

School News

Education + Communication = A Better Nation



Covering the Redondo Beach Unified School District

VOLUME 8, ISSUE 70

www.SchoolNewsRollCall.com

MAY 2014

SUPERINTENDENT



Dr. Steven Keller

Good News

Happy spring! We bring to you some good news...

Springtime is typically filled with blooming flowers and warmer temperatures.

For the past several years, this is the time of the year when a Board member and I visit each school site staff and department to highlight the deplorable state economy that inevitably trickles down to negatively impact the Redondo Beach Unified School District (RBUSD) team. This year, however, we will not conduct these meetings.

First, it appears as if the state has finally resolved its ongoing budget woes. The passage of Proposition 30 in November 2012 certainly has helped. After years of cuts and reductions, school districts across the state will receive new money and, in our case, restored money. Under the state's new Local Control Funding Formula (LCFF), school districts with a high percentage of free- and reduced-lunch students, English learners, and foster children will receive more supplemental state dollars. Districts like RBUSD, who certainly have these students, will receive more dollars than in the previous few years, but not to the extent of many other districts. The age-long notion that the state provides school districts with the same annual cost-of-living adjustment is now a thing of the past. Certainly, all 1,000-plus California school districts will have similar "base" funding; however, districts will receive varying supplemental funding amounts based upon their specific student demographics. Having some experience with poverty in my own childhood, and

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El Camino College Women of Distinction Award



Anita Avrck with husband and friends at the El Camino College "Women's Wall of Fame" ceremony.

Nine successful women were recently honored at the 2014 ECC Women of Distinction Ceremony. Honorees were recognized for their dedicated service and contributions to the community.

Nominated by friends, family and colleagues, award winners were selected by the ECC Women's History Month Committee, based on service in the areas of professional accomplishments; leadership and/or mentorship; and social, educational, or health services. All honorees must live or work within the El Camino Community College District.

The accomplishments of these award winners will be featured on the El Camino College Women's Wall of Fame (in the Schauerman Library) throughout the year

and their names will be engraved on a plaque that is a permanent part of the display.

Redondo Beach resident Anita Avrck is an active member of her community, and serves on the board of the Redondo Beach Unified School District. She was named the district's Educational Advocate of the Year in 2010 and also serves as president of the 33rd PTA District, which includes South Bay schools. She has degrees in business and law, and worked as a TV stage manager for 30 years. Avrck also held leadership positions with the Director's Guild. In 2002, she received the Directors Guild of America's Franklin J. Schaffner Achievement Award in recognition of service to the industry and to the DGA.

Congratulations to RBUSD Board Member, Anita Avrck!

BOARD OF EDUCATION



Brad Serkin
President

I have truly enjoyed and humbled to be serving on the RBUSD board over the past year. I have the privilege of serving as Board President for this upcoming year.

We have accomplished a lot over the past year and have much more to do! Our solar project is live on most of our campuses, making us more energy neutral and being environmentally green. We are in the middle of our Chromebook pilot program at different

grade levels, changing the way our kids and teachers instruct our children. Construction continues at some of our campuses and technology upgrades continue to improve the instructional services at our school sites. Budget outlook for our district continues to improve though we are still struggling to get back to levels not seen since the late 2000's. Overall, we have a great many things to be proud of in this city and our school district.

A big thank you to everyone for all of their hard work and dedication to our children, our most important investment.

RBEF Summer Sessions



Ted Craddock
President

Make the summer a season of learning and register for Redondo Beach Educational Foundation (RBEF) Summer Sessions, a program designed in partnership with the Redondo Beach Unified School District (RBUSD) to extend and enrich learning for students in kindergarten through 12th grade. Invite your friends and neighbors to join too! RBEF Summer Sessions is open to Redondo Beach students, as well as students from our neighboring communities.

The K-8 program will offer classes designed and delivered by our credentialed RBUSD teachers to help students excel to their fullest potential for the next grade level. Our preppy classes are designed to provide academic intervention for those who need it, and our academy classes offer advancement for students who want it. K-8. Summer Sessions will be held from June 23-July 22 from 8 a.m.-12:30 p.m. at Washington Elementary School. For families who desire a full-day program, there will be on-site Child Development Center camp available.

The high school program will offer students the opportunity to earn credits needed for graduation and to fulfill A-G requirements for college admission. Courses are offered for credit recovery, grade improvement, and advancement. High school courses will be offered on the Redondo Union High School campus by credentialed RBUSD faculty as well as classes delivered online. These courses will run June 23-July 31 from 8 a.m.-12:35 p.m.

For more information and to register today, please visit www.rbef.org. We look forward to helping our students prepare for a successful 2014-2015 school year!



Kay Coop
Founder/Publisher



Happy Mother's Day!

I always enjoy Dr. Keller's messages. He finds a way to put a positive spin on everything; however, his article begins with the announcement "We bring to you some good news..." and it is good budget news!

As we reach the final weeks of this school year parents begin to plan their summer activities. Our AHA for Kids section offers many choices and don't forget the public libraries as well as the RBEF Summer Sessions. With the opportunities available you should not be hearing "I'm bored!"

Our next issue is June 4.

School News

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www.schoolnewsrollcall.com

**Covering the
REDONDO BEACH UNIFIED
SCHOOL DISTRICT**

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Sam and Bindu Xavier

BRE#: 01449986 & 01818247

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Health News

by Jennifer Frances Logan, MD

Is Your Child Suffering From Strep Throat?

A sore throat is a common complaint in children of all ages and is associated with a variety of ailments, from the common cold to seasonal allergies. Sometimes, however, a sore throat can indicate strep throat, which needs to be treated by a doctor.

Strep throat is caused by a type of bacteria called group A streptococcus and accounts for 15-30 percent of all sore throats in children. It is seen less frequently in adults.

Diagnosis of Strep throat is generally based on course and symptoms. Your doctor may decide to do a throat swab to confirm the diagnosis, although this is not always necessary. Depending on symptoms, your doctor may also choose to do a nasal swab,

to test for influenza and/or a blood test for mononucleosis.

Treatment is generally a 10-day course of an antibiotic. Unlike viruses, a bacterial infection such as strep throat can be treated with antibiotics, which reduce the severity of the symptoms, shorten the duration of the illness, and prevent potentially serious complications.

After 24 hours of antibiotic therapy, your child is no longer contagious. If your child has repeated strep infections (three to four a year) despite appropriate treatment, he or she may benefit from a tonsillectomy, which is a surgery that removes tonsils, the site of strep infection in the throat.



With appropriate treatment, most children's symptoms completely resolve within one week. It is important to report any lingering or new symptoms, which may indicate a complication of the original infection.

Although there is not an inoculation for Strep throat, to avoid more serious infections, always make sure your child's immunizations are up to date.



Dr. Logan is a family medicine physician at the UCLA Health office in Redondo Beach, located at 514 N. Prospect Ave.

Symptoms of Strep Throat

- Sudden onset of a very painful sore throat
- Fever over 101°F
- Headache
- Joint pain
- Absence of cough or congestion
- Pain when swallowing
- Swollen tonsils and lymph nodes
- White or yellow spots on the back of a bright red throat

Symptoms of strep throat in children under 3 years differ, so sore throats should always be evaluated by a doctor.

Strep throat is highly contagious without treatment. If your child displays these symptoms a doctor visit is recommended right away.

A Mother's Day Message of Health



Dr. Lisa Santora
Chief Medical Officer

This Sunday is Mother's Day, a time to laud arguably the most important person in our lives with messages of love, gratitude and appreciation. But I want to make sure this special day carries another important message for moms and women everywhere – a message of breast health.

