

Covering the Redondo Beach Unified School District

March 2016 Volume 10, Issue 86



Washington Elementary leadership students learning the value of believing in themselves and the power of encouraging others. (page 16)

Michael R. Christensen President



Anita **Avrick** Vice President



Brad Serkin Presiding Officer



Brad Waller Member



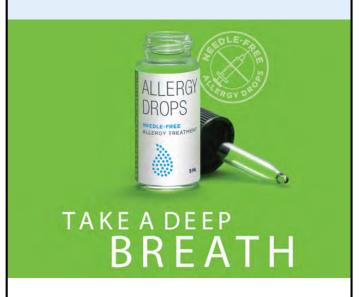
David Witkin Member



Chris Paludi Student Member

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Redondo Beach Educational Foundation



Ted Craddock *President*

Together, We Raise the Tide

How important is it to have additional teachers for science and music District wide? Is it a good idea to promote college readiness to our students? Are having our teachers think outside the box and submit grants for exciting programs at all grade levels seem worthwhile? How about Science Nights and Music programs? Are computer science and engineering programs valuable? These are

just a handful of programs and resources State funding does not provide for. But we have these and many other programs here at RBUSD.

How do these programs get funded? Your Redondo Beach Educational Foundation funds these and many others.

Where does the money come from? Primarily this comes from families, the community, and corporate support. Together, we Raise the Tide. Together we raise the level of excellence. Together we have helped RBUSD be one of the top school districts in the region.

State Funding doesn't make that happen; we all come together and make it happen.

And sometimes along the way we like to have some fun while we raise money. This April, we will have a fantastic event that will fund programs and bring our community together for some fun.

How would you like to be the first In Redondo Beach to attend an event at brand new The Shade Hotel/Redondo? You can.

RBEF is going to be holding our Spring Gala on April 29th at the brand new Shade Hotel in the beautiful Redondo Beach Marina to benefit our schools.

In order to help keep great programs like these in our schools next year, RBEF will be hosting an event that is sure to have something for everyone! We will have music, dancing, silent and live auctions and plenty of food and drink. Have a great night out and soak in the atmosphere and be the first to say that you were at the new Shade Redondo Beach Hotel for an awesome event to support our Educational Foundation.

Most importantly, you will be contributing to next year's educational programs that would not exist without your support of RBEF.

In order to buy your tickets and to get more information closer to the time of the event, please visit www.rbef.org. Grab your friends, call the sitter and come out and Raise The Tide.

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



Superintendent

Dr. Steven Keller

Reflecting on 1-to-1 Technology in RBUSD

Interestingly, one of the questions I receive far less than I anticipated goes something like, "Why does a RBUSD kid need a tablet/ Chromebook?" I must admit, I thought for sure the Redondo Beach parent community would be more apprehensive with the implementation of what is commonly called 1-to-1 technology (1 device for 1 student). Maybe I'm just getting older and the younger

parents are more comfortable with technology use. Perhaps it also says a lot about our parents; they live in the 21st Century and therefore understand the needs their children will have once they graduate from our great school district.

As I reflect on the implementation of 1-to-1, here are some notes two years after we first implemented the program:

- Our teachers hustled, embraced, and learned "how" to make this new tool most effective in their classroom. And, as the technology landscape changes, so too will our teachers adapt to the changing landscape. There is no one size fits all approach. (Y)our teachers have certainly been a key factor in our seamless implementation.
- Our Chief Instructional Technology Officer, Mr. Derek Kinsey, and our Deputy Superintendent of Instruction, Dr. Annette Alpern, worked collaboratively long before the devices arrived to the RBUSD warehouse. They facilitated a Technology Task Force and gathered input from parents, teachers, and administrators before any reocmmendations were made to our Board of Education. Without that synergy and relentless planning, the implementation and therefore the outcomes would have been compromised.
- We, teachers and administrators, continue to learn from our mistakes and we have worked diligently to correct them, in real time.
- I love Apple anything. I have always used Apple products.
 The RBUSD team of teachers and administrators decided to use non-Apple products. This saved a significant amount of money and ultimately realized the same outcome.
- Learning is now truly 24/7. The days of learning exclusively during school hours or on school days (180 a year) are long gone.
- We have phased out most of our former computer labs and use that space for classrooms and other programs.
- Perhaps the most significant 1-to-1 outcome is the leveled playing field for student access to digital technology. I remind the reader that RBUSD is ethnically and economically diverse—we have wealth and we have poverty. With 1-to-1, each and every student has access. Access equals equity and that is a significant value for Team RBUSD.

