

FREE

School News

Education + Communication = A Better Nation

Covering the Redondo Beach Unified School District



Volume 12, Issue 104

March 2018

Music is a Must!



Jefferson 3rd graders sing & dance during a vocal music program performance. Please see page 11.

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Working Toward Quality Sleep for Children with Special Needs



Gary Feldman, M.D.,
medical director,
Stramski Children's
Developmental
Center,
MemorialCare
Miller Children's &
Women's Hospital
Long Beach

Getting quality sleep is a challenge for many families, especially for families who have children with special needs. Sleep deprivation impacts mood and behavior for children with special needs, ultimately setting kids, and families, up for a rough day.

Establish Healthy Sleep Hygiene:

- Avoid using electronics close to bedtime as that can overstimulate kids and make falling asleep a challenge.
 - Practice relaxing activities, like reading and listening to quiet music before bed to help cue the body that sleep is coming.
 - Adopt a pre-sleep routine that includes washing their face and hands, and brushing their teeth to help kids know that it's time for bed.
- Keep bedtime routines consistent. All kids thrive on routines. Predictable habits can ease kids into sleep.
 - Keep their bedroom cool, quiet and dark. Many children with special needs are hypersensitive to light and sound. Adjust their environment to their unique sensory sensitivities to keep them comfortable and encourage sleep.

If you or your child's doctor has concerns about sleep deprivation, your child may benefit from a polysomnogram, known as a sleep study, which is the most accurate test used to diagnose a sleep disorder.

The Stramski Children's Development Center at MemorialCare Miller Children's & Women's Hospital Long Beach provides comprehensive care for children — from birth to age 21 — for behavioral and developmental conditions, including behavioral sleep conditions. Miller Children's & Women's offers pediatric sleep specialists, sleep studies and a family centered environment where our care team partners with families to identify and manage sleep disorders.



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Superintendent



Dr. Steven Keller

Model Life-Long Health

Physical fitness, like learning, should be life-long. We begin teaching students reading, writing, and math skills at an early age; why not make physical fitness a part of that fundamental knowledge base? Health is not impacted by a large, holiday meal or a lazy Saturday afternoon; it is a total cumulative effort of positive life practices.

Schools play a large role in modeling this healthy lifestyle, and at RBUSD, we are committed to assisting children make the correct choices about their wellbeing. Our teachers and support staff are dedicated to meeting California State Standards for Physical Fitness and creating fresh perspectives on total welfare.

As an adult, I have maintained a daily exercise regime, regular doctor and dentist visits, a diet rich in vegetables and fruit, and instilled a regulated sleep schedule for many years. This has greatly enhanced my quality of life and my productivity at work. Despite a sometimes strenuous workday, I am committed to the prospect of such fitness standards. By continuing to practice positive habits, I have contributed to modeling life-long health to those around me. This is the expectation that I share with my family and my staff.

RBUSD continues this effort through partnering with Beach Cities Health District to further this message through programs such as LiveWell Kids. The objectives of these programs include:

- Nutrition education
- Garden education
- Locally grown fresh fruits/vegetables
- Parent Education
- BMI assessment/reporting
- Physical activities – morning exercises/walking to school

It is our hope that the community of Redondo Beach will support our practices and continue these healthy efforts at home. There are many ways to make lifestyle choices that will be inclusive for all family members and therefore, something permanent and lasting.

Board of Education



David Witkin
Member

Physical Fitness in our Schools

Want to feel good about our community? On any given weeknight, take your child down to the RUHS athletic fields. At a time of the evening when most of us are settling in after a nice dinner and reading, there are usually hundreds of Redondo kids using the beautiful facilities to practice soccer, baseball, swimming, cheerleading, track and beyond. Take a ball and toss it around with your own child, or race them around the track. Just make sure to stretch before you do, as I have learned my own lesson the hard way!

For our facilities, we owe gratitude to Measure C, and the former school board members and Redondo voters who pushed it through in 2008. For our culture, the credit goes to our parents, teachers, coaches and principals.

I am sure you all have your own experiences of how physical fitness has become part of your child's school day, whether it be through Running Club, spirited games of 5-on-5 basketball at recess, intramural lacrosse, or state-championship water polo. My own favorite embodiment of a true role model in physical fitness is Beryl's Karen Mohr. Mrs. Mohr was a regular jogger for many years. As part of her recovery from a 2013 breast cancer diagnosis, she has taken her fitness to a higher level. Over the past few years, she has completed almost a dozen marathons, and seeing her running on the Strand or PCH (which I do quite frequently) never fails to inspire me or my family.

Take your kids down to RUHS. Run around yourselves, take in a ballgame or a wrestling match, see our school spirit, and marvel at how active our school community is.

