a true testament to the success of modern vaccines. But viruses and bacteria still manage to circulate in our country or lurk just a plane ride away. During the past decade, we have also seen a concerning increase in personal belief exemptions from vaccines among school-aged children in the beach cities. And we're now experiencing the consequences – outbreaks of serious, vaccine-preventable childhood diseases.

On the same day as the U.S. measles outbreak, the Kaiser Permanent Vaccine Research Center published findings from its 12-year study on the measles, mumps, and rubella vaccine (MMR), and the findings confirmed its overall safety. What's more, the Centers for Disease Control and Prevention (CDC) warns that we cannot take high immunization coverage levels for granted. To continue to protect America's children and adults, we must obtain maximum immunization coverage in all populations.

Parents can learn more about the benefits and safety of vaccinations by visiting: www.cdc.gov/vaccines/parents
www.healthychildren.org/English/safety-prevention/immunizations

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

Special education programs are authorized by federal and state laws.

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



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

This request should be in writing and submitted to:

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



Jens Brandt
RUHS Assistant
Principal /
Blue Zones
Project Liaison



Dr. Denise Bevly
BCHD-
Youth Services
Senior Manager

Free Fitness Weekends

Parents, free fitness classes are at a variety of studios near you. Dubbed "Free Fitness Weekends," the community health initiative – organized by Beach Cities Health District – gives parents and children the opportunity to take free exercise classes in the Beach Cities during the first weekend of every month, Feb. – May.

The next free classes will be offered March 6-8, April 10-12 and May 1-3. Currently, 25 popular fitness studios in Hermosa Beach, Manhattan Beach and Redondo Beach are actively participating.



"Physical fitness is one of the cornerstones of a healthy life, but alarmingly, only one in three adults and one in four children currently get the recommended amount of daily physical activity," said Dr. Santora, chief medical officer at Beach Cities Health District. "We hope Free Fitness Weekends helps people connect with a fitness opportunity that they love and will stick with long-term."

See the complete list of free classes and participating studios at beachcitiesgym.org/freefitness.

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



SCHOLARSHARE

CALIFORNIA'S 529 COLLEGE SAVINGS PLAN

scholarshare.com



Please see our ad on the back page.

Breastfeeding While Working



Terri Nikolettich
MSN, MPH, CNS,
RN, Program
Director, Perinatal
Education,
Lactation Support,
Welcome Baby
Program;
Miller Children's &
Women's Hospital
Long Beach

Going back to work doesn't mean the end of breastfeeding. With some planning, you can continue to provide your baby the best nourishment possible.

During pregnancy, speak with your employer about your desire to continue breastfeeding once you return. You should request a clean, private area near your work space to pump.

Before Returning to Work:

- Purchase/rent a high-quality, electric breast pump. Using a double pump kit, mothers can complete a pumping session in about 10 - 15 minutes.
- Pumped breast milk can be stored in the refrigerator for five days. If you need to keep it longer, label the bottle with the date and store in the freezer. Thaw frozen breast milk under warm water. Don't microwave or boil it.
- Be sure to provide your child care provider instructions on how to store and handle breast milk.
- Consider speaking with a Lactation Consultant for additional tips to ensure an adequate milk supply.




After Returning to Work:

- To maintain your milk supply, pump as many times as your baby would normally breastfeed.
- Breastfeed your baby immediately before and after work.
- Remember to drink plenty of fluids, eat well-balanced meals and snacks, and get plenty of rest.

Talk to your employer to create a plan that works for you and your baby.



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



Miller Children's & Women's Hospital Long Beach
MEMORIALCARE HEALTH SYSTEM


Our specialists are the leaders in mom's and baby's health care.

As a busy mother of two children under 5, Melissa was shocked to learn she was pregnant with twin girls, but immediately knew where to go. Her first two children were born at Miller Children's & Women's Hospital Long Beach. And even though she lives nearly an hour away, she knows she needs specialized maternity care that only Miller Children's & Women's offers. She wants her twins to get the same great start her older children experienced.

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

Follow the leader to Miller Children's.