Each year, more than 220,000 women begin a battle with breast cancer and sadly more than 40,000 lose the fight. It's currently the second leading cause of death among women. And most of us, including myself, know a woman whose life has been changed by breast cancer.

But with early detection, this disease is treatable. And more empowering, women can reduce their risk through simple lifestyle changes. So in honor of Mother's Day, I've compiled preventive tips every mother, wife and daughter should know.

- Understand breast cancer screening options. Mammography is the most effective screening tool, but the benefits vary by age. Be sure to consult with your health care provider.
- Maintain a healthy weight. Obesity increases the risk of breast cancer, especially for women who have completed menopause – the time in life when the cancer most often occurs.
- Eat healthy. Start by increasing the amount of cruciferous vegetables (broccoli, kale, cauliflower, etc.) and omega-3 in your diet. These nutrient-rich foods possess phytochemicals that inhibit the development of cancer.
- Be physically active. Exercise can lower the risk of developing breast cancer by up to 30 percent.
- Don't smoke. Research suggests that long-term smoking is associated with an increased risk of breast cancer.
- Breastfeed and support mothers who choose to breastfeed. Benefits vary based on the duration of breastfeeding, which is the recommended diet for infants throughout their first year.



Jens Brandt
RUHS Assistant
Principal/
Blue Zones
Project Liaison



Lauren Nakano
BCHD-
Blue Zones
Project Director

Naturally Moving the Needle

By Lauren Nakano
BCHD's Blue Zones Project Director

The world's longest-living people don't necessarily pump iron or go to the gym; instead, they garden, walk, dance and work outdoors without mechanical conveniences to keep their bodies strong. They move naturally without thinking about it, because it's part of their daily lives. Their very lengthy, healthy lives.

The connection between natural movement and longevity is so strong that Beach Cities Health District's Blue Zones Project® is working to create an environment in the Beach Cities that allows residents of all ages to experience natural physical activity in their daily lives, too.

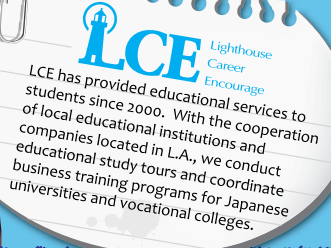


Summer Fitness!

Here are some of the best examples of how we are working to naturally move the public health needle, and how you can get involved.

- **School Gardens.** Beach Cities Health District has helped every elementary school in Redondo Beach create student-maintained gardens. Each class has its own bed of vegetables and fruits to care for, harvest and eat from. Parents and Garden Angels (community volunteers) work side-by-side with the children to keep the organic foods growing year-round. Want to get involved? Visit bchd.org/volunteer.
- **Community Policy.** With support from Beach Cities Health District's Blue Zones Project, all three Beach Cities have passed policies to make our community more bikeable, walkable and pedestrian-friendly. Public improvements in Redondo Beach that make it easier to move naturally include modifications to the Esplanade, the installation of 32 Walking School Bus signs, enhanced outdoor lighting at the pier, and many more. See a complete list at bchd.org/bzpcommunitypolicy.
- **Walking Moais.** Japan's Okinawans, the longest living people on earth, move naturally in groups of five to six people routinely. These groups are known as Moais, and they now exist 6,000 miles away here in the Beach Cities, too. These healthy support groups meet weekly and are organized through Blue Zones Project. Visit bchd.org/bzpmoai to join or register a Moai.
- **Summer Fitness Series.** April 21st to August 25th, Beach Cities residents can participate in free outdoor yoga, Zumba and boot camp sessions, compliments of the Health District. Men, women and children of all ages can get their daily dose of natural movement on the sands of Manhattan Beach (yoga), in the green grass at Redondo Beach's Alta Vista Park (Zumba) and at Hermosa Beach's Valley Park (boot camp) all summer long. Visit bchd.org for the complete schedule and to pre-register.

Compensation \$200 Per Week.



HOST FAMILIES WANTED FOR JAPANESE COLLEGE STUDENTS!

WE ARE LOOKING FOR WARM HOST FAMILIES TO WELCOME JAPANESE COLLEGE STUDENTS TO THE U.S.A!

SUPPORT FOR HOST FAMILIES:

Students will be given an orientation upon their arrival and before starting homestay to ensure their life begins smoothly. If you have problems or concerns during hosting, however, we will be available to support you anyway we can.

HOST FAMILY REQUIREMENTS:

- ▶ Currently we are seeking Host families in Torrance, Redondo Beach, Lawndale, Hawthorne and Compton areas.
- ▶ Breakfast and Dinner must be provided to students (or please have food available).
- ▶ A private room with a bed and linens must be provided (sharing bathroom is ok)
- ▶ Host families should not host other Japanese speakers while our student stays.

ABOUT STUDENTS:

- ▶ **Age:** 18-24 year old college students
- ▶ **Purpose of visit:** Volunteering at schools & corporate offices to learn a different culture, work style and value.
- ▶ **Length of stay:** 2-4 weeks
- ▶ **Duration:** February-March, August-September.

BENEFIT:

- ▶ Becoming a host family gives you an unforgettable experience that might last all your life.
- ▶ We invite you to share your American way of life and culture with our students from Japan.
- ▶ You will receive an unique opportunity to culturally broaden your horizons.
- ▶ Host families will receive a stipend of \$200 per 8 days and 7 nights.

WHAT'S NEXT?

1. If you are interested, please contact us by e-mail or call for an application form.
2. Fill out an application form and email/mail/fax it back to us.
3. One of our staff members will arrange for a brief in-house interview at your convenience.

 **homestay@lighthouse-ce.com** 

Lighthouse Career Encourage
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Tel: 310-782-1290
Web: www.lce-edu.com/en



GET ACTIVE

Beach Cities

May 11 – 17, 2014

Blue Zones Project® encourages all those who live, work, learn and play in the Beach Cities to take a break from motorized transportation and celebrate the well-being benefits of moving naturally.



Tuesday, May 13 | Guided Sunset Strand Bike Tour, 6 p.m.

Join the Beach Cities Cycling Club and South Bay Bicycle Coalition on a Sunset Strand Bike Tour to learn about the Strand's history and key landmarks. Meet at Hermosa Cyclery at 6 p.m. to register. The ride will start at 6:30 p.m.



Saturday, May 17 | Redondo 5K Run, 7 a.m.

Join Redondo Union High School (RUHS) for the inaugural Redondo 5K Run, a fundraiser for the RUHS Associated Student Body. Sign-in begins at 7 a.m., and the race will start at 8:30 a.m.



Wednesday, May 14 | One Day, Travel Another Way!

Replace a car trip with an active one! We encourage students, employees and Beach Cities residents to travel another way, whether it's biking, walking or skating to school, work or errands.



Saturday, May 17 | Shop and Dine Locally at Walkabout Redondo, 10 a.m. – 3 p.m.

The North Redondo Beach Business Association invites you to walk or ride your bike to eat, play or shop at the many restaurants and businesses along Artesia Boulevard, culminating with a community-wide barbeque.

For a full list of activities and to register your trip to be eligible for a beach cruiser and other prizes go to **bchd.org/GetActiveBeachCities**



BLUE ZONES PROJECT®
by HEALTHWAYS



Beach Cities
Health District

Staff Collaboration




Dr. Erin Simon
Principal

Although, Redondo Shores High School (RSHS) is preparing for the implementation of the Common Core State Standards, the staff still devotes time weekly to review performance data, which helps inform and drive instruction by way of targeted collaboration. During collaboration, staff discusses academic standards, curriculum, and students’ targets and goals. Additionally, priorities are set for improving student performance, instructional strategies are evaluated, academic gaps are identified, and interventions are recommended. This constant communication helps create a tightly knit community at RSHS and provides a forum to generate new research-based ideas and mutual support among staff members.