2018 Board of Education Meeting Dates

March 13	May 8
March 27	May 22
April 24*	June 12
(Organizational Meeting)	June 26

*Due to local holiday schedule, only one April Board meeting

Redondo Beach Unified School District
Kindergarten Enrollment
STARTS: MARCH 1, 2018

Enrollment for children who plan to enter kindergarten for the 2018/2019 school year will be held at all district elementary schools starting **Wednesday, March 1, 2018.**

For more information, please visit www.rbUSD.org

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Kay Coop
Founder/Publisher



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endorse the advertisers in this publication.

Dr. Keller's messages are always positive and enlightening. This issue he

emphasizes the importance of exercise, proper nutrition, diet and sleep. And this needs to be a life-long regime. What makes his message so important is the fact that he follows the regime as a role model for his family and others. It is more than making a resolution at the beginning of the year — it is a commitment.

In this issue you will read about many topics including technology and social media which are part of all of our lives today. We are pleased to begin including articles from Common Sense. This is a non-profit organization dedicated to empowering kids to thrive in a world of media and technology. You will find valuable articles on various subjects of interest to parents and educators on their web site www.commonsense.org.

Our next issue is April 18.



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FAMILIES CONNECTED SPEAKER SERIES



FREE PARENT EDUCATION EVENTS

Issues on the Minds of Teens: Teen Panel and Discussion

Presented by Mindset Coach Adam O'Neil and Leah Niehaus, LCSW

Tuesday, March 20, 6:30 – 8 p.m.

Hermosa Valley MPR

Families Connected Speaker Series & Parent Resource Expo

Tuesday, April 17, 5 – 8 p.m., Redondo Beach Performing Arts Center

- Parent Resource Expo: 5 – 6:30 p.m.**

Connect with school and community health resources on topics including student well-being, substance use prevention and mental health

- Presentation by Dr. Denise Pope of Challenge Success: 6:30 – 8 p.m.**

Overloaded and Underprepared: Helping Students Find Balance in the South Bay Pressure Cooker



Register at southbayfamiliesconnected.org/events

Beach Cities Health District

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



Ali Steward, MPH
*Director
Youth Services*

#SweatLocal for the Entire Family

We all know that working up a good sweat can easily turn your day around. But finding the time to squeeze in exercise can sometimes seem daunting, and it's often the first thing to go on a packed to-do list.

I love reading about “hacks” people have for exercise. Sleep in your workout clothes so you're ready to go in the morning. Get to the gym, and if you don't feel like continuing after 10 minutes, you can go home (which you usually don't, after all of that effort). And my personal favorite, schedule your workouts like meetings or other appointments (that come with a fee if you don't show up).

While we can't find extra time in your day, we have figured out a way for you to try top fitness studios in the Beach Cities without sweating the cost: Beach Cities Health District's annual “Free Fitness Weekends” initiative includes more than 35 free classes in Hermosa Beach, Manhattan Beach and Redondo Beach.

More than 20 gyms and fitness studios have joined the community health initiative, which asks each business to provide at least one free workout class per month. Offerings range from standard favorites like cycling and yoga to more adventurous options like “Pound Fit” and “Kangoo Blast.” Children's classes are also included on the schedule, which is posted at bchd.org/freefitness.

The goal is to get more people exercising by removing barriers like cost, highlighting opportunities to #SweatLocal and hopefully connecting people with workout opportunities they enjoy and want to stick with long-term.

You have two additional opportunities to participate in Free Fitness Weekends: March 9-11 and April 13-15. There is no cost to participate, however, registration for certain classes is required. To see the complete schedule, including class times, dates and descriptions, visit bchd.org/freefitness.

Redondo Beach Educational Foundation

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



Hanh Archer
President

Expanding Opportunities

The Redondo Beach Educational Foundation (RBEF) is excited to announce two new members of the Board of Trustees.

Sarah Olko is a University of Massachusetts graduate and an experienced public relations, marketing, and event planning professional. Sarah is currently working as marketing and public relations specialist at Coast Dermatology Medical Associates. Before that she was a communications director at First Lutheran School.

Sarah has extensive experience with the RBUSD, and has been a Beryl PTA member since 2012, where she volunteered for numerous school and PTA events and activities. She has also been a Girl Scout leader for three different Redondo Beach Girl Scout troops since 2012.

Matthew Carrier is an accomplished financial services professional. He has a 16+ year career in banking and investment management, and is currently working as senior vice president relationship manager at HSBC Private Bank.

Since July of 2016, Matt has been on the Board of Directors and the Board Development Committee of Core Educational Services. This is a nonprofit organization whose mission it is to increase and broaden educational opportunities for low-income and under-served students by way of academic enrichment, college and career preparedness, outdoor education, adventure retreats, art and music classes, physical fitness, and leadership training. This is done through strategic partnerships with nonprofit and for profit organizations, as well as schools and government agencies.

