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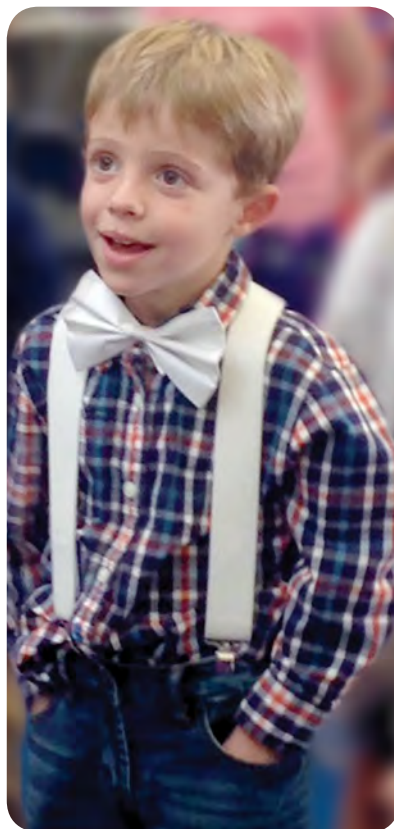
Covering the Redondo Beach Unified School District



Volume 9, Issue 79

May 2015

School – The Wonder of It All



Starting in the 2015–16 school year, Transitional Kindergarten will be at Madison Elementary School. (Please see page 14.)

Board of Education



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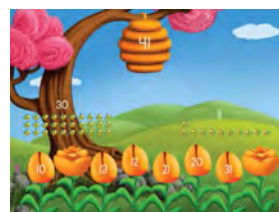
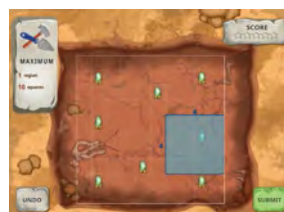
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Superintendent



Dr. Steven Keller

Wellness Festival

On behalf of the Board of Education of the Redondo Beach Unified School District (RBUSD), I want to send a huge THANK YOU and CONGRATULATIONS to our staff members who participated in our first ever RBUSD Wellness Festival on Saturday, March 28. The event provided a myriad of health activities for every level. There have been so many comments about the quality and value of all of the sessions. People loved trying new things and many, including me, complained about being really sore several days following the event. We are already talking about next year. With the great word of mouth, we expect it will be even bigger. We wish to thank Dr. Aaron Benton, our executive director of Special Education, Mr. Jens Brandt, one of our excellent Redondo Union High School assistant principals, and Dr. Tom Stekol, our assistant superintendent. They had a vision of something special and indeed made it happen!

The concept behind the event was to support overall wellness in our employees and their friends and families. The festival came at the end of our nine-week Wellness Challenge, during which we asked staff members to partner up with colleagues at their work sites and commit to do one thing, big or small, in the area of fitness, connection, learning, mindfulness, or nutrition. There was a nice level of participation in the challenge at the sites. The festival was an opportunity to reward the staff and allow them to connect with each other in celebration of their accomplishments.

We understand the importance of nurturing the “whole employee” in RBUSD, and we are fortunate to live and work in the South Bay, with so many top-notch wellness providers. We look forward to next year’s Wellness Festival!

Board of Education



David Witkin
Member

Looking for Feedback

Dear Redondo Beach Unified School District (RBUSD) Community Members,
It is with great humility and anticipation that I begin my term as one of your School Board members. By way of introduction, my son Sage attends kindergarten at Beryl Heights Elementary School, and my wife, Saori, and I—with our baby boy, Tyler, in tow—delight in walking him to school, volunteering in class, and meeting his friends and their families on Little League fields and at birthday parties around town.

During the campaign, my favorite moments were those occasions when I’d knock on a door and engage voters about school issues—netbooks, Common Core State Standards, or technical education, for example—and then they’d either call their children over to speak to me themselves or the children would even overhear our conversation and offer me advice on their own!

As your new Board member, my one request to you—parents, taxpayers, teachers, and especially students—is to keep this feedback coming. We on the Board care deeply about the excellence of our schools, but, to have the optimal impact, we need input and information from those who are in the classroom every day.

I attended School Board training in San Diego right after the election. Along with learning the intricacies of California public school finance, evolving curriculum offerings, and how Board meetings are conducted, I got to meet new Board members from around the state.

My one big conclusion was this: I, as a Board member in RBUSD, and we, as Redondo Beach residents, are incredibly blessed. We have talented and committed teachers and staff, first-class facilities, supportive taxpayers, and, most of all, parents and students who are passionate and excited about our educational mission.

Thanks for your trust in me as we work together on behalf of our students.

Board of Education

2015 Regular Meeting Schedule

May 12 May 26 June 9 June 23



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Kay Coop
Founder/Publisher



Netragrednik

With Dr. Keller at the helm it makes one want to be better. As I read his message I was so impressed with the program to encourage overall wellness in the District.

Thank you for your emails regarding the articles in each issue about health. The number one request is for healthy recipes and we will add those beginning in September. (Please see page 20.)

Another request is for child friendly web sites. Ideally children are reading or playing when not studying; however, the computer is here to stay so I understand the need for sites safe for kids with valuable content. When you Google kid safe sites, there are many to choose from that

have been researched by knowledgeable people. Dr. Tanaz Farzad, Principal of Tulita Elementary, writes on this subject on page 16.

If you have a child who loves to read and would like to share their a review of their favorite books, email me as I will be adding an ongoing book review columnist.