Board of Education



Michael R. Christensen President

For the Benefit of Our Students

Each year, the Board of Education elects a president from among the Board members. The president leads our bimonthly meetings, sets agendas (along with the Board vice president and the superintendent), and conducts certain school district business on behalf of the Board of Education. I've had the honor and pleasure of serving as the Board president this year. I've worked closely with our very capable

superintendent, Dr. Steven Keller, and his staff and have been exposed to many of the inner workings of our school district. Here are some of my reflections.

Challenges arise on a regular basis related to all aspects of district operations, external (public and governmental) affairs, human relations/personnel, student affairs, labor relations, and finances. At the same time, change is all around us. Our district enrollment is growing, technology advancements are relentless, new curricula is upon us, and the safety and security of students and staff are always first and foremost. I'm pleased to report that our district is meeting these challenges and embracing these changes.

One of our jobs as Board members is to see that the district continuously improves both our people and our processes. We will never stop pressing for improvements. Evidence is all around us that these improvements are happening and are making a difference. It's great to have the "A team" administering our district, instructing our students, and maintaining our world-class facilities.

In the face of all these dynamic challenges, I'm glad to be part of a Board that truly represents this awesome community and its students. We all have children in district schools. Our Board has a complimentary diversity of backgrounds and opinions...we don't always agree, but we always come together for the benefit of our students. Thanks for providing me with the opportunity to serve you in the best school district in the South Bay!

Personally, I'm so proud of our team. As adults, we sometimes get nervous about new technology. For kids these days, this is native to them. The RBUSD staff and students again thank our residents for supporting Measure Q in 2012. Without the community's support, 1-to-1 would still only be a dream.

Redondo Beach Unified School District 1401 Inglewood Avenue, Redondo Beach, CA 90278 (310) 379-5449 • www.rbusd.org





Kay Coop *Founder/Publisher*

Spring is in the air and the budding flowers remind us of new beginnings. Parents are signing their little ones up for Kindergarten and coming to terms with sharing them with educators. Seniors are making college decisions to start the beginning of their next life adventure. RBUSD plays a vital part in both beginnings.

The picture on the front cover reminds us education has come a long way from the days of the three R's. Now elementary students are participating in leadership classes and learning the value of believing in themselves and the power of

encouraging others. I think back in my day our parents were the role models for character traits and empowering us to be the best we could be. Now the world is much more competitive, everyone seems to have far less time at home and school has taken on more and more responsibility. The two hardest jobs in the world are parenting and teaching. And I think parents and teachers would agree it is a privilege to do both.

Thank you entering our contests and remember all ages may enter (see page 18).

Our next issue is April 13.



Education + Communication = A Better Nation

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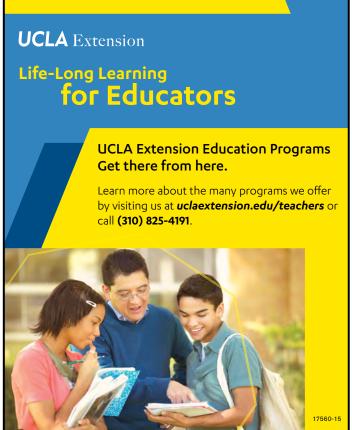












Miller Children's & Women's Hospital Long Beach

With Daylight Savings, Prevent Your Child from Sleep Loss



Garv Feldman, M.D. Medical Director, Pediatric Division Long Beach Adult & Pediatric Sleep Center and Stramski Children's Developmental Center

Spring is an exciting time when we receive an additional hour of sunlight. While the annual "spring forward" offers more sunlight in the evening, it also means that we lose an hour of sleep. This time change can disrupt normal sleep patterns for children.