The RBEF is thrilled to have them both join the Foundation, as we continue our mission of expanding the educational experiences of all students.



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RBUSD Educational Services

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



Dr. Annette Alpern
*Deputy
Superintendent,
Educational
Services*

Both College AND Career Readiness

Since 2010, our school district has been pushing a “College for All” message. At the time, just under half of our students consistently completed the prerequisites for application to most four year colleges and universities. Today, the vast majority of students from RUHS successfully complete those prerequisites. Is it our expectation that every RUHS graduate attends a competitive four year university directly after high school? No. But, we do support students enrolling in appropriately rigorous courses of study while attending high school and opening more doors for student/family choices after high school.

What about career readiness, you say? In the 20th century, high school students were divided into either “you are going to college” or “you are going to work” groupings. Maybe you have said, “What about the students that aren’t going to college?” Unfortunately, this is an unhealthy and limiting mindset. We do and should expect that students who attend college will also be preparing to be productive, working members of society. Likewise, a student who is planning to work full time after high school or choose a career in the military can and should also be planning to continue their education in their chosen field of work. In

other words, it is not an either-or proposition.

California has a set of standards that prepare students for their transition to post-secondary education, career training and the workforce. They are not exclusive to a single career pathway or career/technical education program of study. Rather, they create an experience that we want for all of our high school graduates. These standards are fully embraced and supported by our school district. They include: Apply appropriate technical skills and academic knowledge. Communicate clearly, effectively, and with reason. Develop an education and career plan aligned with personal goals. Apply technology to enhance productivity. Utilize critical thinking to make sense of problems and persevere in solving them. Practice personal health and understand financial literacy. Act as a responsible citizen in the workplace and the community. Model integrity, ethical leadership, and effective management. Work productively in teams while integrating cultural and global competence. Demonstrate creativity and innovation. Employ valid and reliable research strategies. Understand the environmental, social, and economic impacts of decisions.

The next time someone asks whether you or your student is preparing for college OR career, be sure to tell them...they are preparing for both!

South Bay Adult School

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



Dr. Anthony Taranto
Director

Parent Ed Program

For close to 65 years, the South Bay Family Tree (SBFT) has served the South Bay community. As part of the South Bay Adult School (SBAS), the South Bay Family Tree Parent Education Program annually provides lasting learning experiences for families in a safe, nurturing and fun learning environment. Our highly qualified staff works collaboratively with one another and with families to deliver a learning experience that meets the needs of the whole child.

At SBFT, parents actively participate in the classroom. They learn both in the classroom and during monthly parent seminars about child-development techniques as well as practicing effective parenting skills. In the one-day classes, parents are encouraged to actively participate with their children, and each class features a discussion regarding various parenting topics. In addition, teachers set aside time following class to meet individually with parents regarding any specific concerns. In the multiday classes, parents work in the classroom one day a week. Typically, parents take turns being responsible for a specific activity such as art, fine-motor skills and science. Each week there is a different theme, and the

teachers work with the parents to come up with appropriate activities. Classes that meet three or more days a week also have a required night meeting 10 times during the year. Topics include discipline, health and teaching children about race.

With classes for infants all the way to transitional kindergarten, there is something for every family. Classroom activities are designed to enhance hands-on fun exploration and learning. Through play-based learning, children develop the skills necessary to become confident, successful learners and learn cooperation and other social skills to enhance their school experience. The transitional kindergarten (TK) follows the RBUSD curriculum in language arts, math and science. Additionally, TK and preschool students participate in the Handwriting Without Tears writing program and the Beach Cities Live Well Tots program. Handwriting Without Tears aims to make legible and fluent handwriting a skill that students can easily attain. The Live Well Tots program aims to impact the overall well-being of preschoolers and lower BMI levels by educating children on both nutrition and mindfulness.

The South Bay Family Tree Parent Education program offers the opportunity for friendships and family connections. Join our caring teachers and supportive parent community where you will learn along with your child. Register for classes on our website.

Redondo Beach Council PTA

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



**Patricia
Harris DiLeva**
President

Founders Day

Every year around this time, PTA celebrates Founders Day, celebrating the pioneering women that started the organization, making it a good time to reflect on some of its profound accomplishments.

The National Parent Teacher Association was founded on February 17, 1897, in Washington, DC, as the National Congress of Mothers by Alice McLellan Birney and Phoebe Apperson Hearst at a meeting of over 2,000 parents, teachers, workers, and legislators. In 1908, the organization changed its name to the National Congress of Mothers and Parent-Teacher Associations.