Individual student performance in all areas of school life—academic, attendance, social emotional and behavior—are discussed by the entire staff. Barriers to academic success are identified, and interventions can be developed to support the student immediately. This weekly evaluation through teacher observation and discussion provides a continuous process to monitor student achievement.

Even though the focus on achievement permeates the school, the RSHS staff is committed to creating a nurturing environment where students’ social and intellectual development is of the utmost priority. We believe we are all in this together. This belief builds trusting relationships between students and staff and further promotes the school’s motto, “Your Success Begins Today.”



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My Students Inspire Me!



Vivian Ibarra
Director

By Tish Pollack, South Bay Adult School

Since 2002, I have been teaching ESL, and it never ceases to amaze me how my students persevere and achieve their goals in the face of so many obstacles. I’ve had the pleasure of graduating many students from the most advanced ESL level and would like to share a few stories.

When Mariela Gonzalez came to the United States from Mexico, she started teaching Zumba with the limited English she knew at the time. Her goal was to bring her teenage son here to live with her. He is now here and attending high school. Mariela feels very confident helping her son adjust to his life here with the English speaking and writing skills she has acquired.



Ramon is a proud ESL graduate.


We refer to Ramon Gutierrez as our “Good Will Ambassador.” He welcomes each student into my class with enthusiasm and humor. His goal was to get his GED and his contractor’s license. After completing all of his English benchmarks, he is leaving our program and has passed the contractors license test. Ramon is now signed up for the citizenship class to become a U.S. citizen. If you need someone to put in a water heater or new windows or build a second story to your home with kindness, call Ramon!

Yaser Kasab is from Syria and the proud father of four daughters. He and his wife, Roula, have been students of mine for a short time. Yaser just graduated and is very excited about finding a job. Roula will be following in his footsteps shortly, as she prepares to graduate in the spring. They too feel more confident in helping their children with schoolwork and life in the United States.

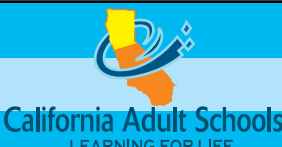
Our lifelong learning students are meeting their goals here!



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Date: Thursday, May 22
Time: 6:30 – 9 p.m.
Location: Beach Cities Health District
Lower Level
514 N. Prospect Ave.
Redondo Beach, CA 90277

Price: \$25
Register at:
www.southbayadult.org





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Living With Cystic Fibrosis



Terry Chin, MD
Assistant
Medical Director,
Pulmonary, Allergy,
Asthma and Cystic
Fibrosis Center
Miller Children's
Hospital Long Beach

Cystic fibrosis (CF) is a life-threatening, genetic disease that affects the lungs and digestive system of 30,000 people in the U.S., and 70,000 people worldwide, according to the Cystic Fibrosis Foundation.

People with CF have a hereditary gene that causes a buildup of thick mucus in the lungs, pancreas and other organs. There isn't a cure for CF, but tests and treatments are available to help manage it.

Living with CF:

- CF is not contagious, but a child with CF is susceptible to lung infections and should be isolated from others with respiratory symptoms
- A child with CF has a special diet, and must be allowed unlimited access to snacks and water
- A child with CF must take enzymes before meals or snacks
- A child with CF must have time to take medications and do airway clearance treatments at school
- A child with CF should have unlimited access to the bathroom
- A child with CF should exercise, but must drink water or sports drinks to replace fluids and salt lost through sweat
- A child with CF may be hospitalized during the school year and must be given the opportunity to make up work

It's vital that children with CF receive treatment from an accredited CF center, like the one at Miller Children's Hospital Long Beach. At Miller Children's, a care team of doctors, respiratory therapists, dietitians, physical therapists, social workers and genetic counselors work together to create a care plan that meets the long-term, complex needs of children with CF.



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MillerChildrens.org/Pulmonary



Spring Means College Acceptance



Dr. Annette Alpern
*Deputy
Superintendent,
Educational
Services*

With our ever strong college-going focus in RBUSD, spring remains an exciting time of year for seniors on the RUHS campus. As reported by Principal Dr. Nicole Wesley, the Class of 2014 is on an exciting path toward breaking records for acceptances at “very selective” colleges; those where the admittance rate is less than 30% of qualified applicants. Student acceptances at these very selective colleges include:

Boston College, Cal Poly San Luis Obispo, Caltech University, Chapman University, Colgate University, Cornell University, Duke University, Georgia Tech University, Johns Hopkins University, Loyola Marymount University, MIT, New York University, Northwestern University, Northeastern University, Pepperdine University, Pitzer College, Rice University, Santa Clara University, School of the Arts Institute, Chicago, Stanford University, University of California, Berkeley, University of California, Los Angeles, University of California, San Diego, University of Michigan, University of San Diego, University of San Francisco, University of Southern California, Washington University, St. Louis, Willamette University



Ms. Rodriguez, RUHS College Resource Advisor, posing with some very happy members of the Class of 2014, happily showing off their new college gear.

In addition, it should be noted that over 90% of seniors plan to attend a post-secondary institution of learning directly after high school graduation. Congratulations, Class of 2014! Onward and upward!

RBUSD Child Development

1401 Inglewood Ave., Redondo Beach, CA 90278
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Strategic Planning



Theresa Van Dusen
Director

“The Redondo Beach Unified School District Child Development Center is dedicated to providing preschool and school-age children with a safe, nurturing and enriching environment that promotes educational and social growth.” (CDC Mission Statement)

At the Child Development Center, we are always looking to the future, and finding new ways to improve our program. Most recently, we held a strategic planning meeting for the entire program. This full-day event included parents, teachers, teacher assistants, site supervisors, principals, an assistant superintendent and a board member.

We have four (not in priority order) three-year goals that include: enhance internal and external communication, ensure highly qualified and trained teachers and staff exist at all sites, and improve facilities and technology at all sites. We have made great progress in addressing these goals, and will continue to do so by coming up with more objectives at each meeting that will help focus on them.

We would like to invite all of our families to become more involved at the CDC site and help us reach our goals. Parents are always welcome to volunteer in classrooms, join us on field trips, or become part of our Parent Advisory Group. Talk to your child’s CDC teacher about the ways in which you can become involved.

The Redondo Beach Child Development Center recognizes the importance of helping your child get a great start on learning and development. Come visit a CDC at your local elementary school and learn more about our programs.

Alta Vista *Elementary (K-5)*

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



Susan Wildes
Principal

Building Persistence

A while ago, my family was at a restaurant. As many restaurants do, this one gave my daughters an activity page that featured a large word search, with small and fuzzy print and extraordinarily long words. One daughter attacked the puzzle, and when she had difficulty finding words, she either skipped them or figured out a new process for locating them. My other daughter attempted the first few words, and as soon as she encountered one she couldn’t instantly find, she began to cry and crumpled the paper and gave up. Our worry was clear: how will we get her through college if we can’t get her through a word search?

According to researchers, perseverance may be the most important characteristic of our children’s future success. Although persistence is often an inherited trait, there is evidence that children can be taught to be more persistent. How can we, as parents, help our child to learn how to successfully persevere?

First, we need to recognize and point out when our children do persevere. Second, help your child understand that practice makes perfect. Encourage the effort and practice that your child exhibits more than the end result. Third, offer emotional support and listen to their frustrations. A good cry might be all your child needs to pick up and keep on moving forward. Finally, model perseverance yourself. Narrate your own persistence aloud so your child can see that challenges are hard for everyone and that taking a break and thinking about other ways to solve the problem can lead to a breakthrough.