The winners of the April issue Going Green Word Search will be drawn May 15 the same time we draw for this issue so you have time to enter both contests. If you do not have the May issue (No one throws *School News* away do they?), it is available on our web site www.schoolnewsrollcall.com.

Our next issue is June 3rd just in time for summer break.

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Covering the

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Ted Craddock
President

Season of Learning

Make the summer a season of learning and register for Redondo Beach Education Foundation (RBEF) Summer Sessions, a program designed in partnership between the RBEF and 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 June 29–July 24 from 8 a.m. to 12:30 p.m. at the Washington Elementary School campus. For families that desire a full-day program, there will be on-site child development center camp available.

RBEF SUMMER SESSIONS

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 course offerings include classes taught on the Redondo Union High School (RUHS) campus by credentialed RBUSD faculty as well as classes delivered online. High School Summer Sessions will run June 24–July 10 for Session A and July 13–July 30 for Session B; both sessions will run from 8 a.m. to 1:30 p.m. at the RUHS campus.

For more information and to register today, please visit www.rbef.org. We look forward to helping our Summer Sessions students prepare for a successful 2015–2016 school year!

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Dr. Lisa Santora
Chief Medical
Officer

Vaccine Myth-Busting

Vaccination is the controversial health topic de jour here in the Beach Cities and throughout the U.S. But are the facts controversial? Not if you ask medical experts like Beach Cities Health District's Chief Medical Officer, Dr. Lisa Santora, a long-time family physician.

Myth: Vaccines can cause autism.

Dr. Santora: "There isn't a shred of research or evidence that links vaccines and autism. In fact, the commonly referenced study that attempted to draw a false correlation between the two was not only discredited and discarded, but the doctor who authored the false research is now barred from practicing medicine."

Myth: Vaccines are unsafe.

Dr. Santora: "Only 1 in 40,000 people (.000025%) who receive vaccinations are at risk for serious side effects. In comparison, 1 in every 3,000 people who contract measles will die from the illness. It's obvious the life-saving abilities of vaccines far outweigh any potential risks."

Myth: The medical community is divided on the topic of vaccination.

Dr. Santora: "Doctors are extremely uncomfortable offering permanent exemptions from vaccinations, because

93% of physicians support vaccination and apply them to their own children. The overwhelming majority of the medical community loudly and clearly urges parents to vaccinate their children."

Myth: Pharmaceutical companies and doctors make big money on vaccines.

Dr. Santora: "Vaccines are only responsible for roughly 1.5% of total pharmaceutical revenues – a figure so low that we sometimes experience vaccine shortages because it's not profitable for companies to make them. And there's no green in vaccines for doctors either. In fact, physicians are far more likely to lose money on them."

Myth: Healthy kids don't need to be vaccinated.

Dr. Santora: "The most healthy children or adults can carry a live virus and be asymptomatic. The virus living inside their bodies can then be unknowingly passed on to high-risk members of our community, including the very young, sick or old. As you can see, the decision not to vaccinate healthy kids or adults quickly creates a potentially deadly situation."

Beach Cities Health District urges all residents of all ages to get the facts on vaccination at cdc.gov/vaccines.

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Eli Nussbaum, MD.
Medical Director,
Pediatric
Pulmonary Center

Green Clean Your Home Using Non-Toxic Products

Many cleaning products contain ingredients and fragrances that can cause irritation and inflammation in the lungs for children with conditions like asthma and cystic fibrosis, and some may cause allergic reactions.

If your child has a lung condition, it's important to consider using non-toxic cleaning products, especially when cleaning their medical devices.

You can create simple recipes for household cleaning using non-toxic products, such as baking soda, distilled vinegar, borax, hydrogen peroxide and Murphy's Oil Soap®

General Household Cleaning Tips:

- When using a spray product, spray solution onto a cloth to contain the spray.
- Keep windows or doors open and fans on when cleaning.
- Use two pairs of cleaning gloves:
 - One for the bathroom
 - One for the rest of the home
- Add fresh lemon juice to all cleaning recipes for a pleasant smell.
- These recipes may require extra scrubbing.

Household Cleaners:

Bathroom and kitchen sinks and toilet

- Mix 1/2 cup borax and 1 gallon of water.
- Mix 3 cups water with 1/4 cup Murphy's Oil Soap®, pour on clean cloth/sponge.
- Wipe down the cutting board and countertops with distilled vinegar.
- Mix baking soda & Murphy's Oil Soap® as a paste, baking soda alone for scrubbing.

Ovens

- Mix 1 cup of baking soda with water to make a paste.
- Spread inside oven walls, and let set for 30 minutes before scrubbing.
- Do not use on self-cleaning ovens

Wood, tile, linoleum or vinyl flooring

- Mix 2-3 capfuls of Murphy's Oil Soap® in 1 bucket of warm water.

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Fibrosis**

Breana's specialty:
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Breana, 14-years-old,
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RBUSD Alternative Education



Sue Hall
Principal

Prepared for the Future

This year, our Redondo Shores High School Professional Learning Community goal is to increase our students' literacy and math skills by providing instruction in the Common Core State Standards (CCSS). The teachers are developing reading and writing assessments for students to use school-wide, so that we can maintain high expectations across subjects. The students are learning to develop reading strategies for both informational and literary texts and to evaluate their writing with Common Core rubrics. The staff is also working with Loyola Marymount University and collaborating with the math teachers at Redondo Union High School to align our math



Patrick Vaughan and Scott Ziebarth working on his Personal Creed project.

instruction with the CCSS for math practices and content.