Tips to ease the time change transition and promote healthy sleep:



- Routine is key maintain your child's regular bedtime routine and naps
- Don't try to wear your child out to get them to fall asleep earlier
- Move bedtime earlier in 20 minute increments each night starting three days before the time change
- Ensure your child's room is dark
- If your child is not falling asleep as quickly after bedtime, don't give in to excuses they may make to get out of bed. Keep them calm, but preserve the bedtime routine
- Don't compensate for the lost hour of sleep in the morning. Wake your child up for the day based on current clock time
- Expose your child to light at morning wake up time
- Be patient if your child is sleepy for a few days. Try not to let them nap if this is not their usual practice

Teenagers may take longer to adjust to the new time change.

This year's daylight saving time begins at 2 a.m. on Sunday, March 13. Don't forget to mark your calendar to set your clocks forward one hour. Here's wishing you and your family healthy sleep.

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



hildren's & Women's **Hospital Long Beach**

Redondo Beach Council PTA

Raymur Sweeney
President

PTA and the Arts

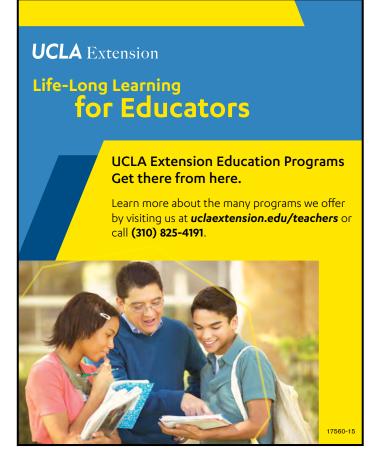
Parents and PTA members consistently rate arts education as a priority, so California State PTA continues to advocate for a complete education, which includes the arts for every child.

In Redondo Beach, we are so fortunate to work with the South Bay Hands on Arts Organization, a nonprofit organization dedicated to continuing arts education in our schools. Unit

PTAs fund the Hands on Arts program in all of our schools and help to recruit volunteers, who deliver this amazing program to our students. PTA also hosts the Reflections art contest at every school. Reflections increases arts-education awareness by allowing students to unleash their creative talents, nurture their self-expression, experience the fun and joy of creation, tap into critical-thinking skills, and receive positive recognition. Since its establishment in 1969 by National PTA, the Reflections art program has brought the arts to life for more than 10 million students across the United States.

At the state level, California State PTA works to make sure the vital voice of parents is heard—loud and clear—in support of the arts. Our SMARTS Parents for the Arts Network raises awareness about the relevance of the arts in increasing academic achievement, building a vibrant, productive society, and providing opportunities to share best practices. You can learn more about PTA's arts education advocacy efforts at www.capta.org.

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RBUSD Alternative Education



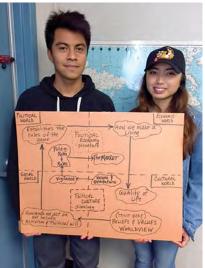
Sue Hall *Principal*

The Four Worlds of History

By John Curtis and Sue Hall

At Redondo Shores, we challenge our students to both think critically and enter their college and careers with a deeper understanding of our complex world.

In social studies, we teach a process called "factoring" that involves students in thoughtful, engaging dialog, while also analyzing and developing their own



Students with the Four Worlds Analytical Framework.

worldviews. To support them, we provide an analytical framework tool for understanding how cultural, social, political, and economic factors are connected.

This "Four Worlds Analytical Framework" guides students in deconstructing material to construct their own opinions, evaluations, recommendations, decisions, and actions.

It begins with a lens and a focus question. Factors are identified and placed into worlds (cultural, social, political and economic) as students sketch a concept map. Content is debriefed and factors are related, as this concept map also serves as an outline. The students use district-issued technology to create meaning through final products, such as a written essay or an oral presentation.

Students need time and repetition to fully grasp and apply the concepts of the framework. As one student pointed out, "At first I really struggled with understanding the Four Worlds, but when I finally got it, it really helped me develop a system for learning." One student summarized that, "The Four Worlds helped me understand how other people and other cultures think, and why certain events like wars took place." Many students report that this is the first time they've really understood social studies.

Four Worlds builds literacy, and we have even seen new levels of student engagement in the classroom. It incorporates the Common Core Standards to teach students how to think, not what to think. We all recognize the importance of learning content and remembering the events that define our history, but when we teach by using analytical frameworks, our students gain the tools they need for lifelong learning.