According to researchers,
perseverance may be
the most important characteristic
of our children’s future success.



Anthony Taranto
Principal

CCSS and Technology in the Classroom

Today’s students are going above and beyond the basics. Students are critically thinking, collaborating, creating and communicating for the 21st century. The Common Core State Standards present a unique opportunity for schools across the nation to transform teaching and learning so that our children will be effectively prepared for future college and careers. This goal of college and career readiness for all is one of the tenets of the CCSS. We must arm our students with the critical thinking and communication skills they need to analyze and apply their learning in a variety of situations.



Smarter Balanced math performance task.



In the CCSS, collaborative discussion is one of the skills that our students will use to communicate an argument, as well as cite evidence from their texts in order to support their opinions. Students will be challenged to look at text in-depth. They will learn to analyze and synthesize text and then think critically about what they are reading. One way that students will communicate their understanding is through the use of technology. Currently our sixth-grade students are piloting the use of Google Chromebooks in the classroom. They are using these devices to create video presentations; working in real-time with Google Docs; and utilizing Slides to present their understanding of the subject matter. Connecting through technology, and learning to collaborate with others, is an essential skill, one that our students need to master as they prepare for college and careers.



Karen Mohr
Principal

Keeping Your Mind and Body Healthy

Can you believe we are in the last trimester of school? We are diligently preparing our minds and bodies through daily exercise, Common Core Standards, garden lessons and nutrition lessons. Through LiveWell lessons taught by parent docents, students are learning the value of good nutrition and how it affects their minds and bodies in order for them to be successful. We are a Silver school through the Alliance for a Healthier generation because we have focused on good nutrition, healthy eating, exercise and keeping physically fit. Two of our fifth-grade students participate on our Wellness Council and School Site Council. Their valuable input helps our school become better in every way.



Gardening fourth graders.



Google Chromebooks in 4th grade.

Testing Tips for Success

This April and May, third- through fifth-grade students will be participating in a state practice test called the Smarter Balanced Assessments. These tests are only for practice, and will give feedback to the state on how well the tests are written in order to be ready for next year’s testing. All of the testing will be done on Google Chromebooks. Our fifth-grade students will take the regular STAR testing in science this year. This is the test that has been in place for many years. Did you know that third- through fifth-grade students will be receiving their own Google Chromebook next year? We are so thankful to our community for helping us through Measure Q so that students will have technology in their hands! Kindergarten through second-grade students will have tablets so that they can access technology in their classrooms on a daily basis. To help your children feel relaxed on their testing days, please make sure that they get a good night’s sleep before each day starts. Also, make sure that you provide a light, healthy breakfast and have your children dress comfortably and arrive at school on time. Most importantly, send your children off to school with hugs and praise, building their self-esteem by saying, “Do your best, and don’t worry—it’s only practice for you this year! I love you!” A positive interaction before testing always helps motivate students to do their best and gives them a feeling of self-worth and confidence. Suggest that your children breathe deeply to relax before and during the test, and remind them to read directions carefully and look at all the answers before choosing one. Tell your children that they’ll be able to check answers before turning in the test, and remind them to take their time—it’s not a timed test. Please do not schedule trips, dental or medical appointments, or early pickups for testing days. We are excited to participate in giving feedback to the state in order to help our students be prepared for next year. As always, at Beryl, we strive to be the best we can be, and with your help and support, our students will be successful in all that they do.

Birney *Elementary (K-5)*

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



Lisa Johnson
Principal

Developing a Love for Literacy

Frederick Douglas once said, “Once you learn to read, you will be forever free.”

The passage of over 100 years has not changed this fact. Reading is the foundation upon which all academic skills are built. Similarly, writing builds reading skills.

With the implementation of the Common Core State Standards, Birney is focused on ensuring that its students are receiving balanced literacy instruction. We believe it is imperative that our students are provided with reading, writing, listening and speaking opportunities every day. To this end, there are multiple programs and instructional practices in place to support literacy.

Birney’s teachers practice Reader’s Workshop with an emphasis placed on the interaction between reader and text. Students learn to ask questions, make connections and practice good reading strategies. Within this model, teachers are able to differentiate instruction while providing students further opportunities to hone their listening and speaking skills.

Writer’s Workshop

Teachers strengthen fluency and comprehension, and foster a love for reading. An emphasis is placed on ensuring that a balance of fiction and non-fiction texts are utilized, as proficiency in reading informational texts is necessary for success in secondary and post-secondary education.

Birney also practices Writer’s Workshop, which allows us to develop student writing fluency through continuous exposure to the writing process. Under the CCSS, students are responsible for three writing genres: narrative, informative and opinion. Writer’s Workshop allows for differentiation while developing student literacies across the three types of writing.



First grade students discussing their writing.

Birney’s community plays an active role as well by supporting literacy both at home and through extra-curricular school programs. Our students enjoy a week-long celebration of reading during our annual Read-a-thon. This parent-led event encourages our students to read and write a journal entry every day, as well as participate in activities that include breakfast reading in the library, lunchtime reading with the principal, and a culminating “Reading under the Stars” family night.

On a daily basis, Birney develops students who have a life-long love for reading and writing.



Students enjoying teachers reading at Family Night.

Jefferson *Elementary (K-6)*

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



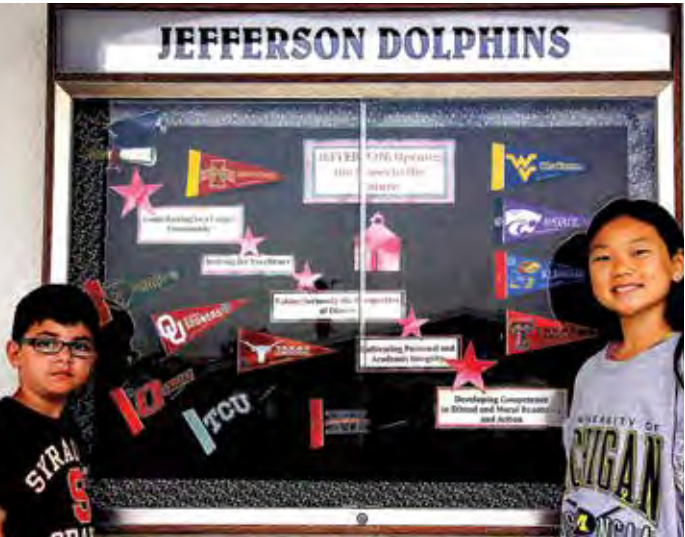
Kara Heinrich
Principal

College and Career Readiness Begins Early

College and career readiness is the umbrella of Common Core State Standards and has been the focus of education for years. Although college may not be the end goal for every student, it is the responsibility of schools to prepare our students with the necessary skills to be successful both in college and in a career. The Redondo Beach Unified School District (RUSD) has fostered an environment which encourages interest in college and offers students essential information to assist them in planning their academic careers. Jefferson has created a college-going culture, which works toward explaining the benefits of a higher education, a career, and giving back to society. The school also instills the skills needed to overcome challenges. Our college-readiness culture inspires the best in every student, supporting them in achieving their goals.

Children who grow up with the mindset of “when you go to college” rather than “if you go to college” are more likely to see themselves as college-bound. You can help them develop this mindset by creating a college-going culture at home.

Begin with setting clear expectations of attending college by instilling the idea that school does not end with high school. Start laying this foundation early and helping your child see the connection between college and career.



Jefferson’s College Spirit!