Another goal for working in the Common Core includes building on technology skills and preparing students for college and careers. Now that all students have netbooks in their classrooms, our staff development includes finding the best use for technology. We are learning new tools, such as Google Classroom, to instruct students and provide specific feedback on their work. To guide our students in the transition to college, our seniors are taking college entrance exams and meeting with counselors to develop personal plans for college coursework. They are also completing their senior portfolios, which include resumes, awards and achievements, personal statements, and letters of recommendation. The staff supports our college-going culture and has scheduled college tours in the spring to visit El Camino College, Santa Monica College, California State University, Long Beach, and California State University, Dominguez Hills.

We know that by providing solid instruction using Common Core principles, we are helping our students to develop the skills and confidence to tackle the rigorous state exams in May. More importantly, we aim to better prepare our students for the challenge of post-secondary education and careers in the 21st century.

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

RBUSD Child Development



Theresa Van Dusen
Director

Learning and Growing

By Kathy Martens, Supervisor – Washington Site

Because they grow rapidly, radish plants are ideal for children's gardens. The scientific name for the genus that includes radishes is *Raphanus*, which is Greek for "quickly appearing."

The pre-kindergarten class at Washington Child Development Center recently planted

and harvested radishes in their garden. Utilizing the Live Well Tots and Zula Science curriculum, along with the district's support of overall wellness, the students learned just how quickly their garden would grow.

The Live Well Tots program, with Beach Cities



Harvest Time!



Child Development Group Harvest.

Health District, aims to impact the overall wellbeing of preschoolers by educating children on nutrition and mindfulness. The Zula Science hands-on activities expose students to the exciting world of science.

It was evident they were very proud of their work, and it is a beautiful testament to the many different ways our children can learn and grow.

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

RBUSD Educational Services



Dr. Annette Alpern
*Deputy
Superintendent,
Educational
Services*

A Culmination of Learning

Spring is my favorite time of year in the schools. While it may feel to families, students and staff that it can be an especially frenetic time of year, it is also a time to showcase our students' overall learning and success.

Some educators associate spring with testing season. May is the time of year when high school students take the Advanced Placement subject exams, and the majority of our students

participate in other required state and national testing. This spring, all of our third-through eighth-graders, plus the eleventh-graders, will be taking the Smarter Balanced assessments by using their district-issued Chromebooks.

In addition to testing, spring is the time to share our students' learning with the parents and the greater RBUSD public. Please attend and support the variety of

music concerts and performances that will occur during the spring months, as well as the open houses that are hosted at our elementary and middle schools.

Over 1,000 students will be taking field trips to various colleges this spring, thanks to the ongoing sponsorship of the Redondo Beach Educational Foundation. True enough, spring is a busy time of year, but we wouldn't want it any other way. Enjoy seeing our students' learning and success yourselves!

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



Come enjoy 5th grade band concerts throughout the district this May.

South Bay Adult School



Vivian Ibarra
Director

Green and Beautiful

The staff and students at South Bay Adult School (SBAS) are on a mission to go green on all of our campuses and with all of our classes.

Our campus at Edison Center sports LED lightbulbs on timers. Our heaters are efficient and have individual temperature controls. Our lights and heat don't run when rooms are empty. Our landscape plants are drought tolerant but still keep our facility beautiful. Our parking lot has power-saving solar-panel-covered parking.

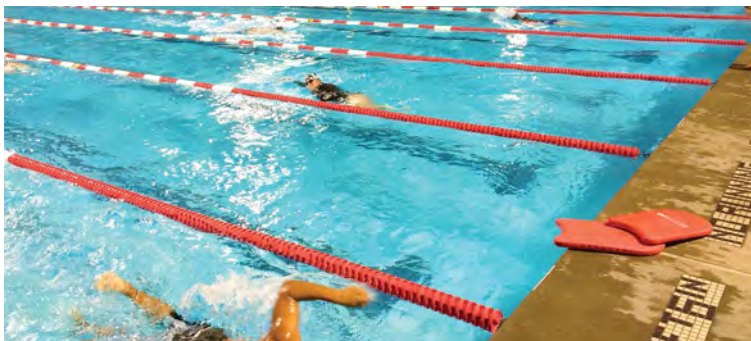
At SBAS, we recycle because it's important to our environment. We have bright blue containers strategically

located all around the campus to collect paper and cans. We recycle our paper by printing and using both sides before the paper hits the recycle bin. Our parent-education teachers have many of their class handouts online and use recycled products for classroom projects. Our students, staff and families help to keep our campus green and beautiful.

SBAS offers classes to help our community become more eco-friendly. Through a partnership with the South Bay Cities Council of Governments/Environmental Services Center, you can take a free class called Making Your Home More Comfortable and Healthier for You and Your Children...The Energy and Water Efficiency Way! The class explores useful energy upgrades and rebates. If you want to save gas, stay home and take our Start Your Own Edible Garden class at www.ed2go.com/sbas. You'll learn how to grown delicious, nutritious fruit and vegetables in your own backyard!

April 22 is Earth Day, but at South Bay Adult School, our quest is to make every day an opportunity to go green at school and at home. We encourage you to register online and view our online catalog. Visit us on our website to learn more about our lifelong learning programs.

3401 Inglewood Ave., Redondo Beach, CA 90278 • 310/937-3340
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Stay cool in the Pool!

Adams *Middle School (6–8)*

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



Dr. Anthony Taranto
Principal

AVID

What is AVID? AVID, or Advancement Via Individual Determination, is a research-based program with proven results of student achievement. This program targets students in the academic middle who have the desire to attend college and are motivated to work hard. AVID focuses on teaching students the academic and social skills they need to succeed in a rigorous academic curriculum.