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

RBUSD Educational Services



Dr. Annette AlpernDeputy
Superintendent,
Educational
Services

Social-Emotional Learning

For the past five years, in partnership with Beach Cities Health District, the RBUSD has been implementing an exciting evidence-based social and emotional literacy curriculum. This has helped students better engage in learning, limit distractions, self-regulate behavior, and improve overall focus.

The program is called MindUP, and it was developed by The Hawn Foundation (yes, Goldie Hawn). MindUP utilizes a brain-centered approach that incorporates

neuroscience, positive psychology, mindful awareness training, and social and emotional learning as tools for success in the classroom and in life. Recently, all 190+ of our teachers were trained in the MindUP curriculum, previously delivered by our school counselors, and the elementary schools have also begun school-wide MindUP implementation.

One of the reasons why parents and students love the RBUSD schools is because of our clear focus on "whole child education," including attention paid toward social and emotional well-being. MindUP's 15 lessons help children enhance self-awareness, concentration, problem-solving skills, and pro-social behaviors, while also exploring positive human qualities such as happiness, optimism, and gratitude.

The Collaborative for Academic Social and Emotional



Birney Bobcats in Ms. Hodges' class work through a MindUP lesson. Learning (CASEL) has accredited MindUP, and has also chosen the program as one of the few CASEL-recommended SEL initiatives. MindUP has been rigorously researched. It is evidence-based, and the schools which are using it report an improvement in their overall learning and classroom engagement, as well as a decrease in stress and classroom anxiety. There is also improvement in peer-to-peer conflict resolutions.

We are excited about the potential that this program holds for making each of our classrooms a better, more engaged, focused, and optimistic community of learners. The tools and strategies introduced in MindUP frame the basis for college preparation and future employment opportunities. If you would like to learn more about the research behind social-emotional learning, please visit www.casel.org. 1401 Inglewood Ave., Redondo Beach, CA 90278 310/937-1221



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Beach Cities Health District





Dr. Denise Bevly *Youth Services Senior Manager*

Free Fitness Weekends are Back!

What's better than breaking a healthy sweat at a top fitness studio? Answer: Doing it for free with your kids in tow!

Now through April, more than 25 of the most popular studios in the Beach Cities are offering free exercise classes during the third weekend of each month as part of Beach Cities Free Fitness Weekends, an annual health initiative organized by Beach

Cities Health District to give residents and families more opportunities to be physically active.

Parents, kids and older adults are all encouraged to take advantage of this heart-pounding opportunity to experience some of the top local studios and gyms – which are offering a wide range of classes for a variety of ages and abilities at no cost. Complimentary classes range from gentle yoga and Pilates to crossfit and trampoline class, so there's bound to be something to match nearly every fitness style. Some classes require pre-registration; others are first come, first served.

See the complete list of free classes and participating studios at <u>beachcitiesgym.org/freefitness</u>. The next offering of Beach Cities Free Fitness Weekends runs March 18-20.



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



RBUSD Child Development



Theresa Van Dusen *Director*

Yoga in Preschool

By Lila Osipov, Site Supervisor

Exercise during the early years is important. The more active a child is early on, the more likely he or she is to stay active throughout childhood. At Alta Vista Child Development Center, our preschool students are engaged in a variety of fun fitness activities. The one the students like the best is yoga.

Ms. Hughes, our pre-kindergarten teacher, provides weekly yoga exercises for our students and has found yoga to be very beneficial to her students. As they practice their yoga skills using their arms, legs, fingers, toes, and facial muscles, they learn how their bodies move. They



Having fun with the tree pose.

also improve their flexibility, balance, and coordination. They have learned how to slow down, breathe, and focus, making them less distracted. Two of their favorite poses are the tree and dinosaur. Who doesn't want to be a dinosaur?

Yoga has never been so much fun!



CDC student demonstrating a dinosaur pose.

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

South Bay Adult School





Dr. Anthony **Taranto** Director

Register Today

Regular physical activity and exercise is one of the healthiest things we can do. In fact, being physically active is important to help prevent heart disease and stroke.

Moderate exercise and physical activity can improve our health as we get older. Making both a regular part of your life can improve your health and help you maintain your independence as you age.