PTA is the premier legacy association for children, families, and education. PTA is invested in the whole child and advocates on their behalf. California State PTA reaches millions of parents and families through members, coalitions and partnerships and has a history of landmark advocacy. PTA focuses on social and educational programs that inspire an importance on family engagement in all schools and communities.

Recently, California State PTA has been a force for change in bringing light to funding issues and ensuring that family engagement and community voice have a place

at the table where funding decisions are made. PTA is building ways to ensure that family engagement is never overlooked and is providing training on its importance in and out of the classroom.

California State PTA has made a profound difference in the lives of all children and families by spearheading legislation in the following areas: Teacher Preparation for Elementary Education (1973), Treatment Centers for the Sexually Abused (1978), Juvenile Justice Reform – A Priority (1983), Prejudice Awareness education (1989), School Facilities and Public Planning (1991), School Bus Safety (1993), Tobacco Advertising that Targets Minors (1993), Firearm Safety and Awareness (1995), Playground Equipment Safety Standards (1996), Student Assessment, Achievement and Accountability (2000), Safe Routes to School for All Children (2008), Teen Driving Safety (2009), Summer Learning Loss (2013), Synthetic Marijuana – Education and Awareness (2015), LGBTQ+ Inclusiveness in Health Education California (2015)

PTA is part of the fabric of the United States' public-education system and a trusted partner to millions of parents, families, educators and community members, as it advocates for education, welfare, health and safety of all children.

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Anthony Bridi
Principal

Great Experiences

So many academic and cultural opportunities are taking place for our Shores students. Last month our graduating class visited El Camino College to prepare for educational opportunities - they took their placement test, created an educational plan with a counselor, completed their

orientation, filled out their South Bay Promise Application, and took a tour of the campus! After they complete their FAFSA application in February with the counselor, they will be eligible to receive a free year of tuition at El Camino in the fall! In addition, students were afforded the experience to attend The Broad and Grammy Museum. Students witnessed excellent points of view within artistic expressions and experienced artifacts and knowledge of past and present influential musical artists. At The Broad, students observed and participated in an exhibit titled ART + RHYME by Shirin Neshat, Possessed, (2001), which incorporated exploration of personal expression through poetry. Redondo Shores student, Hannah Bell, recounts the experience in a poem.



Redondo Shores' students take a selfie at the Broad.

Hear my screams; I'm lost in this dream; I remain unseen; I'm not worth anything; You're so near to me; Close in proximity; But now that is distancing; When you take a glance at me

The intellectual impact on the visits did not end at The Broad. Thanks to Ms. Unique Campa (Redondo Shores Art Teacher), Redondo Shores was the recipient of a \$1,150 Cross Curricular Integration Grant that allowed for students to experience musical expression at the Grammy Museum, one week prior to

"The Grammys." Students participated in mixing beats in the sound booth and witnessed a vocal/instrumental performance. The most notable exhibit experienced by the students was 40 Years of Punk. As we are able to extend learning opportunities for our students outside of the classroom, we not only enrich their lives, but we help them reach for greatness by opening up doorways and ultimately assisting them in finding their purpose!



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Second six-week session begins July 2



El Camino College

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www.elcamino.edu/priority

Adams Middle School (6–8)

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



Lisa Veal
Principal

Music Galore!

An exciting part of coming to middle school is the choices students are able to make, including choosing an elective class that allows them to further explore their interests and talents.

Adams Middle School is proud to boast an award-winning music program that provides students multiple opportunities to develop their skills in the performing arts. In elementary school, students are introduced to concert band in fifth grade, which acts as a springboard to our many band offerings including jazz, concert, symphonic and wind ensemble. Students can also explore singing in our vocal-music elective.

Over the course of the year, our amazing band director, Noorhee Kim, works diligently with students to develop their talents and hone their skills. As a result, our students are able to embrace their musical interests and be a part of a stellar performing-arts program.



Band director, Ms. Kim, leads Concert Band class.

Alta Vista Elementary (K–5)

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



Susan Wildes
Principal

Success for All Learners

Throughout Redondo Beach schools and across Alta Vista Elementary, students come to school with a wide variety of learning profiles. Every student is unique and all come to school with areas of strength as learners and distinct learning profiles. Through

the use of differentiated instruction in the classrooms and a variety of curricular materials and practices, teachers are able to develop instructional experiences that tailored to the individual needs of the students. What happens if students need even further support in order to realize growth? First, teachers collaborate with teams of teachers, staff and administrators to brainstorm

interventions to address particular student's needs. If further support is necessary, Redondo Beach provides learning centers, staffed by certificated special education teachers and instructional staff, to provide academic support in areas of need.



Instructional Staff who provide additional support for learning center.