At Adams Middle School, AVID is offered as year-long elective class in the sixth,

seventh, and eighth grades. AVID experience is also offered as part of the elective wheel for incoming sixth-grade students. The AVID curriculum they are exposed to emphasizes the importance of organization, goal-setting, team-building, and college awareness. In addition, students are taught how to use Cornell Notes (a formal notes-taking strategy) as a tool to aid them in all of their courses.

During the AVID class period, students learn organizational and study skills through the use of these Cornell Notes. They also learn collaboration and problem-solving skills during tutorials and Socratic Seminars, and participate in motivational and other team-building activities.

The AVID curriculum is driven by the WICOR method, which stands for “Writing, Inquiry, Collaboration, and Reading.” Additionally, students visit local colleges and universities, and have regular guest speakers who share their college journey and professional careers.

Please visit www.avid.org for more information on this amazing program that is designed to increase student achievement and college and career readiness.



Adams AVID students leading classroom tutorials.

Alta Vista *Elementary (K–5)*

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



Susan Wildes
Principal

Contributing Globally

The Association of American Colleges and Universities emphasizes five core commitments that are deemed successful goals for all college students: striving for excellence, cultivating personal and academic integrity, contributing to a larger community, taking seriously the perspectives of other, and developing competence in ethical and moral reasoning and action. With the

implementation of Common Core Standards and years of character education, schools including Alta Vista are helping students to set goals in several of these commitments.

But what about addressing the commitment of teaching students the importance of contributing to a larger community? How do schools teach students to recognize and act on their responsibility to not only their educational and local community but also their global community?

Over the last two years, Alta Vista has partnered with a global scientific and educational institution in a unique program titled the Big Cats Sister Schools Program. As part of the Big Cats Sister School Program, students learn why big cats are important to the ecosystem and how big cats are perceived in other own countries, using photos, letters, essays, stories, virtual assemblies and other forms

of digital media to connect globally. Student groups also interact with conservationists from the institution, such as Shavani Bhalla, to raise awareness about the severe decline of the big cat population in the wild. Students study and conduct high-profile activities to spread the word about the significance and scope of this crisis.

The Big Cats Sister School Program is a unique interactive, educational and cause-related community-service learning project. It is geared toward enhancing school spirit among participating students by connecting children with other children in a faraway part of the world. For Alta Vista, that connection is with Remot Primary School in the Westgate Conservatory in Kenya. Through the partnership, Alta Vista students are able to provide much-needed school-building improvements and support to the children of Remot as well as demonstrate backing, charity and goodwill in these regions.

This initiative is a perfect step in helping students to engage in global learning and understand their responsibility, even as elementary students, to educate a wider society beyond themselves and to contribute their learning and resources for a greater good. Our partnership with the scientific institution enhances our students' learning as they tackle a significant global issue and inspires them to use their collective voices to raise awareness and contribute responsibly to children less fortunate than they are.

Beryl Heights *Elementary (K-5)*

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



Karen Mohr
Principal

Almost Closing Time!

As we approach the end of another successful year, it is time to reflect upon this year's wonderful events. At Back to School Night, our staff, students and families all learned what their children would be engaged in during the coming year. The dedicated staff got trained in the Common Core standards and met weekly to collaborate

and plan for Common Core reading, writing and math. A part-time English-language learner teacher helped at every grade level so that all of our students had opportunities to improve their reading and writing skills. Beach Cities Health District supported the Live Well curriculum that included exercises, gardening and nutrition lessons for teaching our students how to live healthier lives.



Dr. Seuss Day at Beryl.

Our PTA led Family Reading Night, Family Math Night, our amazing Father/Daughter Dance, Mother/Son Laser Tag, our Talent Show and Hands on Art in the classrooms. Our docents were busy working in classrooms to make art projects and teach students about creativity while preparing for our Hands on Art gallery in May during Open House. Fifth-graders went to Science Camp and had the time of their lives while living in cabins and discovering nature. Our PTA sponsored two main events: Race to the Wild Side in the fall, which inspired students to exercise

and have fun at the same time, and our inaugural carnival, which was a great success. Testing arrived in May, and each day, students gave their personal best.

As our kindergarten students prepare for first grade and our fifth-grade students get ready for middle school, we want to thank our staff, parents and community for their support and important contributions to the success of our children. Without you, our school would not be what it is today! Here's to an even better 2015-16 school year!

Birney *Elementary (K-5)*

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



Lisa Johnson
Principal

Middle and Beyond

As the end of the school year approaches, many families will be thinking about life after elementary school. These thoughts are often met with mixed feelings of excitement and trepidation. At Birney Elementary, we realize the transition from elementary school to middle school can be a difficult one for some students, and measures are taken to ease the anxiety and ensure that the

transition is painless and as seamless as possible.

One way in which this is accomplished is through a close partnership with our feeder school, Adams Middle School. Over the course of their final year in elementary school, fifth-grade students are provided many opportunities to familiarize themselves with the campus and their soon to be life as sixth-grade students. The school's principal, Dr. Anthony Taranto, visits Birney's campus with his administrative team to provide a brief overview of the school and its programs and answer any pressing questions students may have. This assembly is followed by a walking field trip to visit the campus, at which time they receive a firsthand view of the middle school in order to gain a solid understanding of what to expect as incoming students.