At South Bay Adult School, we offer a



Chair Yoga at SBAS.

wide range of physical activities and exercise classes that promote physical and mental health At our Edison site we have chair voga and fitness for mature adults. which includes stretching, brisk walking, and light weightlifting, as well as line dancing and a



SBAS students enjoying line dancing.

brain HQ memory enhancement class.

At Redondo Union High School (RUHS), we offer swimming, tai-chi, Zumba, hatha yoga, and light-weightlifting to strengthen the body's muscular system. At Mira Costa High School, our exercise classes include volleyball, dance fitness, and fitness through cardiovascular exercise.

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



Lisa Veal Principal

The Arts Are Alive!

After being introduced to the arts in elementary school, Adams Middle School students are excited to be able to choose an elective class that allows them to further explore their talents and interests.

Adams has an outstanding arts program that provides students multiple opportunities to develop their skills in visual arts. They learn to work with a variety of media,

and the project-based nature of the program appeals to students who enjoy hands-on learning experiences. If newscasting is their thing, students are encouraged to take news broadcasting or journalism.

Adams also has a music program that is unparalleled. There are multiple band choices including jazz, concert, symphonic and wind ensemble. Students can also explore singing in a vocal-music elective.

At Adams, we recognize that children have many hidden talents, and we strive to provide a program that allows students to further develop them.



Art students enjoy learning to create stamps.

Alta Vista Elementary (K-5)

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



Susan Wildes Principal

Thank You, Measure Q!

There's a new edition to kindergarten and first-grade classrooms around the district this year, thanks to the Measure Q bond provided by the generous residents of Redondo Beach. This year, kindergarten and first-grade students have the additional tool of tablets in the classroom to better demonstrate their learning. Students



1st grade student, Leah, using her tablet to compare information between sources.

utilize the technology to access online reading. phonics and math programs. Students can pose questions and further develop their understanding of topics through research.

The tablets also serve as a tool for allowing students to demonstrate their learning by publishing written work or developing videos with partners that showcase their reading or math-problem-solving skills. The integration of applications such as QR Code readers or Google Earth serves as a tool for increasing student motivation and allowing even our youngest learners to engage in 21st century learning.



1st grade student, Nate, using his tablet as a research tool.

Beryl Heights *Elementary (K-5)*

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



Karen Mohr Principal

Reaching for Greatness

We all know that change is inevitable, Beryl Heights Elementary School's staff, students, and families are challenging themselves each day to become lifelong learners. We realize that the idea of a village raising a child is the key to a student's success in school. This translates into making positive connections with staff and becoming an important part of the students' learning and education.

We are very fortunate to have the Redondo Beach Educational Foundation (RBEF) in our school district. Their support and dedication to enhancing students' lives has led to a stable music program for third- and fourthgrade students and an additional teacher to support our fifth-grade band students. Over 80 percent of our fifthgrade students play an instrument and learn the wonderful world of music through our outstanding band teachers. Our third- and fourth-grade students put on a magical performance at the end of their three-month work with our terrific music teacher. Multiple studies show that, when students are exposed to the arts, they perform better in school. We can't thank RBEF enough for their support of these great programs.

At Beryl, we recognize the importance of professional development as a way to achieve our goals in our day-today work. Staff have been working together to find multiple ways to engage students in reading, math, and science. RBEF has been integral in helping our fourth- and fifthgrade teachers by providing an additional science teacher. We realize we need to grow as teachers and people in order to reach greatness; when we do, we become exemplary role models and can affect our students' lives in positive ways, academically, socially, and emotionally.

Birney Elementary (K–5)

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



Mira Baskaron Principal

Bobcats Realizing Greatness

The Birney Elementary School Bobcats are a community of learners who consistently meet high expectations by being persistent, dreaming big, and embracing inclusion. Birney students continue to strive for greatness with persistence in academics as well enrichment opportunities, including art,

music, band, and much more.

Bobcats continue to dream big by contributing ideas, through the Birney student council, to improve their school community. Some of these ideas include board games during recess, pencil grams for Valentine's Day, little buddies, and community outreach. Birney students have embraced an all-inclusive culture. Students continue to include each other in various ways, both in and outside of the classroom. Some of the ways the students are encouraged to include others is to be mindful of their thoughts and actions throughout the day.