Help your child develop the necessary habits for college. For example, college-ready students are focused, organized, and have good study habits, and they are strong readers and writers.

Get your child interested in college. Watch college sports and academic bowls together on television and

attend college events. These activities instill interest and can be big motivators.

Encourage your child to take challenging classes and flex his or her academic muscles. Also, encourage your child’s aspirations and talents. Those interests may lead to a course of study, a career, or a lifelong passion. Whatever the outcome, your child will benefit from your support.



Fifth grade science at Jefferson.

Lincoln *Elementary (K-5)*

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



Jeff Winckler
Principal

Pride Day

Over the past year the Lincoln School community has engaged in a number of activities and programs to help create a school that is not only eco-friendly, but a place where students are eco-minded about the world we live in.

Students are activated by their peers, parents, and teachers to make sure we all work towards having a greater awareness about the environment. Classroom instruction focuses on creating a healthy habitat with water, fuel, and waste conservation. All students participate in the Live Well Garden Program, sponsored by the Beach Cities Health District, which teaches students about nutrition, raising sustainable foods, and making a positive impact on the environment.

This spring Lincoln is taking some of the key elements of environmental learning from the garden program out into the green space we have on campus. On the first weekend of May, Lincoln held Pride Day. The purpose of this day was to begin to plant California native plants which are drought tolerant in classroom beds on campus. As our total green space is significant, several future Pride Days will be needed in order to plant all of our classroom beds.

Pride Day was planned and supported by one of our local Boy Scout troops, our PTA, and the Lincoln school community. This campus-wide project reflects how strong community partnerships can come together to beautify our campus and make a positive impact on our environment.

Madison *Elementary (K-5)*

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



Drew Gamet
Principal

Come to Learn, and Come on Time!

As we are coming to the end of the school year, there will be a host of activities for students. From after-school classes in art and sports to our rousing final Madison Field Day that is graciously put on by the Madison PTA, Madison students have some fun days ahead of them! Fifth-grade students will be heading to Redondo Union High School for the RBUSD fitness day, and many other grade levels still have fun and educational field trip experiences coming up.

Students, however, also have much work in front of them.

Our readers and writers workshop project continues forward, developing our students every day to be not just great writers but independent thinkers as well. Fifth-grade students will be taking the final CST in science, and third through fifth grades will be piloting the new online state assessment tool known as the CAASPP (California Assessment of Student Performance and Progress).

Given everything that is going on, it is important to remember that your children's attendance at school is an important and legally mandated part of their education. Students that arrive consistently late to school are deprived of the essential beginning of the day, when the teacher sets the tone for everything that will occur during the school day. Students that miss school, especially close to the end of the year, are not just deprived of opportunities to socialize with their fellow student prior to the long summer break but also miss out on instruction that is vital to bridging the learning content from the end of their current grade to the beginning of the next grade.

So please remember as the sunny summer California days become ever more beautiful to make sure your children come to school and arrive on time.

Parras *Middle School (6-8)*

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



Dr. Lars Nygren
Principal

The Sound of Music

The band program at Parras Middle School continues to grow in talent and in numbers. There are currently five band classes being offered, from Concert Band to Jazz Ensemble. Additionally, Mr. Erskine, our band teacher, has started two programs that rehearse after school. They are the popular Parras Pep Band Club and the Brazilian Drum Club.

The students in these band classes work hard to perform challenging musical pieces in concerts that are held throughout the year. Music students demonstrate a high level of dedication throughout the year by attending rehearsals after school and practicing long hours at home. During concerts, the students also get to showcase their talents by playing with their peers and performing solos.



Parras band students proudly display their gold awards won at the Forum.

Music-Making Opportunities

During the school year there are many different opportunities to see our band in action. In October the students perform their first concert of the year at our annual "Spooktacular" event. Students dress in costume and play spooky pieces of music. Other concerts to watch for are our Winter Concert, Spring Concert, and the RUHS half-time shows during the football games.

A fun concert to attend at the end of the year is when our local elementary school children come to Parras to play with the "older" middle school students. In March our bands also compete in a yearly Forum Festival. At this year's Festival competition our Jazz Ensemble, Wind Symphony and Wind Ensemble groups each earned gold awards for the first time ever!

Parras Middle School is very proud of our band students and Mr. Erskine. Their music makes our school come alive during the different events of the year. Encourage your child to pursue band so that they can be a part of this unique and positive experience at our school!text



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Redondo Union *High School*

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Dr. Nicole Wesley
Principal

Celebrating Student Masterpiece and Performance

By Lindsey Corcoran, Assistant Principal

Cabaret, art shows, festival awards, and solo nights are just some of the amazing experiences that the Redondo Union Art Department has to offer. RUHS students are able to truly specialize in the arts through the Visual and Performing Art (VAPA) pathways that lead our artists through and beyond high school.

Our new and improved art building allows

students a unique studio experience. The Fine Arts Pathway teaches professional drawing and design technique, and allows the students to display their work in the school's entrance and at community galleries.

All Sea Hawk artists can create a portfolio to use towards their AP Studio Art course, while also preparing for art careers and college. But ceramic and drawn masterpieces are only part of the VAPA experience. Students also thrive in the Performing Arts Pathway acting, singing and playing in an ensemble.



Student-centered art courses give RUHS students a creative outlet, while preparing for careers in the art industry.



Alexis Lapp (11th) gives a stunning performance as Sally Bowles in Cabaret. Cabaret performer(s) put on a phenomenal show gaining experience from set design to choreography.

The hands-on approach to learning is a great representation of the Common Core. Art students connect learning to life, creating pieces of art that represent each artist's unique experience, while also applying learned techniques. Student performances and gallery displays do more than assess skill; they prepare our students for careers in the arts.

To celebrate our student masterpieces, the VAPA Department will hold an "Evening of the Arts" in the Noble Gallery on May 28 from 6–8 p.m. See you there!

Singing and Dancing

This spring our musical *Cabaret* closed to standing ovations. Students prepared costumes, managed the sound and lighting, and presented a truly amazing representation of WWII and the Kit Kat Club.

Starting as freshmen, our students have access to an incredible performing arts department that gives them a true professional experience. Our choir, drum line, jazz band, wind ensemble, marching and pep band perform to audiences around the state.

Washington *Elementary (K–5)*

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



Jacqueline O'Sullivan
Principal

Teachers Are Lifelong Learners, Too!

Everyone at Washington School is a lifelong learner, and with the official implementation of Common Core State Standards (CCSS) in the 2014–15 school year, educators are rapidly becoming leaders in this exciting, innovative curriculum. Of course, the students at Washington elementary school come to school each day to learn and grow academically as they prepare to be global citizens, and the teachers at Washington School come to school each day to perfect their craft and understand the Common Core State Standards in depth. Monday, while your children are in physical education classes with Mr. Knapp, Mr.

Viera and Ms. Hegstrom, your teachers meet with Mrs. O'Sullivan and learn together about the standards and domains of the CCSS.

This past year, our teachers have developed academic language lists to use with students in each grade level. Our teaching staff is looking at techniques and strategies to deliver explicit vocabulary instruction to ensure that our students are leaving Washington School with the academic vocabulary they will need in middle school, high school and beyond. A strong vocabulary is imperative to long-term success in school.



Our teachers are waiting to hear from Teachers College about a Readers Workshop summer conference.

In addition to academic vocabulary, teachers have been reevaluating our language arts program. Our teachers have been implementing the Readers and Writers Workshop model for the past three years, which is already aligned to the CCSS, so we are adding guided reading components in K–5 so we can explicitly teach your children what they need in the area of decoding, fluency and comprehension when they need it. In addition to language arts, our staff is looking at math instruction and what changes the common core will bring for next school year. Although a major shift in instruction can be stressful, our teachers are excited about preparing our students to be successful on their road to becoming global citizens.