The All about Adams Night that follows allows students and their families an opportunity to tour the campus and gain invaluable registration and school information. An audible sigh of relief can be heard as parents and students alike realize that the middle school is well prepared to support students as they transition to the next leg of their academic journey.

A final step in the preparation process is goal setting with fifth-grade students and establishing an understanding of academic expectations as they move on to secondary education. Students are exposed to the letter grading system they can expect to see in sixth grade and beyond and what that entails. Additionally, college A-G requirements are discussed, and students visit a local university for a brief taste of the college experience and a glimpse of the end result of their hard work over the next seven years.

By the year's end, Birney' fifth-grade students are excited and ready to begin their first year of middle school. And although we are sad to see them go, we know they will be successful as we hand them off to one of the best middle schools in the South Bay!

Jefferson *Elementary (K–6)*

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



**Dr. Oryla
Wiedoeft**
Principal

The Positive Impact of Parent Involvement

Parents are their children's first teachers. No one knows a child like the parent. At Jefferson, parents continue their involvement with their child's education by being involved in the school. This creates a deep sense of community, connection, and positive school culture.

The PTA is the main vehicle by which parents are involved at Jefferson. Parents volunteer to be the "Room Parent" for a

teacher and coordinate all volunteering to support the needs of the teacher.

Every day one can find Jefferson parents supporting our teachers in the classroom, either assisting with small groups and prep-work for upcoming lessons, or helping in our workroom making copies and laminating. Parents also support our educational programs by acting as art docents in our Hands-On-Art program, or facilitating beautiful art projects in our Hands-On-Art room.



**Garden lesson being taught
by volunteer parent docents.**

Parents also support our whole child development by acting as garden and nutrition docents. Garden docents help plant and maintain classroom gardens, then teach lessons about health and nutrition to our children.

Parents are also responsible for the large number of family and community building activities that Jefferson hosts in the evenings and on weekends, including the Fall Family Picnic, the Spring Carnival, Dining with Dolphins events, and Ice-Skating Night.

Our PTA is responsible for a large amount of fundraising, which for the 2014–2015 school year brought in \$200,000. As a result, the PTA purchased a number of field trips for each grade level. They also offered grants

to each individual teacher to meet classroom needs, and purchased over \$5,000 in books for a new Leveled Reading Library.

Parent volunteers, led by the beloved Mr. Norbert Gomes (better known as Papa G), also put together our beautiful yearbook. The Jefferson School staff is fortunate have such incredible support. Our parents truly help make Jefferson the great school it is.

Lincoln *Elementary (K–5)*

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



Jeff Winckler
Principal

Healthy Choices

Lincoln students are encouraged to make healthy choices through regular exercise, positive food options, and developing meaningful social and emotional skills.

Our school is committed to improving the overall wellbeing of its students. This means in both their daily lives as well as the programs that take place all school year.

One such program is the salad bar provided by the RBUSD Nutrition Services Department. Through this cafeteria opportunity our students have fresh fruit and vegetable choices every day at lunch. Another program called

"Mind Up" teaches children about the brain, its functions, and how they relate to learning and behavior. It teaches them to be mindful of themselves and each other, as well as tolerate differences.

With all of these amazing efforts, our Lincoln students are receiving positive health and wellness opportunities to help get them well balanced and ready for success.



A Lincoln student being mindful.



Healthy choices at the Lincoln salad bar.

Madison *Elementary* (K–5)

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



Drew Gamet
Principal

Here Comes TK!

Starting in the 2015–16 school year, Transitional Kindergarten will be at Madison Elementary School. This is a program that will bring the youngest students in the district to our school. Students that are turning five between Sept. 2 and Dec. 2 will be attending a class that is focused on providing students the developmental skills that they need to be kindergarteners the following year.



Madison Transitional Kinder students!

These students will be joining our highly active campus. Thanks to Madison PTA and a host of volunteers, these new students will experience myriad school assemblies featuring the art and science behind drawing comics, exotic animals and the stars of the universe. They will also receive lessons on healthy eating and gardening. All of this, plus the latest in instructional techniques that two new teachers will bring to the amazing faculty at Madison Elementary!



Parras *Middle School* (6–8)

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



Dr. Lars Nygren
Principal

Easing Transitions

One of the hardest things for students and parents to go through is the transition from one school to another. For some, the anxiety of going to a larger and unknown school can impact a student's emotional wellbeing; for others, it's a welcome change to a more independent atmosphere. To provide incoming students with some knowledge of what to expect, Parras Middle School has

designed a program to help students make the transition into middle school.

We will visit each of our feeder elementary schools and present to students what it's like to go to Parras Middle School. At our presentations, students are able to see pictures of students attending class, eating lunch, and participating in other activities. Our counselors will walk them through a school day, so they have a better feel for what it is like to be a middle school student. After the presentation, students have an opportunity to ask questions about lockers, tardies, and homework.

We arrange for fifth-grade classes to tour Parras. Elementary students are able to walk the halls and see sixth-grade classes in session. They are able to go into the gymnasium, cafeteria, and other places, so they become familiar with the school. At the end of the tour, students are given another opportunity to ask questions. In May, our leadership class invites all incoming elementary students to come to a carnival held in our gymnasium. Students play on jumpers and participate in games led by our leadership students. Importantly, this is the first time that all of our future sixth-graders get to meet their future classmates from the other elementary schools.

Lastly, during sixth-grade registration, we will hold Camp Parras for all new, incoming students to Parras. This important orientation allows students to meet many of our sixth- and seventh-grade teachers along with other new students. Teachers will help students learn about life in middle school. It's a fun afternoon for everyone involved!

