

**FREE**

# School News

*Education + Communication = A Better Nation*

**Covering the Redondo Beach Unified School District**



**Volume 12, Issue 106**

**May 2018**



**Lady Sea Hawks on center court of the Golden One Arena after receiving their state championship medals and team trophy.  
(please see Redondo Union High School page 15)**

## **Board of Education**



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## Board of Education



**David Witkin**  
*President*

### A New Level of Excellence

It is my honor to serve as your Board president for the coming year. While the Board will remain focused on the financial stability of Redondo Beach Unified School District (RBUSD) and continuing to deepen our relationships with teachers, staff, and administrators, my personal passion is curriculum and instruction, and I intend to spend the next year ensuring we continue to improve the classroom education of our students.

What many might not appreciate about our Board and leadership, from Dr. Keller on down, is how much we appreciate feedback and suggestions from parents. Do not be afraid to e-mail or call us! It doesn't matter whether the issue is textbooks, grading policies, school safety, or facilities: we do not have a monopoly on good ideas. If through your or your children's experiences you feel there are things we can improve upon for the benefit of all of us, please, do not be shy! Let us know! Of course, not every suggestion gets adopted, but it does get a fair hearing.

For me specifically, I will treat any idea to improve learning and our students' school experience with the utmost diligence. So, whether your children are in kindergarten, are seniors at Redondo Union High School, or are anywhere in between, let me know what we can do better. We have a wonderful district, but in the next 12 months, I hope we can take it to a new level of excellence.

### 2018 Board of Education Meeting Dates

**May 22**

**June 12**

**June 26**

**Redondo Beach Unified School District**  
**1401 Inglewood Avenue, Redondo Beach, CA 90278**  
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## Superintendent



**Dr. Steven Keller**

### Attending College

There is an expectation in our home that our daughter will go to college. Just ask her, and she'll tell you—this has always been the expectation. She even has a piggybank to prove it. I feel this same way about the nearly 10,000 students in the Redondo Beach Unified School District (RBUSD). All students should have the right, be prepared, and feel the support to attend college or university and to continue their education. RBUSD believes this is the right of each child, though we realize some parents may feel otherwise.

Today, students face an ever-changing future that is much more difficult and intense than the world in which we now live. The workplace is uncertain, jobs may be fragile, and our volatile economy may further impact each young individual's ability to secure his or her own livelihood. Our students will be released into a job market after high school that requires much more skill and expertise at entry-level than ever before. Students who have four-year degrees compete for these entry-level positions and are often still lacking in the critical-thinking proficiencies to excel. 21st-century learning is a priority at Redondo Beach Unified School District, and we hope to instill these required abilities, not only for attending college but for achieving success in the workplace.

Students must be socially and emotionally prepared for college, as well as academically ready and physically healthy. This is quite the task to take on! This is a transitional time for young adults, and the guardians in their lives must assist with this change. The thought of our daughter applying to numerous colleges and universities is daunting. Students are asked to "know" themselves, to select a major or course of study for life, and to define themselves as the future adults they wish to become. With the previously mentioned future so uncertain, children need support in meeting the expectations of these higher-learning institutions to be able to complete their application requests. This is the responsibility of parents, guardians, and educators. Going to college is our hope; this message must be consistent. At RBUSD, this is our message; obviously a percentage will not attend, but all students should have the chance.





# Beach Cities Health District

514 N. Prospect Ave., Redondo Beach, CA 90277 • 310/374-3426 • [www.bchd.org](http://www.bchd.org)



**Ali Steward, MPH**  
Director  
Youth Services

## Healthy From the Inside Out

We're in pretty tip-top physical shape in the Beach Cities. With an abundance of physical activity opportunities – 100+ gyms and fitness studios and plenty of outdoor recreation space – plus more than 100 Blue Zones Restaurants, we have the resources available when we want to exercise a little more or eat a little better.

But if you're like one in five Americans who struggle with a mental health condition, do you feel like you have the same access to care and support in your community? And do you feel comfortable asking for help?

## Know the five signs.



Personality changed? Agitated? Withdrawn? Poor self-care? Hopeless?

This is part of an ongoing conversation Beach Cities Health District has been having with RBUSD and other local school districts, along with more than 50 community partners focused on mental health and social-emotional well-being for students and families.