MCHLB.org/Maternity **800-MEMORIAL**



Our specialty:
Maternity Care

Melissa's specialty:
Super Mom

*Melissa, Mother of Two & Expecting Twins;
Miller Children's & Women's Maternity Patient*

RBUSD Alternative Education



Sue Hall
Principal

Art As Medium

We are lucky to have the art program at Redondo Shores and would like to thank the RBUSD community for funding a full-time art teacher. Unique Campa is a great addition to our staff, providing students with challenging projects that inspire creativity and good citizenship.

Ms. Campa summarizes her program best: "The art curriculum includes a breadth of mediums across a range of subjects and serves as a mechanism for students to explore a variety of skills and techniques. Not all students consider themselves artists, but through these projects, they become more aware of their creativity and enjoy exploring new avenues to express their ideas. While students continue to create traditional drawings and paintings, they are also given the opportunity to create projects like a miniature accordion book, a project so popular that staff asked to participate."



Child with Portrait

Ms. Campa teaches her students to be aware of the global community and explore art through a multicultural lens. Her students learn to recognize the value of their talents, hard work and public service. In December, the students put extra care into their portraits of orphaned children since they knew Ms. Campa would be delivering them as gifts. She always finds a way to bring out their best.

"Ms. Campa helps each of us get through the challenging assignments so we learn to do it ourselves. She will call us out if we are sloppy since she knows we can do better," said student Chris Portillo. Emma Teti said, "What I really like about the art program is that Ms. Campa encourages us to go out of our comfort zone and take on a wide range of projects. Ms. Campa has high expectations because she knows we are

capable. She is passionate about art and inspires us to love it, too."

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

RBUSD Child Development



Theresa Van Dusen
Director

Global Café!

*By Sonoya Wynne,
CDC Site Supervisor*

It is through a family's culture that children's identities are built and feelings of belonging and security are gained. In January, Tulita Elementary School celebrated their second annual Multicultural Night. This special event was an opportunity for all of us to come together to share a little of our own cultural backgrounds with other families of the school community and to encourage awareness of and appreciation for all cultural diversity.

Tulita CDC preschool participated in this event by making flags with their families that represented their various cultures. The cafeteria was transformed into a global café where each family had the opportunity to share their cultural traditions and dress and also sample delicious foods.



CDC Students showing their creative work!

This event was a wonderful way to learn about a country and the diverse cultures represented within our school.

Celebrating culture means celebrating one another!

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

RBUSD Educational Services



Dr. Annette Alpern
Deputy
Superintendent,
Educational
Services

Looking Ahead

College and career readiness—in education and parent circles, this term is batted around quite a bit. Individually, it can mean any number of things. College and career-readiness skills for students encompass many areas: academic preparation, technological skills, social/emotional readiness and resiliency for life beyond high school all fall into this category. As RBUSD looks to offer multiple pathways for college and career readiness for all

students, it seems like an appropriate time to share and review what we have been up to this year and also share the next steps as we look ahead.

This last fall, we were able to adopt one-to-one technology through putting a Chromebook into the hands of every third-through 12th-grade student. In the area of social and emotional support, school climate and student connectedness, all of our schools have been trained in the Positive Behavior Supports and Intervention model and all elementary teachers have been trained in the MindUp curriculum. The Common Core State Standards in language arts and math are being taught and have been supported through research-based models of teacher collaboration and university partnerships with UCLA and

Loyola Marymount University. STEM and arts opportunities and experiences at all schools continue to expand annually. Our focus on physical and psychological wellness aligns with our belief in whole-child education and helping to create healthy, balanced future adults.

This spring, every elementary school will begin to see classroom sets of student tablets in the primary grades. By fall, all primary classrooms will be equipped with one-to-one tablet technology. A committee of 40 teachers and administrators is presently evaluating new Common Core State Standards-aligned math-instructional materials. Parents will be invited and selected to join the evaluation process as well. Depending on the resulting recommendations, new math materials may be in use as early as this August. Our students in grades 3–8 and grade 11 will take what is expected to be the first year of SBAC (Smarter Balanced) tests, which will help inform our instruction.