Beryl Heights *Elementary (K-5)*

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



Karen Mohr
Principal

Above and Beyond

We are extremely fortunate to have such a supportive PTA at Beryl Heights Elementary School. We participated in an amazing fundraiser called Race to the Finish, and while we raised a good amount of money, students were able to participate in a 30 minute obstacle course event and had a great time sliding down a slide, snaking through the Black Ops course, and going over and under obstacles inside the big courses! We had our Family Math Night in January and had a wonderful Barnes and Noble Reading Night on March 2nd to commemorate Dr. Seuss and Read Across America. In March we will have a STEAM museum night where families will have an opportunity to explore Science standards together.

Our Redondo Beach Education Foundation has had such a positive impact on Beryl. Our second grade team wrote a grant to RBEF for STEAM (Science, Technology,

Engineering, Art, and Math) and they received \$3000 from RBEF. We are so excited to receive this money from RBEF and continue our journey teaching the NGSS (Next Generation Science Standards!)

Thanks to the generosity of our donors, the Redondo Beach Educational Foundation has been able to fund the following programs and projects at Beryl Heights Elementary School:

- College-going culture programs - college visit field trip for 4th graders and parent education events and materials
- Credentialed science teachers to provide weekly lab experiences for 3rd, 4th, and 5th graders
- Credentialed vocal music teacher to provide high quality, vocal music education for every 3rd and 4th grader

Please donate to the Education Foundation this year. As always, thank you very much for your support.

Birney *Elementary (K-5)*

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



Mira Baskaron
Principal

Jog-a-Thon

One of the most anticipated events of the year is here! The jog-a-thon, which took place in February, is one way that we promote health at Birney Elementary School. Students look forward to the annual jog-a-thon each year. This important event not only raises money for enrichment programs and opportunities across campus, but it also promotes healthy habits. This wonderful event is organized by Birney's amazing PTA and run by many volunteers.

Here at Birney, and across the district, we are on a journey to teach the whole child. Physical activity and wellness are important components in making sure our

students learn to take care of their health.

Students are excited to reach various fund-raising milestones, especially when a spirit day is on the horizon. Students were promised various fun activities when the school works together to raise funds. Some exciting events include: crazy hair day, being greeted with bubbles upon entering school, many fun prizes, and, of course, the much anticipated jog-a-thon T-shirt.

There are many opportunities across campus to encourage students to become physically active. Some of those activities include physical education, recess, the jog-a-thon, and Field Day, just to name a few. We pride ourselves on knowing our students are learning how important it is to be well in every part of their life, including physical fitness.



And they're off!

Jefferson *Elementary* (K–5)

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



Jeff Winckler
Principal

Music is a Must

There is no question that art education is a valued component of Jefferson Elementary School's balanced approach to whole-child development. From fine arts to visual arts to performing arts, Jefferson students have a variety of opportunities to increase their knowledge and develop skills in all areas of the arts. These opportunities are made

possible through the combined efforts of several supportive groups and organizations, including the school district, our PTA, and the Redondo Beach Educational Foundation (RBEF).

One music program to shine a spotlight on is our vocal music program. This year, thanks to RBEF, first through fourth grades receive a multi-week vocal music education program led by our vocal music teacher, Mr. Scott Hughes. Starting in the fall, Mr. Hughes worked with third- and fourth-grade classes, balancing vocal instruction, music appreciation, and performance-based practice, which culminated in a show for parents and families in January. First- and second-graders

began working with Mr. Hughes in February and will continue to do so until the end of the school year.

We are proud to offer this value-added program to so many students during the course of this school year. Its strength is not only the number of students impacted, but also the quality of the instruction our students receive.



Mr. Hughes with Jefferson 3rd graders.

Lincoln *Elementary* (K–5)

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



Jason Johnson
Principal

Realizing Greatness

When I was standing at the top of a bike ramp, facing down a BMX cyclist headed my way, who supposedly would jump over my head, I began to wonder how I got there. How did I become the human object of hurdle while all the students of Lincoln Elementary School watched? My parents had told me education was a safe career choice. And as I watched the back tire pass before my eyes, along with flashes of my entire life, I remembered, "Oh that's right! I work for Redondo Beach Unified School District."

With the New Year and my brush with death at the PTA-sponsored BMX assembly, I have had time for reflection about what makes our school district great. In other words, why am I so attracted to its mission and vision that I let daredevils make me part of the act? I have been part of educating your children at every level of our district: Redondo Union High School, Adams Middle School, and now, Lincoln Elementary. While the mission and vision statements are much more eloquent, here is the bottom line: the Redondo Beach community will not settle for anything less than great when it comes to our children.

And to realize that greatness, like those BMX daredevils, we educators are tasked with taking the risks necessary to achieve the rewards.