MindUP is a research-based program that offers easy strategies for helping students focus their attention, improve their self-regulation skills, build resilience to stress, and develop positive mind-sets in both school and

life. This program allows students to not only be in tune with themselves and how they feel, but also be mindful of others. In turn, this helps students with their social skills and allows for inclusion of all students.

Birney realizes greatness daily by focusing on being persistent, dreaming big, and embracing inclusion. The Birney community of students, staff, and parents have had the opportunity to engage in MindUP lessons and trainings that further promote wellness and positivity.



Jefferson *Elementary (K–6)*

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



Jeff Winckler Principal

Success Found Here!

We all want to see students succeed. This is the reason that being an educator is so exciting. Watching a student develop, grow, and succeed academically, emotionally, and socially is the most rewarding feeling for teachers everywhere. Teachers plan and provide daily experiences for students to practice communication skills, collaboration

and resiliency.

As we pass the midpoint of the school year, there are three reminders to help children be successful in school.

Know that education is a partnership. Learning and achieving are join processes involving the effort of students, teachers and parents. This triad must be in place to help students succeed. Midyear is a great time to reconnect with your children's teacher.

It's okay to make mistakes.

Encourage your children to learn from mistakes. These mistakes are opportunities for important life lessons and building resiliency in children—it's how they learn and grow. Making mistakes and learning from them teaches students to be self-reliant and that mistakes are not the end of the world. In the middle of the school year, much of the curriculum is new, and it okay to have students experience a productive struggle.

Communication is key. Keep the lines of communication between yourself and your children's teachers open. It's

okay to not agree with a method a teacher is using in this changing academic environment, but trust them and know that you both want the same outcome. Ask your children's teachers to clarify when there is confusion, and keep him or her in the loop about what's happening in your children's life when necessary.

We know you love your children. We love them, too. We just ask that you trust us, support us, and work with us, and we will work even harder to give your children the best education possible!



Our Jefferson Community Library.

Lincoln Elementary (K–5)

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



Jane Tasker Principal

Physical Fitness

Physical fitness has many benefits, including overall health and fitness, child obesity intervention, and an outlet for students with impulsivity. At Lincoln Elementary School, our programs incorporate physical activity beyond our regular physical education classes. On a daily basis, students enjoy morning exercises,



Lincoln students get moving during school assembly.

classroom activity breaks, and organized activitybased recess. Over 150 students in first through fifth grades come early to school to participate in Running Club.

As part of our 2016 Wellness Challenge, we create opportunities for staff members to engage in healthy activities right on campus. Activities



Jump for Heart Kick-Off Event 2016.

include walk groups, afterschool fitness classes, and healthy cooking demos.

Last month, students and staff participated in our annual Jump Rope for Heart. Our students learned the importance of taking care of their hearts. They collected donations for the American Heart Association.

We are proud to support physical fitness! The result is a healthier and happier school for all!

Madison Elementary (K–5)

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



Drew Gamet *Principal*

Facts About Nutrition

Madison has made a big shift in culture around food over the last few years. Gone are the days of parties with cupcakes and gobs of high-fructose corn syrup. The lunchroom now gives students health options such as choosing water over chocolate milk and eating fresh vegetables from our salad bar. As a school and a district, and despite years of tradition surrounding food in our schools, we have asked the question *Is there a better way?*

As a community, these changes have not been easy. Some parents feel that if they do not bring in food for classroom celebrations, they are not fully embodying their role as a good parent. But the legacy of our past practices includes several facts about nutrition, as reported by the Centers for Disease Control.

Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. The percentage of children aged 6 to 11 in the United States who were obese increased from 7 percent in 1980 to nearly 18 percent in 2012. Similarly, the percentage of adolescents aged 12 to 19 who were obese increased from 5 percent to nearly 21 percent over the same period. And in 2012, more

than one-third of children and adolescents were overweight or obese.

Health Risks for Youth

Obese youth are more likely to have risk factors for cardiovascular disease such as high cholesterol or high blood pressure. In a population-based sample of 5- to 17-year-olds, 70 percent of obese youth had at least one risk factor for cardiovascular disease.