Please see South Bay Driving School *page 22.*



Christina Giguere
Principal

Breakfast and Books!

Here at Tulita we launched two new initiatives this year: a breakfast program and a Battle of the Books. Since January we have been serving breakfast to Tulita students from 7:30–8 a.m. each morning in the cafeteria. Students are able to purchase a healthy meal at a low cost in order to start the day off right!

We have a wonderful staff member who serves breakfast, and a great supervisor who watches and visits with the children. They call themselves “The Breakfast Club,” spending their morning eating, drawing, talking and getting ready for a great day of learning. The breakfast is very affordable, too: only \$2. The children can choose from a variety of hot and cold options.

They also have a chance to wake up, do school work, read, or catch up with friends. I hope all Tulita families know about our breakfast program and take advantage of it this school year!

Reading Well

We just wrapped up our first-annual third-, fourth- and fifth-grade Battle of the Books competitions. Thanks to two amazing parent volunteers, our upper-grade students successfully read all of their books and battled it out in an exciting literacy competition.

The students should be very proud of themselves for committing to the program, reading so many books, and doing well at the battles. The family feud, written, and relay rounds had us on the edge of our seats! It really is quite something to watch the students work together and show so much enthusiasm for literature. They are very competitive, too. We were thrilled to send a group of fourth- and fifth-graders, known as “Team Orange,” to the district battle at Lincoln Elementary at the end of April.

We look forward to having “BOB” become a special literacy tradition at Tulita in the coming years.



Third grade Battle of the Books participants.



Fourth and fifth grade Battle of the Books participants.



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South Bay Hands On Art

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Abstract Reverse Painting On Vinyl

By Co-Chairs Alicia Rubio & Sue-Anne Silkes

The term “abstract art” conjures up thoughts of paint splatter and random brushstrokes of color. Redondo Beach students were given a lesson in abstract art learning that the art style involves much, much, more.

Students were encouraged to create their own imaginative abstract designs using a reverse painting technique on clear vinyl. For many students this meant patterns of lines or shapes, repetition of colors or an abstract object. A lesson in reverse painting, which can be confusing at first because the students had to create their paintings “opposite” to what they have been traditionally taught in regards to paint layering. The results are brilliant colors that shine through the vinyl.

The next project will involve a lesson in kinetic illusion, where projects change color depending on the angle it is viewed.



Ms. Eun's 1st grade class at Beryl Heights Elementary creates their abstract paintings!

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Video Games



Dr. Shari Sweetnam

Dear Dr. Shari,

What is your opinion about video games? It seems there was the huge wave of “anti video games” and then people started talking about the value of video games in increasing, reaction time, imagination, mental agility, etc.

I am not the kind of parent who can’t figure out how to set limits...We definitely limit the video games. But, I just wanted your overall thoughts on the value/detriment of them. I know you are big on insisting that schools promote creative ‘brain” experiences (You spoke at our PTA!), but at home does technology destroy this? My boys spend a lot of time on the ipods, which doesn’t require a babysitter.

—John, San Diego

Here is what I think John..

I love technology. The amount of information, knowledge, resources and answers that are at our fingertips makes me giddy. You can find a job, recipe, cure for an ailment and a video on “how to” do almost anything in a second! I LOVE IT.

I find it phenomenal and fascinating that I can stand in front of my computer and train 300 middle school students on the other side of the country. I frequently text, on my phone, check emails on the ipad while working on a project on the laptop, all from the front seat of my car (my parked car).

So, don’t call me a hypocrite when I share the following...

There is a certain form of development that only evolves through the personal creativity, imagination and vision. The stimulation of video games takes away some of our creative development. That is a fact.

- Texting vernacular kills our ability to spell and impedes the “human connection”
- Looking things up often replaces “figuring it out” on your own.

- Overuse of computers and videos is detrimental to eye health and is negative for our physicality.

Kids who use up all of their play time in front of video games that do most of the visual creation for them, lose the practice of “pretending, imagining and creating” and, yes, it is detrimental...the brain needs and craves the creative experience. This has implications for learning and memory ability.

Building a house from blankets, creating a story from sock puppets making stuff from play dough and telling ghost stories in the night are special memories to almost everyone who is over 30. Building from blocks, making up a game, or drawing a picture requires a special brainpower, yet the result is this sense of accomplishment and joy. Why do the images that I suggested leave you with a pleasant nostalgic feeling?

Your brain craves these experiences and we have to make sure our children have the opportunity to satisfy that craving.

To truly support growing, improving and expanding our minds, we have to use the best of the past and the exciting new developments of today.

You remember the excitement of fixing your own bike, running from whomever was “it” and creating the perfect secret “fort.” You remember the accomplishment of sand castles, snow fortresses, and wonder and warmth of campfires. Don’t forget the feeling and connection to others that these experiences brought.

Does technology destroy this? Sure it does, if you let it. If your boys spend more time, side by side on the ipod than “real” play, that is detrimental to their brains, eyes, bodies and moods and memory capacity.

So, John, you are right about the fact that ipods function as babysitters. Further, encouraging real life experiences will take more effort on your part! Providing building materials, fielding questions, responding to “Watch this!” and “Look what I made!” all take time.

You have to decide the most valuable expenditure of it.

Motivational Speaker, Founder of *The Brainpower Programs for Schools*, Author, Consultant, Radio Host contact: info@doctorshari.com, www.doctorshari.com, twitter: DrShariS, Youtube: Dr. ShariS, LinkedIN: Dr. Shari Sweetnam



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Locations/Dates

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- **Week 2: July 21st – 25th:** LA Galaxy Soccer City, 540 Maple Avenue, Torrance
- **Week 3: July 28th – August 1st:** American Martyrs Gym, Manhattan Beach, or Oak Street Gym, Torrance **

- **Week 4: August 4th – 8th:** Westside Neighborhood School Gym, 5401 Beethoven St, Playa Vista or Christ Lutheran School Gym, 28850 Western Ave, Rancho Palos Verdes **
 - **Week 5: August 11th – 15th:** Oak Street Gym, 1780 Oak Street, Torrance
- **Please sign up for the location most convenient for you**

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Aug. 14: Soak City
Aug. 21: Ice Skating

THEME DAYS

June 20: Luau Day
June 27: Flashback Day
July 2: Crazy Hat/Hair Day
July 11: Western Day
July 18: Wacky Day
July 25: Halloween in July
Aug. 1: Superhero Day
Aug. 8: Wacky Day
Aug. 15: Group Color Day
Aug. 22: Pajama Day

Beach Cities

Hands-Only CPR

June 14, 2014

Join Beach Cities Health District's AdventurePlex and the American Heart Association for Beach Cities Hands-Only CPR Event!

Bring the entire family to be trained on lifesaving Hands-Only CPR, and receive COMPLIMENTARY* general admission. Other activities include free class demos and emergency preparedness resources.

Date: Saturday, June 14, 2014

Time: 10 a.m. – 2:30 p.m.

CPR Training: Noon – 12:30 p.m. & 12:30 p.m. – 1 p.m.

To RSVP for a training visit: www.bchd.org/cpr

Training will be set to the beat of the classic disco song "Stayin' Alive" by AdventurePlex's mascot, Flex



*Must take the training to receive free general admission to AdventurePlex during the CPR event.



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Note-ables

Smiley Face Sticker, Mr. Palindrome,



Kate Karp

Ding, dong! Madame, I'm Adam. Said the flea, let us fly; said the fly, let us flee!