As a school district, all employees are engaged in a process of continual learning through feedback, evaluation and refinement of our work. And our work is never done, but we believe that the work of providing exceptional opportunities for every one of our students is the best kind of work around. We promise you our ongoing commitment to that work each and every day.

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

333 Continental Blvd. ★ **El Segundo, CA 90245** ★ **Monday - Saturday 10am to 6pm**



\$tockroom \$ale

Dates:
March 26 - 28, 2015

Time: 10am to 4pm

Location: Basketball Court

Great prices you can't afford to miss!

Like us on 





Reminder:
Members receive
10% off
regular prices in
store!



\$10 OFF

a purchase of \$50 or more*

*One coupon per customer per day. Minimum purchase amount must be met before taxes. Excludes movie & theme park tickets, See's Certificates, licensed product and gift cards. Not valid in conjunction with any other coupon, discount or offer, except in-store promotions on the date of purchase. Instant rebate limited to final sale price of product; coupon has no other cash value. Any other use is fraudulent. Coupon does not apply to previous purchases. Product is limited to stock on hand; no rain checks. Coupon must be surrendered at time of purchase. Not valid for online or catalog orders. Consumer must pay any sales tax. Valid in US stores only. Customer must hold or sign up for FREE Mattel® Toy Store membership.

Coupon valid at the El Segundo Toy Store location only



Expires: April 4, 2015

www.matteltoystore.com ★ **310-252-3384**

©2015 Mattel. All Rights Reserved.



Vivian Ibarra
Director

Spotlight on Quilting

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

For more than 97 years we have been offering a wide variety of classes to adults of all ages.

This month we want to introduce you to our quilting class. SBAS quilting students come from a wide variety of sewing experience. Here they learn how to make beautiful quilts in both the traditional and modern methods of patchwork and appliqué.

Our teacher, Sylvia Davis, has been at South Bay Adult for four years. She started teaching the



Students learn how to make a quilt.

Spring & Summer 2015

southbayadultschool SBAS ADULT EDUCATION
Classes for lifelong learning! Redondo & Manhattan Beach Unified School Districts



www.southbayadult.org

The Sky's the Limit

Life's a Journey!

Find your path to lifelong learning.

Spring starts March 23
Summer starts June 22

Quilting Basics and Beyond class shortly after retiring from 33 years as a business and math teacher in the Long Beach Unified School District. Although her mother taught her how to sew, knit, and crochet when she was six years old, she didn't discover quilting until 1993.

Sylvia is a member of three quilting guilds, and uses most of her 100+ quilts in classes, lectures, and workshops around Southern California. She says that, "In class, I strive to familiarize the beginning students with the terminology and techniques that will make them confident quilters quickly. Students are always encouraged to bring in their UFOs (unfinished objects) for guidance to the finished line. Each session I present a new quilting project to challenge and enhance my students' skills."

Sylvia's Quilting Basics and Beyond class meets on Wednesdays from 1 to 3:30 p.m. Join this fun-loving group of students on their quest to become even more creative by tackling new and exciting quilting projects. Beginners are always welcome, and are nurtured by all!

Please watch for our new spring/summer catalog coming out in March. And visit www.southbayadult.org to sign up for classes and reach your lifelong learner goals.

Like us too @ www.facebook.com/SouthBayAdultSchool.

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

Adams *Middle School (6–8)*

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



Anthony Taranto
Principal

The Value of Exercise

Physical education (PE) plays a vital role in educating the whole child. Student participation in PE prepares them to be physically and mentally active, fit and healthy for life. In fact, research indicates the physical wellbeing of a student is linked to promoting academic learning as well as building self-esteem and developing sportsmanship.

According to the National Association for Sport and Physical Education (2007), the healthy, physically-active student is more likely to be academically motivated, alert, and successful. Cognitive benefits include students learning how problem solve, express themselves, socialize, and resolve conflict. Disease prevention, injury avoidance, and increased mental health are some of the physical

benefits gained from physical activity.