During my time in the district, the Redondo Beach community has never played it safe when it comes to education. We've tackled bond measures, course and curriculum advancements, navigating the recession, Beach Cities Health District partnerships, the Run, Hide, Distract drill with the Redondo Beach Police Department, parent education nights about uncomfortable issues, and the list goes on. Our superintendent made it clear the day he hired me as a teacher: if you are not comfortable with taking risks, this is not the school community for you.

So, in the grand scheme of things, maybe a professional BMX cyclist leaping over my head isn't such a big deal after all. The big risks come with redefining how best to educate our students with the knowledge and skills necessary to succeed in a global society, today and in the future. (See, I told you the mission statement was more eloquent!) That is how we must measure our progress when we evaluate whether or not we are realizing greatness as a school district. Are we taking the necessary risks?

Madison Elementary (K–5)

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



Drew Gamet
Principal

Moving Forward with Technology

Since June of 2017, the teachers, administrators, and board members from across our school district have been meeting as a part of the RBUSD Science Leadership Team. The charge of this team is to create a K–12 vision for teaching science across the district, as well as to develop an action plan for reaching the goals of this vision.

One of the goals of science instruction is to teach students “to be life-long critical thinkers and scientifically and environmentally literate citizens.” This will be achieved by providing them with lessons that look at core scientific ideas (life or physical science) through the lens of scientific concepts (patterns, cause and effect), and that are a part of the practices used by scientists and engineers (developing and using models, or engaging in arguments from evidence). This is by no means a complete list of the expectations that will be placed on our students.

Much as the rigor expected from students is much greater with Common Core Contents Standards for English/language arts and math, our students will also have the increased demands of engaging in the process of scientific inquiry. No longer will students be memorizing “facts” out of a book, with success being measured by those who have with the greatest memory. Students will now have to look at and question the world around them and be faced with questions related to hard data.

More importantly, they will also have to answer the question as to why an experiment might not turn out the way they expect it to. In the end, students will be far more adept at being able to think critically about some of the most pivotal scientific and environmental issues of our time. As Albert Einstein said, “To raise new questions, new possibilities, to regard old problems from a new angle, requires creative imagination and marks a real advance in science.”

Parras Middle School (6–8)

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



Dr. Lars Nygren
Principal

A Vital Role

February 5–9 was National School Counseling Week, a time when we acknowledge the unique contributions made by school counselors to the

overall success of our students.

School counselors make a positive impact on our schools by forming relationships with our students through classroom lessons, group counseling, and one-on-one counseling sessions. Counselors are distinctive members of the school community in that they are both mental health professionals and educational leaders. This positions them to meet the needs of a diverse student population.

Linked to a reduction in negative behaviors, an increase in attendance and test scores, and a positive school climate, school counselors play an integral role in the success and well-being of students. Parras counselors follow the ASCA National Model, which means that they provide direct services in three domains: the social-emotional, college-career, and academic.



The counseling team at Parras Middle School

Highlights of the school counseling program at Parras include CJSF, an honors society that performs community service (such as lunch-time peer tutoring) and visits universities; Career Day, where students learn about possible future jobs; Hangout Spot, a place where children can make friends and practice social skills; and WEB, a school-wide eighth-grade mentorship program that helps connect incoming sixth-graders and new students to friends and support.

Counselors also teach the Project Alert/SEL curriculum; coordinate school-wide mindfulness and Red Ribbon

Week activities; intern supervision; teach students about post-secondary possibilities; work with AVID students; and connect families with community resources. They serve on numerous committees in various roles to provide expertise, and run a Counseling Advisory Board to get program improvement input from the community.

The school counselors at Parras strive to reach every student with messages of kindness, motivation, and balance. You can learn more about the counseling program by visiting www.parrasmiddle.org, or attending Coffee With the Counselors on Friday, April 6 from 8–9:30 a.m.

Tulita *Elementary* (K-5)

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



Dr. Tanaz Bruna
Principal

Enrichment through Survivor

Meeting the needs of all learners is a focus for all teachers at Tulita Elementary. Often, we share all that a teacher is doing to support his or her struggling

learners, but teachers want to challenge and strengthen the skills of our gifted students as well. Our students who have been identified for participation in the Gifted and Talented Education program, or GATE, participate in winter and spring after-school enrichment classes. We are thrilled that these students are able to extend their learning inside and outside school!

This winter, our students were challenged to think critically, use their engineering minds, and put their survival instincts into play. The students were given an opening scenario: their boat was taken over by a massive



Tulita students working together alongside their teacher to create sustainable water crafts.

back to the mainland. The class, led by Tulita second-grade teacher Jennifer Hughes, was a huge success. Students strengthened skills such as collaboration, communication, critical thinking and creativity, which will benefit them now and in the future.