Those are examples of onomatopoeia, palindromes and alliteration. Big words, but not so big that Mr. Palindrome, aka Australian musician Natan Kuchar, thinks that your young child can't have fun learning them. His new CD features a song for each of the aforementioned types of figurative language. "Alove Alliteration" actually rolls off the tongue. "Onomatopoeia" asks, "Do you have any i-de-ah what's an onomatopoeia?" and sings out examples. The palindrome has two songs, "The Palindrome Song" and "Backwards Alphabet," which practices singing the ABC's backward, stopping and starting with the British English *zed*, and shows how a word like *kayak* is spelled the same backward and forward.

"The Real Adventures of Incy Wincy Spider" will encourage parents, teachers and children to compose further adventures of favorite storybook characters. And to let you know that the collection isn't just about the lyrics, "Smiley Face Sticker" has a great melody line and thumping beat, enough to leave you with an incy wincy earworm.

Mr. Palindrome, as he puts it, wants to teach very small children very big words with very silly songs. Even better, your child's experience with figurative language will be enhanced by some even sillier videos and doodlings available free, along with lyrics to all the songs, on Mr. P's website, www.mrpalindrome.com.

Mr. Palindrome, as he puts it,
wants to teach very small children
very big words with very silly songs.

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

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On The Run

What are Minimalist Shoes?



Dr. Doug Richie

A fashion fad sweeping the country involves the wearing of minimalist shoes or so-called "barefoot" shoes for casual and sporting activities. These lightweight, comfortable and very stylish athletic shoes are being worn not only for running but for aerobics and Zumba® dance classes. While these shoes initially feel great and appear to provide adequate cushion, people should be careful when wearing minimalist footwear for fitness conditioning.

Minimalist or barefoot shoes have no stability in the arch or sole of the shoe. They bend easily across all sections of the foot. For individuals who have weak arches, minimalist shoes place a greater strain across the ligaments of foot and can increase the risk of injury. As minimalist shoes have a very low heel height, there is greater strain on the Achilles tendon and risk of injury to this structure is increased.

Some people who are blessed with perfect, stable feet can get away with wearing minimalist shoes for sport and fitness activities. However, the vast majority of us are not so blessed and we must count on the support of standard footwear when running and working out.

Dr. Doug Richie is a sports podiatrist who has practiced in Seal Beach for 32 years. He is president of the American Academy of Podiatric Sports Medicine and serves as a medical advisor to *U.S. A. Track and Field*. 562/493-2451



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Inspire Your Kids to Achieve Greatness!



Susan D. Marshall

This past month I had the privilege to be on the campuses of both UCLA and UCI for some advanced coursework. I loved it! Just being there made me want to be a part of it. It also made me remember and realize just how important it is to start talking to our children about college by the time they are 5 years old.

Everywhere I looked people were engaged. There were some young scholars in middle school taking summer courses. Other students were studying with laptops, some sitting in groups and working on projects. I laughed when I watched a student walking backwards on a campus tour telling jokes to the incoming freshman and their parents.

Young children were following their parents. Each had books and their own work to do. It made me remember just how important it is to have our children begin experiencing the “college life.”

It used to be a few decades ago that a high school degree was essential. Now a college degree is the norm in the workforce. Many times a master’s or advanced designations are required.

It may seem like college is a long way off. Unfortunately, it will be here faster than you can imagine. Most parents can’t believe how fast the years have passed and they are not emotionally or financially prepared to send their children off to college. Spending time on campus will make it a reality for everyone. The most important thing you can do is to weave college into the fabric of your lives. If you have children in grade school; go see competitions, a play, a game. Spend time on the campus playing softball or hanging out. Just being there will give your child a vision. College will become a part of their vocabulary. Your children will become inspired. Give them a vision of going to college someday. It isn’t if you go to college, but when you go to college.

Susan both educator and advisor specializes in college planning. She helps families save for and pay for college. If you have questions you would like answered in a future article contact her at Susan@College4Less.com or on her Web site at www.college4less.com



Loyalty



Charlene Ashendorf

If you are like me, you have a wallet or drawer filled with plastic. No, I don’t mean credit cards. I am referring to those cards for everything from grocery and drug stores, to movie theaters and specialty shops. I use them, but I find them annoying. They take up space on my key chain and often hold up the check-out lines as I fumble around in search of the correct card. Those cards are linked to my phone, my email and identification numbers, all of which I loose from time to time; and all for the love of loyalty points.

Recently my elderly mother and I were reminiscing about the good old days. She asked, “Do you remember green stamps?” You know the ones mother is referring to. The bright green S & H stamps the size of postage that were prominently marked with bold red italic S & H, each assigned a number value? Of course, I did remember...

There was a “telephone” desk in our kitchen where a shoebox that was wrapped in Christmas paper held loose stamps and Quick Saver Books. Like millions of middleclass Americans in the 1950’s and 1960’s, saving Sperry & Hutchinson stamps was more than a pass time, it was a family activity.

Mother would specifically shop at stores wherever earning stamps for purchases was possible; primarily grocery stores like Kroger. But dad would be rewarded with green stamps at the Sinclair gas station as well. The ritual began with bringing home the stamps. My job was to lick the stamps. One by one my tongue turned green (from licking to sticking) filling the pages in the special books. White pages would soon turn green, which was as good as gold for us. After my task was completed, the family would gather around the table and pour over the redemption catalogue. We would be rewarded for our shopping loyalty with gifts! From toasters to trips or toys, the possibilities were endless. 1200 stamps and the book was filled. Valued at approximately \$3.00 book, each of us had our green stamp wish list. The results were tangible, like my first Eastman Kodak Brownie 1962 Camera!

As the checker at Von’s hands me my receipt, she forces a smile, struggles to pronounce my difficult last name and says in a rote manner, “Mrs. Ashendorf, You have saved \$2.67 today.” I can’t help thinking about green stamps and remembering when...

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

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 June 15, 2014

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

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Congratulations to Tal Levy
Winner of April Word Search Contest!

We Love Our Dogs Word Search Contest

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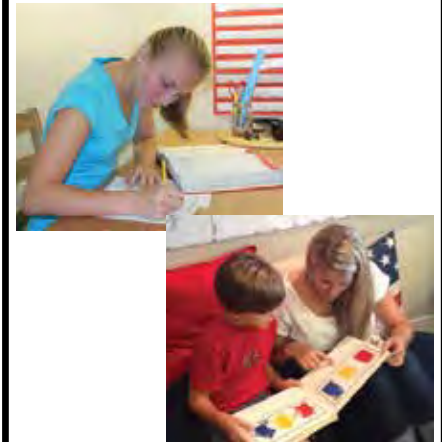
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FUN

Over My Garden Gate

Flowers and Life



Nancy

Taking a break from mowing, I decided to participate in one of those silly on line questionnaires a cousin posted, namely "What Flower Are You?". It came back "rose".



I found the rose to be a humorous choice because I had used it as an example of my life in a conversation with a friend recently. I wake feeling like a brand new rose bud, brush my teeth and then as I shut the medicine cabinet door I see myself in the mirror and realize no matter how I feel I shall forever resemble the last rose of summer. We chuckled about that. Now, it seems the internet quiz has decreed me a rose!

Actually, it came to me that at 72 years of age one my very best of the very best days, even with a trampoline, I shall never jump higher than Kareem Abdul Jabar's eyebrows and that on my very lowest of the very lowest days I shall never be able to slide beneath a frog's belly. So, if we use those two as my high and low points and if we realize none of us remain at our very high or our very low points for a long period of time, life is purely manageable.