Schools are rolling out a “Know the Signs” campaign to help students, families and staff recognize the five signs of emotional distress, and what you can do about it:

- Personality changes
- Uncharacteristically angry, anxious, agitated or moody
- Withdrawal or isolation from other people
- May neglect self-care and engage in risky behavior
- Overcome with hopelessness and overwhelmed by circumstances

Have you noticed any of these signs in your student, a colleague or a family member? The next steps are to reach out, inspire hope and offer help. Additionally, it's important to share your concern. At school, that support can come from the school counselor or administrator. In the community, BCHD is able to offer mental health resources and referrals.

When we work together, we can encourage our community to be healthy from the inside out.

To learn more about “Know the Signs,” go to [bchd.org](http://bchd.org). For parent and student resources, go to [southbayfamiliesconnected.org](http://southbayfamiliesconnected.org).



## EMBASSY CONSULTING SERVICES, LLC SAFE SCHOOLS SUMMIT

Embassy Consulting Services, LLC is committed to building and maintaining safe, respectful and inclusive school communities. Our Safe Schools Summit is designed to bring together a diverse group of stakeholders to provide education, awareness and knowledge to help create safe schools.

### TOPICS & THEMES    EVENT INFORMATION    FEATURED KEYNOTE

- Building a Safe School Climate
- Assessing and Managing Students of Concern
- Responding to an Active Shooter Incident
- Debrief of the Santa Barbara Isla Vista Shooting
- Expert Panel Discussion
- How to Prevent the Next School Shooting
- Conducting Effective Threat Assessments

Wednesday, October 10, 2018  
7:30 a.m. to 5:30 p.m.  
Alpert Jewish Community Center  
3801 E. Willow Ave.  
Long Beach, CA 90815  
Early Bird Registration  
\$119.00 before July 1, 2018  
General Registration  
\$139.00  
Morning and Afternoon  
Refreshments and Lunch Included

#### Antoinette Tuff

**The Inspiring True Story of How One Woman Saved an Atlanta School Under Siege.**

Antoinette Tuff's courage and faith prevented tragedy for 870 children while a school was under siege by a heavily armed gunman. As the nation faced yet another Sandy Hook story of tragedy, one woman rewrote the ending. Antoinette will share her survival techniques that she used on that fateful day to disarm the shooter.



FOR EVENT DETAILS AND TO REGISTER VISIT

**EMBASSYCONSULTINGSERVICES.COM/SAFE-SCHOOLS-SUMMIT**



**Kay Coop**  
Founder/Publisher

I have to admit I am always anxious to read Dr. Keller's message each



*Neta Madison*  
**Netragrednik**

issue as he never fails to inspire and motivate. This issue he discusses the importance of every student should be prepared to attend college. When I reflect on my high school years, which I admit were many moons ago, the job expectations for young girls were secretarial, teaching, nursing or marriage. I took "college prep" courses, but I was not aware of the process to actually apply for college. It is wonderful that today both boys and girls literally have the world at their fingertips. RBUSD students are fortunate to have Dr. Keller's leadership and focus on their success and college readiness. While it is true college isn't for every student, they should have the support and be able to meet the expectation to apply and compete with other applicants.

Our next issue is June 6.



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Covering the

**REDONDO BEACH UNIFIED SCHOOL DISTRICT**

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**Netragrednik** by Neta Madison



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## Redondo Beach Educational Foundation

409 N. P.C.H., #310, Redondo Beach, CA 90277 • 310/954-2004 • [www.rbef.org](http://www.rbef.org)



**Hanh Archer**  
President

### Grants Awarded

Thank you to our amazing RBUSD community for the success of the Skechers Pier-to-Pier Friendship Walk. RBEF granted \$128,455 to fund many exceptional projects at each school site.

We didn't stop there! RBEF awarded \$50,000 in grants to our teachers. Congratulations to the 2017 Innovative Teacher Mini-Grant recipients!