We look forward to welcoming new students to Parras Middle School and hope you take advantage of our program to help with the transition. Please go to www.parrasmiddle.org for all dates related to transitioning to the middle school.

Redondo Union *High School*

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



Dr. Nicole Wesley
Principal

Workability Program

By Cindy Merrill, Coordinator – WorkAbility Program

School-To-Career is a district-wide program that works with middle and high school students to prepare them for the world of work. At the core of School-To-Career are the WorkAbility Program and the Transition Partnership Program, both of which work closely with community



Fernando Garcia gives the "thumbs up" while working.

businesses to create a positive and lasting relationship for our students. Program staff members work tirelessly to help students realize their potential and reach their goals of financial independence and personal success. While students receive mentoring and work experience, employers receive students and potential applicants who have been prepared for entry-level positions and who are qualified and eager to work. It's

a win-win!

The WorkAbility Program is committed to offering valuable activities to assist students with individualized education plans to be prepared for the "real world." We start in middle school by helping students explore careers, develop their sense of self, and prepare for the transition to high school. From the moment students enter their freshman year, the School-To-Career staff provides valuable work preparation, including pre-employment training, such as resumes, interviewing, job placement, work experience, work site monitoring, and positive feedback! The students graduate career-ready!

The Transition Partnership Program (TPP) works closely with community agencies that can help promote personal and financial independence through work. Eligible students in 11th and 12th grades are carefully guided and mentored through employment preparation, work experience, job placement, and finally the hiring process. Students may also receive transportation and clothing assistance and can continue to be mentored post-graduation, by program staff.

The School-To-Career Program, with a diligent and dedicated staff, eager students, and support from the community, serves over 500 students and places over 95 in valuable work experiences every year. A win-win indeed!

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Dr. Tanaz Farzad
Principal

Growing Up Digital

Our students are growing up in a world very different from what we remember. They use media and technology in a way that most of us may not have even dreamed possible just a few short years ago.

It is important that we learn to dialogue comfortably with children in order to teach them how to be safe, smart, and responsible. The digital world can offer amazing



Students in 2nd grade learn how to navigate safely on their new Google Tablets in the classroom.

opportunities, but it is also loaded with multiple challenges. It is important to remember that the media also pushes boundaries with which parents and children may not be comfortable.

The internet gives children access to vast information and a broad audience. However, since they don't always think before they post, it can damage their reputations, expose them to unknown identities, possible cyberbullying, etc. It is thus important for parents to begin talking with their children in order to begin raising responsible digital citizens. Common Sense Media encourages parents to follow some basic rules when working with children:

- Embrace their digital world. If being digitally savvy is what it means to be a child today, share their enthusiasm and learn to navigate it.
- Encourage balanced use. A good rule of thumb is to not exceed the amount of time children spend doing other activities. Keep a media log to keep track.
- Monitor media by keeping it out of children's bedrooms, and ask questions about what they are doing to keep an open line of communication.
- Discuss what sites they can visit and what they can download.
- Talk with children about what cyberbullying is, what it looks like, and how they should respond to it.

Although the job of teaching children how to use technology appropriately can be daunting, the courage to tackle it will result in happier and more well-rounded children for years to come.

Washington Elementary (K-5)

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



Kristen Holm
Principal

Perseverance Equals Success

Fifth-graders from Washington Elementary recently attended the Camp Highland Outdoor Science School. Camp Highland focuses on positive interactions and encourages students to find their strength inside themselves.

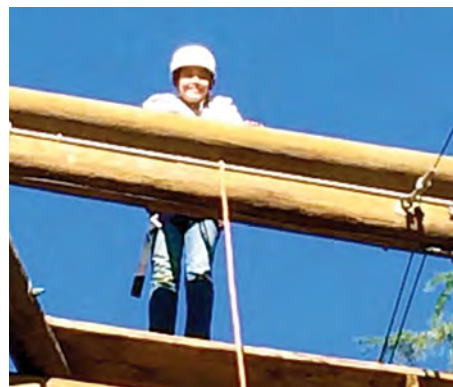
Chance McCrodon realized his potential to succeed when he conquered a High

Challenge Course, the Alpine Tower. The Tower tests the students' problem-solving skills and requires them to assess their physical and mental talents to achieve success.

Communication, trust, and perseverance are just a few of

the skills Chance developed while climbing 50 feet above the ground. "My goal was to make it to the blue line, the lowest point on the tower," he said. "The encouragement I got from my friends, teachers, and camp counselor, such as 'You can do it!' made me want to keep going. I got stuck two times but I didn't give up. When I made it to the top I was so proud of myself. It was a wonderful feeling."

Way to Go, Explorers!



Chance celebrating his achievement on top of the Alpine Tower.



The Alpine Tower sits 50 feet above the ground, as tall as the tallest trees.

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---	---

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Time: 9:00am - 12:00pm. Monday - Friday **Fees:** \$125

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Sign Up Online: www.PeninsulaSportsCamps.com

Build It Back Again



Kate Karp

I'm delighted whenever I come across a collection for children featuring music that isn't formulated, childishly cute or backed with electronic tracks. *Build It Back Again* by the Billy Jonas band is none of this, even with the use of a toy piano as a percussion instrument. The melodies are catchy compositions performed by a full range of vocal and instrumental mastery—even that little piano—and the lyrics do more than instruct and educate. They traverse sometimes wonky pathways to communicate profound messages of determination, maintaining humanity in a technological world, balance and historical significance.