There! The random thought through the garden of my mind today.

Publisher's note: Nancy is a rancher in Northern CA. I don't think I have ever known anyone quite as appreciative of nature as Nancy. She can stand in the middle of a field of weeds and find beauty in the gentle swaying of the tassels. At the end of her busy day, rather than settle down for a much needed rest, Nancy is preparing sugar water to not disappoint the hummingbirds the following morning. After much arm twisting, I convinced Nancy to share with our readers a few tidbits of her days on the farm. Enjoy!

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Positive Parenting

Bullying and Gang Prevention



Sandy Spurgeon
McDaniel

One day, when my son Scott was eight years old, he voiced his surprise that I got out of the car when I took him to school. His surprise deepened when it became obvious that I was going to school WITH him that day.

“You chose to be unkind to someone at school yesterday, and that is not acceptable,” was my response to his “Why?” Mid-morning, Scott came up to me and said, “If I promise I will never be unkind to anyone again, will you please go home?” “It’s a deal,” I said and then left.

It is not acceptable in my home to be unkind to anyone. Scott is now 40 with three children of his own, and they all know the consequences of an unkind choice. There comes a time when every parent makes it clear to their children that one of the unbreakable rules is zero tolerance for any act of unkind-ness. Children need to be raised to be compassionate and kind to others.

These rules should also apply to the classroom, the playground, and any other setting where children interact with one another. Parents often approach me with their questions about bullying, and my response is clear: Unkindness will never be tolerated, no matter what the setting.

What possesses a child to be mean to another child? Usually it is unresolved anger and a sense of being better than someone else. These anger issues can be reconciled with a discipline system that works and does not use punishment as its weapon. Boundaries are needed for every child, and consequences need to be fair.

At the ripe old’ age of 71, I can tell you that my “street fighter” alter ego has caused problems in my life, and my determined-yet-kind self is where the true power lies. Angry parents beget angry children. If you can get your children to mind without anger, and do so the first time you ask, why wouldn’t you? You teach most by what you model. That’s horrible news for some, for since anger is behind an act of unkindness, what are you modeling for your child?

There is a way to break the cycle of children being bullies and being bullied. It starts in the home. Children who lack boundaries and aren’t taught respect at home are the ones most vulnerable to bullying others and join gangs in order to develop a sense of belonging.

It is such a difficult time to raise children! Life is pushing every boundary you have, and it is beyond difficult to meet children’s needs. But the cost of not having children be your top priority is to lose them to behavior that spirals into bullying or joining gangs.

Sandy Spurgeon McDaniel has written four adult books, and a new children’s book: *Believe You Are Beautiful*. She has taught school, raised two children, worked as a consultant to schools and has worked with children and families for 52 years. Sandy now lives in Meridian, Idaho. ParentingSOS.com, Amazon and Kindle

Taking the Pledge

Driving Is a Responsibility



Karley Cable

HAPPY SPRING! I am so glad that the days are finally longer and we are getting closer to summer vacation. As a new driver, the freeways can be pretty daunting, especially during rush hour and driving is always a lot harder for me in the dark.

It was just over year ago that I got my driver’s learning permit. As excited as I was to get behind the wheel, my first few driving lessons with mom and dad were a disaster. It was much harder than I anticipated and I wondered if I would ever be able to navigate my way around by myself without nearly running into something. Add to that the fact I live in a crowded, busy, beach community. Skateboarders and cyclists are constantly flying out from alleyways and tearing down narrow streets in the wrong direction. Young kids are can always be found playing in the streets. Animals are frequently running out into the road, and nothing is worse than trying to parallel park. You need to be very cautious. I’m glad I didn’t give up on learning to drive because it is just like learning any new skill, it takes practice for it to become second-nature.

I have a lot of friends who are getting their driving permits this year and other friends that don’t seem the slightest bit interested in learning to drive. I can understand where both are coming from. Driving is amazing! It is so empowering and it gives me such a sense of freedom. I finally feel like I am no longer a child. However, learning to drive does require a big time commitment and expense. Training courses can take a few months and they can be very boring, not to mention pricey. And, in addition to the training, you must put in a lot more time practicing behind the wheel with an adult.

Summer is an ideal time to learn to drive. The days are longer, and for most teenagers, school is not in session so there is more time to dedicate to learning.

If you are the parent of a teen nearing driving age, I imagine you might be thrilled if your teen has no interest in learning to drive, but I would recommend you encourage them to do it. Here’s why: In order to get behind the wheel and drive, you must first pass a driver’s permit written exam and complete a training course which usually takes a few months. Then, if you pass your exam and get your driver’s learning permit, you must get professional “behind-the wheel” training as well as put in 100 additional hours of practice with an adult. This is a great opportunity for you to help get your teen off to a good start by practicing a lot with them. For most teens and their parents, this can be a very stressful time. Just remember, the more they practice, the better drivers they will be. By the time they receive their license, you will hopefully be very confident in their driving abilities. Plus, you will become a better driver as you realize how important it is to set a good driving example yourself.

Even after your teen has mastered the driving courses, and has met all the requirements to finally get their driver’s license, they still need to go to the DMV and take a behind-the-wheel driving test. Some DMV’s are very tricky. After driving countless hours in crowded cities with heavy traffic, I quickly learned that a green light means nothing if pedestrians are still crossing the street or cars are in the intersection. I can give you the names of twenty people, myself included, who failed their first driving test for slowing on a green turn arrow.

Learning to drive is a rite of passage and the experience of teaching your teen to drive will no doubt provide many memories. The best part for parents is that once your teen starts driving, there is no better motivation for getting good grades, a job, and being responsible, like the privilege of driving a car. They can also run out to the store and grab a few things you need or fill the car with gas for you too! And while the thought of an auto accident is extremely scary, we can drastically reduce the likelihood of injury by wearing seat belts, obeying traffic laws and certainly NEVER TEXTING WHILE DRIVING.

I urge you to require your new driver to log onto my website: <http://themadmovement.weebly.com> and TAKE THE PLEDGE to never text and drive. Karley Cable is a junior honors student at Woodrow Wilson Classical High School in Long Beach. She recently received her second President’s Volunteer Award from President Barack Obama and was a state honoree for the prestigious Prudential Spirit of Community Awards for her “Don’t Text and Drive/It Can Wait” campaign efforts. For more information on Karley and her campaign, visit her website: <http://themadmovement.weebly.com>





Dr. Steven Keller

having 15 years of working in impoverished school communities, I understand the necessary (and sometimes additional) resources that low-income students, English learners, and foster children require. That being said, it is quite evident that the early numbers are showing significant funding disparities among the greater South Bay school districts. I have an issue with this reality, on behalf of our learning community, but I will reserve that rant for another day.

Second, the new Local Control Accountability Plan (LCAP), which is a byproduct of the LCFF, has provided staff, parents, and students with opportunities for input regarding priorities for student needs. Dr. Alpern, Dr. Elward, and Dr. Farzad led those discussions. Some of you have participated in this process, either in person or online. Thank you! So, although a Board member and I will not conduct budget meetings this year, you have provided us with input via the LCAP process. Still, if you have a question regarding budget, please e-mail me at skeller@rbusd.org.

We have about a month remaining in the school year. Let's make it a positive finish for our students and community.

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Board of Education Regular Meeting Schedule

2014			
May 13	June 24	September 9	October 28
May 27	July 22	September 23	November 18*
June 10	August 26	October 14	December 9*
2015			
January 13	February 24	April 14	May 26
January 27	March 10	April 28	June 9
February 10	March 24	May 12	June 23
	(April 14 – Organizational Meeting)		

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