In middle school, PE activities build students' physical skills while teaching them how to apply sports skills and basic sports strategies. Physical education allows students to work toward a common goal during various games, activities, or sports. Intramural sports further reinforce these skills, as students participate in fall, winter, and spring sports that include boys and girls basketball, volleyball, and soccer, as well as softball and co-ed flag football. Additionally, PE introduces these sports to students, so they make choices to pursue the sports that interest them the most.

PE in schools is just as important as the exercising of the minds that takes place in the classroom; it improves students' self-confidence, decreases stress, and improves concentration, all of which help foster increased academic learning, thus helping to educate the whole child.

Alta Vista *Elementary (K–5)*

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



Susan Wildes
Principal

Home Standards Support

We all want to provide our children with rich home environments where learning thrives and propels them to be successful on their academic journey. Recently, I was speaking to friends who stated that they were frantically gathering Common Core-like materials and doubling work at home to try to give their children an "edge." I cringed and urged them to reconsider. There

are many ways in which we as parents can make simple behavior changes that will offer our children all that they need to successfully master the academic demands being placed on them.

For instance, read more nonfiction with your children. Don't have a huge collection of non-fiction at home? Magazine subscriptions provide a wealth of reading

opportunities. And read often with them, and let them see you reading. There is no better formula for increasing their vocabulary.

Use evidence in everyday conversation and to make a point. Make a habit of asking the question How do you know?

Know what math facts your children should have memorized, and work on them. Keep flash cards in the car, and at red lights, see how many cards your children can practice. Engage them in solving everyday math problems. Doubling a recipe? Paying bills? Let your children be a part of the solution.

We all want our children to be prepared for success in school, college and the real world. By modeling the Common Core, we better help them develop the real-life skills they need to be lifelong learners.



Seek 'n Find Contest!!

Find these two students in this publication. When you find them, email the **page numbers** to:

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

Your entry must be received by March 15, 2015

From the correct entries, we will draw a winner to receive a \$20 gift certificate redeemable at Barnes and Noble.



Beryl Heights *Elementary (K-5)*

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



Karen Mohr
Principal

SBAC Testing Tips

The state's testing window opens on April 27, and our third- through fifth-grade students will soon be taking the tests on their Chromebooks. To help your child do well, please make sure that they get a good night's sleep before each day begins. Make sure too that you provide your child with a light and healthy breakfast, and have them dress comfortably and arrive at school on time!

Most importantly, always send your child off to school with confidence. Build words of praise and support like, "You'll do great! Believe in yourself! I love you!" A positive interaction before testing always helps motivate your child to do their best, because it gives them a good feeling of self-worth and confidence. Suggest too that your child breathe

deeply to relax before and during the test, and remind them to be mindful and read the directions carefully.

A good strategy is also to have your child read all of the possible answers first, and then work out the problem. Tell your child to check his or her answers before they turn in the test. Remind them to take their time as well and not rush, because this is not a timed test.

Also, please do not schedule trips or dental or medical appointments on testing days, or early pickups. Most of all, remember that a test is just one indicator of how your child is doing. Good communication throughout the year with your child's teacher is always the best way to determine their real success.

As always, we at Beryl strive to be the best that we can be. With your help and support, our students will be successful in all that they do!

Birney *Elementary (K-5)*

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



Lisa Johnson
Principal

Got Art?

The Redondo Beach Unified School District recognizes that all children can benefit from an opportunity to learn about and experience the arts. Study of the arts not only adds value to our lives, it is also closely linked to student achievement.

Through our PTA-sponsored Hands-on Art program, Birney students now enjoy six art workshops over the course of the year.

The projects are theme-based and inspired by local artists. Trained parent-docents lead lessons that afford students an opportunity to learn about various art mediums and techniques – in addition to exploring their creative side! From kindergarten to the fifth grade, our students enjoy experimenting with the various mediums and developing their artistic styles.

This year's theme of "Art Makes Everything Awesome" has proven to be a huge hit. Our students have greatly enjoyed creating their own works of art. Thanks to the generosity of the Redondo Beach Educational Foundation, our students in the first through fifth grades have access to music and visual and performing arts education.