The title song features a strong tempo with words to match. From the architecture of ancient Greece to the ravages of Hurricane Katrina—and certainly not stopping there—the band sings of the resolve of the human spirit to rebuild, often in new ways. The rollicking “Monkeys Driving Cars” tells how necessary it is to advance ourselves as humans to the same extent as technology if we want to survive as people. In a primal atmosphere of percussion, “Moment of Noise” seamlessly transitions from the creation of the universe to thankfulness and appreciation for every little sound and what causes it.

The CD is heavy but not any means ponderous. The songwriters also love wordplay, especially as it increases vocabulary and wallows in punning, as in “Hairy,” “Maybe Maybe Not” and “What Kind of Bear Are You?”

The Billy Jonas Band has dug a sturdy foundation in *Build It Back Again*—good stuff for any group discussion that involves young minds.

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

Acclimating



Tyler Robert Armstrong

Every Step – What 7 year old wants to climb Mt. Whitney? I do!

After months of hard work I was ready to try to set a record as the youngest person to climb Mt. Whitney in a single day.

Mt. Whitney is the highest mountain in the contiguous United States. It stands at an alarming 14,505 feet. Mt. Whitney is located in California. The Sierra Nevada is the home to many 14 thousand footers in California including Mt. Whitney!

The drive took us about four hours from my house to Mt. Whitney. The drive felt long, really long. All I could see for miles and miles was just desert, cactuses, and road. Then finally I saw little hills which got bigger and bigger until they were humongous mountains! As soon as we got to the Mt. Whitney Portal we unloaded and setup our campsite. After setting up and putting our food in bear boxes, we were able to relax by the fire and get a good night's sleep (except for me worrying about the bears coming into our tent).

The next day we had breakfast, nothing fancy, just oatmeal and bananas. We decided to take a hike about a quarter of the way up the Mt. Whitney trail to acclimate. We stopped at Lone Pine Lake. The lake was on the edge and looked like it was hanging onto the mountain. The lake had a beautiful blue color and was very cold. There was a very big patch of snow that seemed like it was dripping one drop at a time into the lake. It was very peaceful and quiet. We spent about an hour and a half acclimating at that lake, eating lunch and playing in the snow.

After we hiked back down we went inside our tent to relax and pack for the next day. Packing took us a while because we were trying to make our packs as light as possible. We went to bed early because we had to get up in the middle of the night to start the hike. The next morning (really more like later that night) came quick. My dad woke me up at 1:00 am in the morning, to get dressed and eat in a hurry. I was excited because it was the day I was going to set the record and climb Mt. Whitney!

When we got to the trail we...(to be continued)

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

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



Have a Fun Summer!



South Bay Hands On Art

Tribal Portraits

This art lesson is very thought provoking, provides a cultural lesson, while teaching the art of drawing a portrait. The Surma tribes reside in the Omo Valley in East Africa. For centuries these nomadic tribes have adorned themselves daily with natural paints, wildflowers, grasses, fruits, nuts and berries. In order to create their unearthly beauty, the tribes paint their bodies in a quick fashion



using hues from crushed rocks. This is a daily ritual that begins as a baby, and continues throughout their lives. While students learn about this rich culture, they create their own portrait of a tribesperson. Students are introduced to the basics of drawing a face, which is an artist skill in itself.

Next month students will create Inuit birds inspired by Inuit artist Kenojuak Ashevak.

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Food Trivia: Fun and Fascinating

This column provides insight from Carol Berg Sloan RD, (a registered dietitian for 37 years) and her daughter Kelly Sloan, (a dietetics student at the University of Hawaii). Both give their perspective and tips to help make healthier food and beverage choices.



Carol Berg Sloan, RD

When Kelly was 8 or 9, she really enjoyed ordering a Shirley Temple (is a non-alcoholic mixed drink traditionally made with ginger ale, a splash of grenadine and garnished with a maraschino cherry) when we would go out to dinner. She especially liked that glistening red cherry that bobbed and then dropped to the bottom. We would limit to a couple on each occasion for a treat. I never really thought about that red cherry until I visited the University of Oregon (OSU) and came to learn that it is the birthplace of the maraschino cherry. They were perhaps not “born” there (they originally came from Italy where they were preserved in a liquor called maraschino) but the processing was perfected here. Ernest Wiegand, a professor at OSU, created a method that kept beautiful Oregon cherries firm after processing and met the demand that was growing by high end consumers. The cherries were brined, that is put in a salt water, which actually bleached them white. FD&C red dye # 40 and corn syrup were added and voila, the perfect topping to your favorite chocolate sundae or banana split. Currently, store bought maraschino cherries do not contain alcohol or the red dye # 3 from years past. Each cherry has 8 calories and 2 grams of carbs.

Another interesting bit of food trivia came from Dr. Neil Shay at OSU, who shared that corn flakes were invented by the Kellogg brothers for their wellness retreat clients. The brothers poured a test batch of wheat porridge into a pan, over-cooked it and upon cooling, began to “flake.” It was served to the guests at the retreat and they loved it. In research for this article there are many versions of this story, but whatever the case, I’m glad they decided to test this concept and we have “corn flakes” today!

Learning the background of common foods adds to the conversation while enjoying meals together.

Carol Berg Sloan, RD is a nutrition therapist in Long Beach. She can be reached at: cbsrd@verizon.net



Kelly Sloan

Living in Hawaii has allowed me to be surrounded by delicious fruits and vegetables. One of my favorites is the sweet succulent pineapple! Although pineapple was brought to the islands in the 1800s, history tells us that when James Dole arrived in the islands he really turned the pineapple into a thriving business and he created a demand for this wonderful fruit.