We look forward to offering another enrichment class in the spring and developing innovative ways to engage our GATE students in learning.

wave that threw the boat onto the rocky shore of a deserted island. They needed to survive on the island and use the land's resources to figure out how to get back to the mainland. Each session, students were tasked with a challenge: working collaboratively to build shelter, finding resources for food and water, creating tools for survival, and ultimately building a sturdy flotation device to sail

Washington *Elementary* (K-5)

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



Andrea Bittick
Principal

On the Move

Healthy students are better learners. At Washington Elementary School, we are firm believers that school is an ideal setting for students to learn about healthy behaviors.

Research shows that students who are physically active and learn about healthy lifestyle choices tend to have better grades, school attendance, and classroom behavior.

Washington is proud to announce that once again our students will be taking part in both Jump Rope for Heart and the PTA-sponsored jog-a-thon this school year. Both of these exciting events help our students create healthy lifestyle habits, as well as offer an opportunity for our school to raise money for a worthy cause and earn valuable resources for our school.

Jump Rope for Heart is a unique and fun event sponsored by the American Heart Association. This event encourages our students to be physically active and raises



Jog-a-thon at Washington Elementary School

funds to reduce the devastating effects of heart disease. During the event, students participate in a variety of jumping challenges. Leading up to event day, students are encouraged to solicit pledges and, in return, earn thank you prizes for their fund-raising efforts.

The Washington Elementary School Jog-a-thon is another event that not only encourages physical activity, but is also Washington's biggest fund-raiser! This event encourages families,

friends, and community members to make donations, which go right back to the students and teachers. Last year Washington raised \$39,000, which has helped to fund field trips, provide parent-education opportunities, and pay for programs such as Hands on Art and Science, Technology, Engineering, and Math (STEM) activities.

Washington Elementary understands that success in school is more than just academics. We firmly believe that academics and health must go hand in hand in order for our students to succeed. This is fundamental to our school's mission.

Redondo Union *High School*

One Sea Hawk Way, Redondo Beach, CA 90277 • 310/798-8665 • <http://www.redondounion.org>



Jens Brandt
Principal

Technology and Social Media

Technology is quickly changing the way teens and adults interact with each other and with information. At Redondo Union High School, we have seen an increase in the prevalence of inappropriate behaviors through digital platforms, including cyber bullying and the posting of illegal or inappropriate content.

However, we have also seen an increase in students using technology to pursue philanthropy, civic engagement, and entrepreneurial opportunities, and other positive contributions to our local and global communities.

With this in mind, we are creating strategic spaces for dialogue with students about the risks and benefits of social media and online platforms. Through video content, classroom conversations, and reflective exercises, we aim to empower students to become more self-aware and more conscientious about their digital footprints and their impact on other students and their own futures.



Students at lunch engaging in online interactions via Instagram, Snapchat, text messages, and music/video content.

RBUSD Child Development

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



Theresa Van Dusen
Director

School/CDC Connection

By Sonoya Wynne, Site Supervisor

Growing technology in the 21st century brings new opportunities and challenges for educators and parents who aim to create healthy, multimodal learning environments. Many students are more comfortable with digital technology than their parents and teachers are and quite

often find video more engaging than books.

Recently, first-graders at Tulita combined the two mediums to create a more engaging learning experience. The first-graders began by researching facts about ocean animals. Then, they had to choose one that they would use to publish a book about. The books included a diagram of the ocean animal, two interesting vocabulary words from the research, and three facts with illustrations about the ocean animal. They then took and read those books to the CDC pre-K class. This activity helped first-graders and pre-K students with reading skills such as sounding out words and tracking words as well as learning information about the ocean animals. The CDC pre-K students had to



1st grader teaching about ocean animals.

use their “listening ears” and follow along as the first-graders shared their books. After sharing their books, tablets were taken out, and companion stories were listened to and read in order to help expand the learning experience. The connection and engagement between the students made the learning process more enjoyable and

compelling, and enabled age-related discussions.

Making this student-learning connection provides children an opportunity to share effective learning tips with one another and to learn production, writing, communication and social skills. Making a learning connection with peers is just one way that makes Tulita CDC a “Great” place for learning!

Sophie's Choice



An Adventure!

This book really takes you on an adventure. I'm not kidding, it's an adventure book!! Now on to the info or quick summary of *Mysteries of the Attic Trunk*.



Sophie O.

The book is about a girl named Sue who was adopted from China and had hoped to explore California with her grandmother. Her grandmother ends up getting sick and is unable to come and take Sue on their California Adventure.

For Sue's 10 birthday, she gets to open a trunk that her grandmother left her. The trunk is no ordinary trunk. Once opened, it takes Sue on unexpected adventures to California, visiting historical or famous places. During her travels, Sue learns new things and visits new places. A little bit of history is at every stop and the excitement of never knowing where the trunk will take her next and who she will meet keeps the journey a mystery.