Our primary grade students enjoy lessons with artists from the Music Center of Los Angeles. They learn about theater and a variety of dance forms, including hip-hop, salsa, and international. Additionally, the third- and fourth-grade students enjoy vocal music lessons from credentialed music teachers, while the fifth-grade students have access to instrumental band.

Birney is fortunate to have the support of a school district and PTA that recognize the importance of arts education. As a result, our students are being provided with an enriched educational experience that cannot be rivaled.

History Made Easy!

Museum-like setting makes learning history exciting.

World Geography • American History
World History • Government • Economics

- Improve note taking and study habits
- Analyze photographs, cartoons, art and documents

Grades 4th – 12th • Public/Private Schools
Homeschoolers

One-on-One or Groups

Tutoring is
Now Available
via

skype™

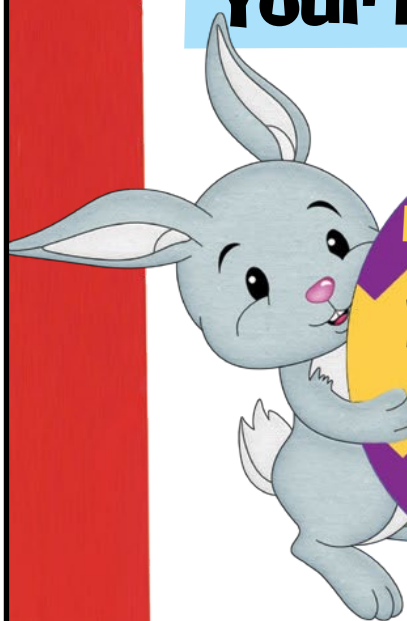
Appointment (562) 852-5242 • 225 Main Street, Seal Beach
www.TargetedHistoryTutoring.com

child's play toys

Imaginative Toys for Creative Kids

**Trained
"Toyologists"
to assist you**

Your Neighborhood Toy Store



Meet the

**Easter
Bunny**

**Saturday,
April 4th
11 am – 2 pm**

**Free
Gift Wrapping**

**Free
Pictures!**

Located in

Redondo Shores Center

(Whole Foods Market)

409 N. Pacific Coast Hwy. • Redondo Beach

(310) 798-0869

visit our website at childsplaytoys.net

Jefferson *Elementary (K-6)*

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



Dr. Oryla Wiedoeft
Principal

We're Number One

As we gear up for another year of supporting the American Heart Association, I am proud to announce that last year Jefferson Elementary

was the No. 1 "Jump Rope for Heart" school in the entire state. Because of our participation the students raised nearly \$27,000 in lifesaving donations that will help the American Heart Association fund new research and save lives.



Jefferson participates in Jump Rope for Heart!

These donations also support various community health and wellness programs, CPR trainings, and vital cardiovascular research projects. There were more than \$211 million in research projects for Southern California institutions alone!

To recognize our efforts, the American Heart Association will be presenting our school with a special award for being the top school. Our superintendent, Dr. Keller, will also be receiving an award from the Association that recognizes him as its National Administrator of the Year. This award is given out annually to only one school district administrator in the entire country!

Lincoln *Elementary (K-5)*

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



Jeff Winckler
Principal

On the Move

Lincoln School is proud to have a number of physical education programs and functions that support our commitment to whole-child

education. In addition to ongoing teacher-led activities for all grades, we annually hold events focused on physical health, such as our Jump Rope for Heart event. We are also fortunate to have several partners help us promote physical health. These include the Beach Cities Health District (BCHD).

One of the most popular and effective physical education programs we have is our Morning Exercise program. Morning exercises consist of a series of eight-minute routines that students in grades one through five participate in every day. The routines include movement, stretching and focused breathing. The idea



Lincoln students on the move during morning exercises.

behind this is to get students moving and active prior to instructional time. Research shows that this practice is beneficial in boosting a child's ability to maximize learning potential during their instructional time.

Madison *Elementary (K–5)*

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



Drew Gamet
Principal

Saving Energy

With the activities of Measure C coming to a close, and the impact of Measure Q so prominently impacting our students, it is important to remember the way that Measure C has changed the face of Madison Elementary.