Obese adolescents are more likely to have prediabetes, a condition in which blood-glucose levels indicate a high risk for development of diabetes. Children and adolescents who are obese are also at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

So in response, we now are promoting PTA fund-raisers like the Jog-A-Thon, community events like the St. Patrick's Day 5K, and curriculum in our classrooms like MindUp and LiveWell Kids. This cannot be work of a few individuals but a collective commitment. So, next time you feel like doing something for a celebration at school, try nonedible prizes such as books or themed school supplies, or plan a fun activity for students. Only then can we hope to turn the tide from the tragic outcomes of the past.

FREE SUMMER CLASSES!*







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Choose from two summer sessions:

- Eight-week session begins June 20
- Six-week session begins July 12

Priority registration is available to El Camino Community College District students who complete the four Steps to Enroll by March 31, 2016: **APPLY - PREPARE - TEST - PLAN**





Apply online today at www.elcamino.edu/priority

*Visit www.elcamino.edu/free for more information and eligibility requirements.

Parras Middle School (6–8)

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



Dr. Lars Nygren Principal

Reaching All Students By Rachel Andrews,

School Counselor In early February, the Redondo Beach Unified School District celebrated National School Counseling Week, a time when we acknowledge how student-centered the

profession of school counseling has now become.

A new generation of school counselors is making a positive impact in our schools, especially at Parras Middle School. Studies show that adding just one school counselor to a school site can reduce disruptive behavior by 20 percent for boys and 29 percent for girls. Not surprisingly, test scores can also rise by approximately one percentage point for each counselor there is on staff.

Parras counselors follow the ASCA National Model, which means that they



School counselors at Parras Middle School have a positive impact on our students in many different ways.



provide direct student services in three domains: socialemotional, college-career, and academics. Counselors provide one-on-one counseling, group counseling, classroom guidance lessons, workshops, and interventions.

Highlights of the school counseling program at Parras include CJSF, an honors society that performs community service and visits universities; Career Day, where students can learn about the different jobs they might like; and Hangout Spot, a place where children can go on Wednesdays.

Counselors coordinate Red and Yellow Ribbon week activities, supervise counseling interns, teach students about post-secondary possibilities, work with the AVID students, and connect families with community resources. Parras counselors are also extremely involved with the district and greater community. They serve on numerous committees in various roles to provide their expertise, as well as bring new ideas to the Parras counseling program.

Our school counselors at Parras strive to reach every student with messages of kindness, motivation, and balance. You can learn more about the Parras counseling program by visiting www.parrasmiddle.org/counseling, or attending our Coffee with the Counselors event. The next Coffee with the Counselors event is on Friday, April 1, 2016 at 8:30 a.m. in the Parras Library.

Redondo Union High School

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



Dr. Nicole Wesley *Principal*

RU Fit?

By Jens Brandt, Assistant Principal
When it comes to fitness and wellness,
RUHS students and staff certainly "walk the
talk!"Thanks to great location and support,

they can constantly engage in healthy living.

Every year, our incoming ninth-grade students exhibit increasingly healthier mindsets and lifestyles. They've been through health, exercise, and physical

activity programs from an early age, and we've seen the benefits in our ninth-grade physical fitness testing (PFT) scores, which have grown from 74 percent in 2011 to 88 percent in 2016—above average for the state. And with over 20 programs representing a variety of athletic endeavors, our student-athletes have been recognized at the state and national levels. At any time in the school year, over 1,000 students are involved in RU athletics!



RBUSD employees participate in the inaugural RBUSD Wellness Festival.

Our staff is involved in fitness and wellness on and off campus. Recently, they participated in the annual RBUSD Wellness Challenge and Festival, focusing on fitness, learning, connection, mindfulness and food!



RUHS Girls Volleyball student-athletes celebrate back to back state championships!

Tulita Elementary (K-5)

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



Dr. Tanaz Farzad Principal

Get Your Art Swag On!

In conjunction with the South Bay Hands On Art (HOA) program, Tulita Elementary School students showcase their artistic talents six times throughout the year by participating in the Hands on Art program. With PTA's generous support and the guidance of parent docents, students have fun creating their own masterpieces. Volunteer docents attend six workshops



HOA inspires everyone, even school principals!

per school year, learning projects based on individual artists or styles of art, which they then teach step by step to the children in the classrooms.