Sailors who returned home from travels to the Hawaiian Islands would bring back a pineapple and place it on the porch to signify that they had returned home safely. This is why pineapples are now shown as a symbol of welcome. A cup of diced fresh pineapple contains about 80 calories and 22 grams of carbs.

How to Cut a Pineapple

- Pick a beautiful, ripe pineapple (you can either smell or feel the pineapple to determine if it is ripe)
- Hold the pineapple with one hand and grab the crown of the pineapple with your other hand. Twist and pull the crown off. (Or it may be easier to cut the crown off)
- Place pineapple on cutting board and start cutting off the outer layer (around the whole pineapple!)
- Lay pineapple on its side and cut off the remaining outer layer on both ends of the pineapple. Be sure to cut out the rest of the skin, but don’t cut too deep, you want to savor as much pineapple as possible!
- With pineapple still on its side with the skin removed, cut into 1-inch slices, giving you circular pieces.
- Cut pineapple slices in halves and serve

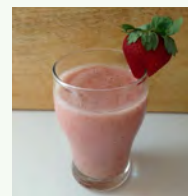
Strawberry Smoothie

Ingredients:

- 1 cup fresh pineapple, diced
- 1 cup fresh strawberries
- 1 ripe banana
- 1 cup ice
- 1 teaspoon honey
- 1/2 cup unsweetened vanilla almond milk (or water)

Directions:

1. Blend together and enjoy!



Kelly Sloan-Staff Writer, Ka Leo O Hawai‘i
Twitter: @KSloan6 University of Hawaii at Manoa

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- **Week 2: July 20th – 24th:** LA Galaxy Soccer City, 540 Maple Ave., Torrance
- **Week 3: July 27th – 31st:** Oak Street Gym, 1780 Oak St., Torrance
- **Week 4: August 3rd – 7th:**
 - Christ Lutheran School Gym, 28850 Western Ave., RPV,
 - Westside Neighborhood School Gym, 5401 Beethoven St., Playa Vista
 - American Martyrs Gym, 1701 Laurel Ave., Manhattan Beach
- **Week 5: August 10th – 14th:** LA Galaxy Soccer City, 540 Maple Ave., Torrance

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Promoting Parent Engagement



Arturo Delgado, Ed.D.
Superintendent

I recently took part in two events promoting parent involvement in education. I delivered opening remarks at the Families and Fatherhood Conference and served as a panelist at National PTA's "Take Your Family to School Week" Roundtable.

It was wonderful to see so many people who shared a strong commitment to help meet the diverse needs of children and families.

I was delighted and honored to have been given the chance to speak about a subject that's close to my heart – as a father and a grandfather myself – and that has been a top priority for us at the Los Angeles County Office of Education.

I know, from experience, that being a parent is no joke. As a parent you have very important roles – as a teacher, a counselor, a coach, a financial adviser, a judge and jury, and a protector, and so much more, all at once.

When my children were born, I thought if I could give them anything, I would give them that rock – that solid foundation – on which to build their lives. And that would be the greatest gift I could offer them.

There's simply no way to overstate the importance how much parents mean to their children and the impact they have in their children's lives.

By every way we can measure a young person's life – from social behavior to academic achievement

to their sense of self-worth and self-esteem – all these measurements go up dramatically when parents are there for children.

Yes, we need more outstanding teachers in the classroom, and more afterschool programs for our children.

But we also need families to raise our children.

No outstanding teacher or educational program or policy can substitute for a parent who is involved in their child's education from Day One.

We, as education administrators and educators, are doing our best, but we need parents and communities – the whole village – to partner with us.

Together, we can instill a love of learning and an ethic of excellence among our children.

We can encourage them to value self-respect and hard work and to set high expectations.

We can tell our children that we expect them to dream without limit and reach for those goals.

As President Franklin Roosevelt said: "We may not be able to prepare the future for our children, but we can at least prepare our children for the future."

You may view PTA's roundtable on parent engagement in the news section on www.lacoe.edu.

Arturo Delgado, Ed.D., was appointed superintendent of the Los Angeles County Office of Education in July of 2011. With headquarters in Downey, the Office is the nation's largest regional educational agencies, providing a range of programs and services to support the county's 80 public school districts and 2 million preschool and school-age children.

Curious George Goes to the Zoo—Word Search Contest

Rules!

One word in the list is NOT in the word search.
When you have completed the word search, one word will be left and that word you email to: Kay@schoolnewsrollcall.com (Please put RBUSD in the subject line)

Entries must be received by May 20, 2015

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

Amazing	Leaves
Animals	Park
Climbed	Party
Curious	Rhino
Danced	Water
Fun	Wild
George	Wonderful
Giraffe	Zoo
Headquarters	Zookeeper
Hippo	

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

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Tuesdays: Beach Day
Wednesdays: Rock Wall & Ropes Course
Thursdays: Field Trips
Fridays: Theme Days

THEME DAYS

June 26: Flashback Day
July 3: Luau Day
July 10: Western Day
July 17: Wacky Day
July 24: Halloween in July
July 31: Superhero Day
Aug. 7: Wacky Day
Aug. 14 Group Color Day
Aug. 21: Pajama Day

FIELD TRIPS

June 25: Knott's Berry Farm
July 2: Bowling
July 9: Raging Waters
July 16: Knott's Berry Farm
July 23: Medieval Times
July 30: Raging Waters
Aug. 6: Knott's Berry Farm
Aug. 13: Soak City
Aug. 20: Ice Skating



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