With the completion of rooms 16 to 18, the final touches have just been completed on our Measure C construction upgrades. These permanent structures are going to be a part of the campus for many decades to come, and so it is important for our parents and students to note the energy impact that this will have.

For instance, the rooms have high-efficiency heating units that, in the rare instances they are in use, will utilize a fraction of the energy of the former units. The inside roof line, combined with the ceiling fans which circulate air throughout the room, will also require only a fraction of the energy usage of the old facility.

Finally, and most notably, the rooms have solar tubes



Measure C “Let the Sunshine In.”

that have been installed to allow them to be almost exclusively lit by natural light during the daytime.

These innovations ensure that not only will our buildings last, but by saving energy, they will also allow us to focus more resources directly on the instruction of 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

New and Improved

This summer, Parras Middle School is undergoing construction to make improvements to our campus. Thanks to the school bond passed by the Redondo Beach community, Parras will have soon have more room to grow as well as upgraded security for student safety.

The current 60-year-old windows will be torn out and replaced with aluminum-clad, energy-efficient windows. These will help keep our classrooms warm during the winter months and cool during the summer. Additionally, all entrance doors leading into our school will be expanded to allow easier flow and access for large number of students. The wood frames and windows at all entrances will be replaced with new, attractive, aluminum cladding. A security doorway will be installed at the front entrance to the school. In the mornings, everyone will be diverted through the main office instead of walking onto campus first. This additional layer of security will help us monitor who is on our campus.

Finally, classrooms will be renovated and an additional wing of rooms will be built. The band room is undergoing renovations in order to construct additional practice rooms and provide for more instrument storage space. Sound dampening and window replacement will also



The lunch area will be expanded and a new shade structure will be built to accommodate our growing enrollment.

occur. Our band teacher, Mr. Erskine, is very excited about the changes! Next to the band building, four additional classrooms are being constructed during the 2015–2016 school year. These classrooms will help Parras house the growing number of students we are expecting in the coming years.

We thank the Redondo Beach community for supporting our school bonds, so that Redondo Beach Unified School District can provide the best facilities and education to our students!

Redondo Union *High School*

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



Dr. Nicole Wesley
Principal

Accreditation Comes to RUHS

*By Lindsey Corcoran,
Assistant Principal*

As many of you know, a high school diploma from a public school means nothing if the school is not accredited. Redondo Union High

School (RUHS) is undergoing the Western Association of Schools and Colleges (WASC) accreditation process this school year and is aiming for another six-year accreditation. Since the last accreditation visit six years ago, RUHS has made phenomenal gains in academics, athletics, and overall school culture. Thanks to the community, we've experienced increased enrollment, expansion of programs and resources, and incredible new facilities and technology for our students. Our vision is to create a premier high school



RUHS students know problem solving is an essential skill for success in college, a career, and in life.

barba & pirozzolo

residential specialists

With over 27 years of combined real estate experience in both CA and NY, we specialize in residential and commercial sales, probate sales, estate sales, divorce, senior residential, and relocation. Serving your real estate needs with professionalism, honesty, and integrity.



Roma Barba, Realtor®
(310) 403-8591
SRES, CPS
CalBRE#01359711
roma.barba@camoves.com
barbaproperties.com



Marco Pirozzolo, Realtor®
(310) 975-5765
CPS, CalBRE#01918280
NYS DOS Broker's
Lic#10351206979
mpirozzolo@coldwellbanker.com



Owned And Operated By a Subsidiary of NRT LLC.

where students are prepared for the academic, artistic, athletic, and individual demands of the 21st century. In doing so, we know, we can continue to improve by engaging all students, both in and out of the classroom, with the goals of increased school connectedness and academic achievement.

As we prepared for our accreditation visit this past year, we extensively evaluated our current practices, such as assessment and instruction, and created an action plan to address areas of growth. We have surveyed all stakeholders and collectively developed the following school-wide learner outcomes: Sea Hawks lead emotionally, physically, and socially healthy lifestyles; Sea Hawks effectively communicate through writing, technology, and presentation; Sea Hawks practice critical thinking to develop creative solutions; and Sea Hawks advocate on behalf of themselves and others.