The Get Your Art Swag On theme this year has captured the interest of all our young artists. encouraging creative



First grade students are introduced to the artist inspired by the works of Basquiat using a variety of layered painting techniques.

expression. Students have the freedom to touch, handle, and experiment with art materials and various artistic techniques. In HOA, there is never a mistake!

We are proud that the arts are very much alive in our learning community, with PTA's support! For more information, visit http://www.southbayhandsonart.com.

Washington Elementary (K-5)

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



Kristen Holm Principal

Learners Today, Leaders Tomorrow

The Washington Student Leadership Team reaches for greatness every day! It is comprised of 40 fourth- and fifth-grade students, and is led by Kristin Hall, Paige Mosqueda, and Alice Snyder. The goal of the Leadership Team is to provide multiple opportunities for students to learn the value of believing in themselves as leaders and to participate in projects that have a positive

effect on their school and community.

Leadership students recently participated in a Team Building Day. Here they supported one another through

performing challenging tasks like a rope course, a rock climbing wall, and a puzzle. The team-building and leadership games helped students learn to work together for a common cause.

For example, at the rope challenge, the students had to strategize, collaborate,



themselves and the power of encouraging others.

and communicate to maneuver through the course. In the end they learned that not everyone could be a leader at the same time; they each had to use their own strengths and depend upon one another to successfully complete the

By collaborating with the PTA to create successful events like Career Day and Red Ribbon Week, our student leadership has had a positive effect on the school community. During Yellow Ribbon Week, the Leadership Team created positive messages by using yellow recyclable cups, like "Be a Friend." Leadership students also value the importance of giving back to the community through their Annual Pennies for Patients Drive, Harbor UCLA Toy Drive,

and Earth Day Festival.

Most recently, our student Leadership Team formed a partnership with Adams Middle School to create a Green Team to help kick off their lunchtime recycling program. The Student Leadership Team is just one example of the excellence that Washington can provide for its students. We are so proud of all our students. Go, Explorers!





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Lucy's Book Review

Thrilling!



Lucy Davis

The Forbidden Library Author: Django Wexler Alice wasn't supposed to up so late. She had been studying, and lost track of time. Usually she would be asleep, but on this night, something would change her life forever.



Her father came home late that night, and Alice went to greet him. It was the high, nasally voice that made

her stop dead. When she peeks in the door and sees a fairy threatening her father, Alice is terrified. Her father goes on a trip two days later, and his ship sinks. Alice is then instructed to live with her "uncle" near Pittsburgh, and he helps her discover and control powers that she never knew existed. With the help of Geryton, Isaac, and Ashes the cat, Alice will have many spectacular adventures.

I think grades 4-6 would enjoy this book. As a note to readers, the second and third seguels have come out. (The Mad Apprentice and Palace of Glass). I give this book 4 bookworms out of five because of the cleverness and suspense.

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

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 March 28, 2016.

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

Positive Words Word Search Contest

ANGELIC	LUCKY
DAZZLING	MEANINGFUL
FABULOUS	OPTIMISTIC
GENUINE	PHENOMENAL
GRACEFUL	REASSURING
HAPPY	SMILE
HEAVENLY	SPARKLING
HONORABLE	TRUTHFUL
KIND	UPBEAT

L	U	F	G	N	1	N	A	E	M	N	D	Z	S	H
C	S	M	J	Z	Y	S	Е	S	M	M	N	U	G	E
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P	D	T	F	N	C	Α	T	W	G	P	0	V	Α	V
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Congratulations to Beth Brenton February Winner!

South Bay Hands On Art

Gotta Have Art!

By Co-Chairs Gina Clancy and Erika Snow Robinson

Boy, did it pop! We all had a wonderful time in Stephanie Kohler's POP Art Pets, rolling and stamping away. Students will love learning about reverse art and how printing works!

Thanks to all of you who made our February fund-raiser a great success. Co-chairs Yavanna Baird and Rhonda McGonigle made it look so easy despite the time and effort they spent! Thank you, Redondo Beach Art Group, for your



beautiful one-of-a-kind silent auction donations and to our board members who helped make this another amazing night. Your time spent learning about art and teaching it is valued.

We only have two more projects left—time flies when you're creating art! Thanks again to all of you—now, let's get our art swag on!

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







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\$25 second sibling \$25 current SOS students

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