If you like mystery then this is a good book for you to read to yourself or others. I give this book a big thumbs up and 5 stars.

Sophie Olko is a 5th grader who loves to read and write her own stories. She enjoys soccer, loves to bake, act, draw and sew. One day she would like to have her own baking show.

Unforgettable Books



A Book to Conquer Your Fears

The story *Ghosts* by Raina Telgemeier is one of my favorite books. Some people think it's scary, but actually it's about conquering your fears. Catrina has to move to Bahía de la Luna, a town in Northern California, to help



treat her sister, who has cystic fibrosis. Soon, she finds out that there are ghosts in this town, and her sister will give up anything to meet one. Cat is scared, but finds she has no choice, as Día de los Muertos, a celebration where ghosts reunite with their family, rises. She learns how to get over her fears, and have fun doing it.

Sofia is a fifth grader who loves writing. When she isn't submerged into a book, she enjoys doing gymnastics, acting, and singing. Her favorite kind of books are informational books, as she loves learning about new topics. She wants to become a writer or designer when she grows up, and hopes to someday publish a book, called *Painting a Path*, which she wrote for a school competition.



South Bay Hands On Art

"A" is for Arts!

By Co-Chairs Sandi Arthur and Karen Ford Cull

Perhaps you've noticed that popular education acronym "STEM" has acquired a new letter. "Arts" are an integral part of preparing our kids to be the innovators of the future. STEM (Science, Technology, Engineering and Math) is now STEAM. That "A" is for Arts!

The South Bay Hands on Art program is helping enrich our kids visual arts experience. For example, our kids recently painted a desert scene after sunset. They thought about the light source (the moon) and the shadows it would cast. Which way do shadows go? How long should they be? Why are the Joshua tree silhouettes darker than the ground? Where does the color go at night? How do I show that one tree is closer to me and one is further away? How do I mix color to lighten or darken the result?



A student puts the finishing touches on her "Desert Nocturne" painting.

Incorporating the Arts improves kids creativity, academic performance, visual learning, independent decision making, motor skills and more... So when your child comes home with a little paint on his or her shirt... take a breath and know that it left a lot of "colorful concepts" in his mind as well!

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Book Review By Katrina



Katrina D.

Breathtaking Writing Style

The Monstumologist by Rick Yancey is undoubtedly one of the finest pieces of Gothic fiction I've ever read.

Our main character Will Henry works for the local Monstumologist, Pellinore Warthrop, after the unpleasant death of his parents. As the man's 'invaluable' assistant, he follows the doctor on his searches to investigate a string of brutal murders, the work of a breed monsters called Anthropophagi, gigantic humanoid cannibals that have managed to leave their native Africa and come to the Americas. As Warthrop and Will Henry investigate, they find there's far more to the beast's arrival than meets the eye. This has to be Rick Yancey's finest work, with morbidly funny characters, a breathtaking writing style and a plot that will have you gagging. His descriptions are positively disgusting, and for anyone looking to read a well written novel on what goes bump in the night, this book is absolutely perfect. I rate this book 5 crescent moons.



Katrina is a tenth grader who loves reading books as much as writing her own stories and enjoys watching Anime. Katrina hopes to be an author one day very soon. Katrina will rate her book reviews from 1 to 5 crescent moons with 5 being the best.

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Common Sense Media

What should I do if my kid is bullied online?



Finding out that your kid has been cyberbullied is emotional for parents. You or your kid might want to retaliate, but it's best to help your kid defuse the situation, protect himself, and make rational efforts to put a stop to the bullying. Here are the immediate steps we recommend for parents:

- Reassure your child that you love and support him or her.
- Help your child step away from the computer or device and take a break.
- If you can identify the bully, consider talking with the parents.
- Consider contacting your kid's school. If bullying is happening online, it might be happening offline, too.
- Empower your kid with specific steps he or she can take.

Common Sense Media is an independent nonprofit organization offering unbiased ratings and trusted advice to help families make smart media and technology choices. Check out our ratings and recommendations at www.commonsensemedia.org

Road Trip—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.

MAPS	SUNGLASSES
BLANKET	WATER
GPS	SUNSCREEN
PILLOW	CLOTHING
MOTEL	CELL PHONE
HUMOR	RADIO
HOTEL	MONEY
CAMERA	FLASHLIGHT
CAR GAMES	CREDIT CAR
BOOTS	SPARE TIRE
SNACKS	

Congratulations to Lael Woods
Winner of our February Word Search Contest!

Entries must be received by April 1, 2018

From the correct entries one name will be drawn to win a GAZUMP card/dice game - fun for all ages!

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



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Sepulveda Blvd.)

Manhattan Beach 310-376-6262

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