RUHS's mission is to work with the students, families, staff, and the Redondo Beach community to provide a safe, educational environment that supports the needs and co-curricular interests of a diverse population of students in meeting high academic expectations and post-secondary goals. We are excited to host the WASC committee from March 22 to March 25.

For more information, you can find our Self-Study WASC Report on our Web site at www.redondounion.org.

Tulita Elementary (K-5)

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



Dr. Tanaz Farzad
Principal

Who Says Writing Can't Be Fun?

We are reaching for greatness at Tulita by encouraging our students to become young and creative authors. In order to inspire all Tidalwaves to love writing, our PTA recently brought us a program with an organization that has improvisational actors who travel to different schools and hold engaging assemblies and in-class workshops that help promote a love for writing.

In October, the students attended a "brain storming" assembly where they were able to contribute ideas about story elements like character, plot, story climax, etc. The organization then helped them bring their creativity to life by acting their own stories out in front of the students.

In November, they came back for in-depth writing workshops with the third- and fourth-graders. The children worked on crafting their own creative narrative from beginning to end. This included developing characters from scratch, creating dialogue, and even writing plot twists! The students were left with the challenge of finishing these stories for later submission.

In January, the organization was back at Tulita ready to perform four chosen stories written by our students.

Jocelyn Cost (fourth grade), Aaron Alpern (fourth grade), Tucker Carichner (third grade), and Piper Flaherty (third grade) were surprised to learn that their original works were chosen to perform for the entire student body. And boy, did we enjoy it!

From stories about toast growing on land, to bears fighting lasers, to Pickle Princes being overthrown, the audience roared with laughter and cheered on these well-written and creative pieces. Everyone had a fabulous time. Thank you, PTA, for sponsoring this engaging program!



Plot ideas being gathered from 4th and 5th grade students during a brainstorming session.

Washington Elementary (K-5)

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



Kristen Holm
Principal

Jumping for Healthy Hearts

The Washington Elementary School Explorers began 2015 with a "jumping" start. In January, the school community participated in the American Heart Association's Jump for Heart fund-raiser. For every \$50 raised, the American Heart Association is able to train someone in cardiopulmonary resuscitation and potentially save someone's life. Therefore, we set a school-wide goal to save 100 hearts by raising \$5,000.

At our third-grade assembly, a brave girl, Amanda Ryan, shared her very own Heart Hero story. "I was one and one-half weeks old, and my mom, dad, and brother loved me very much. I had a heart condition. They had to cut my chest open and look at my heart, because some of the pieces were missing. I was really scared, and it was very

difficult." When asked how her heart is doing today, she answered, "My heart feels good and healthy. I eat fruits and vegetables every day." Her story touched all of our hearts and motivated our community to raise \$18,109.37 for the American Heart Association!

Washington students celebrated their accomplishment with a Crazy for Kindness Jump for Heart Day. Students

showed their school spirit by dressing in mismatched clothing. Student volunteers from Redondo Shores High School cheered on grade-level teams in six rotational stations involving the helicopter game, single jump rope, long jump rope, hula hooping, the crocodile pit, and mousetrap. It was fun day for everyone.

Our donation will go toward preventative research and medical care for children suffering from heart disease. Each year 34,000 children are diagnosed with congenital heart defects. 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. Way to go, Explorers!



Amanda Ryan, Washington's Heart Hero, jumping for healthy hearts.

Every Step – a Journey!



Tyler Robert Armstrong

I am 11 year old, Tyler Armstrong, mountaineer. At age 9, I set the World Record as the youngest person ever to climb Mt. Aconcagua (22,841 feet). I also set the record for the youngest person to climb Mt. Whitney (14,505 ft) in a single day (age 7), and was the second youngest to climb Mt. Kilimanjaro (19,341 ft) (age 8).

Everyone always wants to know why a kid would want to climb mountains? I wanted to start climbing because when I was 6 I watched a nature documentary on the Great Divide. What was interesting about that documentary was that you hiked all the way from Canada to Mexico! Also, my dad had just come back from a hiking trip and showed me some videos. After the video was over I was inspired by what he just had accomplished! The next night I told my parents I wanted to start hiking! Then, after my dad got home I told him, "Let's go jogging." At first I could only go about a quarter mile. The next time I went jogging my goal was a half mile and it kept building from there. About a month later after a lot of hard work, it was time for my first hike!

My first hike was for about 6 miles and I could climb only to about 5,000 feet elevation, but at that time it was very challenging to me. I slowly made it to the top of the mountain and back, but I still made it all the way! The next day I was very sore. About a week later I told my dad that I wanted to do something bigger. We went on the internet and found more mountains that I was ready for. After climbing other local mountains and longer distances, I was ready for my test - Mt. Baldy (10,064 ft)! My dad decided to take a difficult trail up Mt. Baldy for 6,000 feet of elevation gain and 12 miles round trip. That day was very tough and tiring, but I was ready because of my hard training. When we got to the top I could see every thing. I was so high I could see LA! It was amazing that everything was under me, even the clouds! And right there I knew what I wanted to do... Mountain Climbing!

After months of hard work I was ready to try to set a record by ...(to be continued).



Publisher's note: I read an article about Tyler and immediately invited him to be a guest columnist. He is such an inspiration and I want our readers to hear his amazing stories.

If you can't wait for the next column, please enjoy Tyler's web site! www.topwithtyler.com and www.facebook.com/topwithtyler and www.youtube.com/user/TopWithTyler

Musical String Instruments 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 April 15, 2015

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

| | |
|-------------|----------|
| BALALAIKA | LYRE |
| BANJO | MANDOLIN |
| BASS VIOL | ORGAN |
| CELLO | PIANO |
| CLAVICHORD | SITAR |
| CONTRABASS | UKULELE |
| DULCIMER | VIOLA |
| GUITAR | VIOLIN |
| HARPSICHORD | ZITHER |
| LUTE | |

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

Congratulations to Winner of the February Word Search Contest!

Flu season is here.

Choose Providence when your family needs care.



Keeping your child happy and healthy can be challenging when cold and flu season comes around. It's hard to see your child not feeling well. So when home remedies or over-the-counter medications aren't enough, look to Providence Medical Institute. Our pediatricians have been helping South Bay kids and their families bounce back from seasonal bugs and stay healthy for many years.

We're here when your child needs personal attention to help them feel better. *It's how we care.*

Call 866-909 DOCS

or visit california.providence.org/pmi
to learn about our pediatricians and
office locations



PROUDLY SERVING SEVEN SOUTHERN CALIFORNIA COMMUNITIES

HAWTHORNE • MANHATTAN BEACH • REDONDO BEACH • SAN PEDRO
TORRANCE • WESTCHESTER • WINDSOR HILLS

california.providence.org/pmi

1-866-909-DOCS (3627)

 @ProvidenceSoCal



The more they grow, the more you **SHARE.**

Their bright future is coming fast. Share more by investing with ScholarShare, California's 529 College Savings Plan. You'll take advantage of low fees, plus tax-free growth potential and withdrawals to be used at most colleges, universities and trade schools—and you can start with just \$25.

Open a ScholarShare 529 College Savings Account for your child today.



Consider the investment objectives, risks, charges and expenses before investing in the ScholarShare College Savings Plan. Visit ScholarShare.com for a Plan Disclosure Booklet containing this and other information. Read it carefully. Investments in the Plan are neither insured nor guaranteed, and there is a risk of investment loss. TIAA-CREF Tuition Financing, Inc., Program Manager. The ScholarShare 529 Twitter and Facebook pages are managed by the State of California. The tax information contained herein is not intended to be used, and cannot be used, by any taxpayer for the purpose of avoiding tax penalties. Taxpayers should seek advice from an independent tax advisor based on their own particular circumstances. Non-qualified withdrawals may be subject to federal and state taxes and the additional federal 10% tax. Non-qualified withdrawals may also be subject to an additional 2.5% California tax on earnings. C16908



SCHOLARSHARE

CALIFORNIA'S 529 COLLEGE SAVINGS PLAN

scholarshare.com 