- Standing Desks for Stand-Up Students - Dr. Tanaz Bruna, Tulita Elementary
- Next Generation Science Lab - Christine Benoff, Beryl Elementary
- Integrated STEM Instruction - Melissa Smith, Madison Elementary
- Science Lab on the Go - Mary Vallejo, Adams Middle School
- Middle School Drama Program - Valerie Pomella, Parras Middle School
- Teaching Tolerance - Jessica Hooper, Parras Middle School
- Classroom Recycling - Amy Beran, Parras Middle School

- Upstanders for Health and the Environment - Bridget Gray, Parras Middle School
- Equipping Science Students with 21st Century Skills for College and Beyond - Kate Hastings, Parras Middle School
- Podcast Recording Kits for Real Research, Collaborative Creativity, and an Authentic Audience - Jessica Variz, RUHS
- Sound and Projection System for Blackbox Theater Productions and Drama Classroom - Michelle Staab, RUHS
- Discovering the Foundations of Motion - Matthew Keye, RUHS
- National College Fair Trip at the Anaheim Convention Center - Shannon Rodriguez, RUHS
- Lifelong Training for College and Job Readiness - Aimee Spector, RUHS
- Cross-Curricular Integration Through Grammy Museum Field Trip - Unique Campa, Redondo Shores

Our commitment to financially supporting our students' growth, education and development was made possible because of investments made by our families, corporate partners and local businesses. Together we can do even more! Get involved! Donate today! Visit [our Website](http://our Website) to learn how you can make a difference.

## Don't Play With Toy Safety



**Danny Luna**  
injury prevention  
coordinator, Injury  
Prevention Program,  
MemorialCare  
Miller Children's &  
Women's Hospital  
Long Beach

According to the United States Consumer Product Safety Commission (CPSC), there were an estimated 166,300 toy related injuries treated in U.S. hospital emergency departments, and seven reported fatalities of children 12 years of age or younger during 2016. Register your toys to stay up to date with any recalls.

The Injury Prevention Program at Miller Children's & Women's Hospital Long Beach wants to keep kids safe in the community by providing safety education to children and families. For more information on childhood safety education and resources, visit [millerchildrens.org/injuryprevention](http://millerchildrens.org/injuryprevention).

Many toy related injuries and fatalities can be prevented by taking some precautionary steps when buying new toys for your child:

- Purchase age appropriate toys recommended by the manufacturer.
- Read and follow all warning labels, especially for electric toys.
- Avoid toys with small parts that may become a choking hazard for younger children.
- Be cautious of toys with small batteries and magnets because they can cause serious harm if swallowed.
- Be aware of toys that may contain lead.
- Ensure that toys with movable parts do not trap or jam your child's finger.
- Be sure your child can breathe comfortably in toys they can enter, such as a tent.



2801 Atlantic Ave., Long Beach, CA 90806  
562.933.9151 • [millerchildrens.org/injuryprevention](http://millerchildrens.org/injuryprevention)

## Teaching Kids to Stay Safe



**Bike & Helmet Safety**



**Pedestrian Safety**



**Car Seat Safety**



**MemorialCare**  
Miller Children's & Women's  
Hospital Long Beach

Injury Prevention Program  
[millerchildrens.org/injuryprevention](http://millerchildrens.org/injuryprevention)



# RBUSD Alternative Education

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



**Anthony Bridi**  
*Principal*

## Spring Cleaning

Spring is here! Warmer weather, trees in bloom, weekend garage sales, and of course, the opportunity to do some spring cleaning.

No, alternative education will not be holding a rummage sale! However, it is the time where alternative education students are being asked to scrub through their individual learning practices to determine which are most effective.

For seniors, a few weeks remain to buckle down on time management, follow through and align their personal expectations with the high standards of staff, and of course, be a model to our junior students about how graduation is attainable with the right mix of determination and best-study practices.

So is spring cleaning needed for you? Here are some tips to assist in moving forward this spring into the summer months:

Stress self-care. Take care of yourself! There is something to be said about diet and exercise. A quick change in healthier meal choices and adding natural

exercise (like stretching and walking) may boost your energy. This will support your professional/academic output.

Clear The clutter. Remove the paper and join the digital world! Clean up files on your desktop/laptop to allow easy access to past projects and homework. Shaping your personal working environment can have a large impact on your work productivity.

Remove distractions, because distractions are everywhere. Your phone (calendar reminders, news updates, social media), multiple tabs open on your computer, street noise, friends, family; the list goes on. Evaluate your surroundings and be aware of what distracts you. Make time for work and equally make time for play. Separation of work and play will enhance productivity and allow for “in the moment” experiences.

This spring, employ practical steps that will provide for individual refocus and refinement. The three tips mentioned above, although simple, may be the beginning of large-scale personal accomplishments that will extend into the summer months.

After all, you deserve it. Your success begins today!

## RBUSD Child Development

1401 Inglewood Ave., Redondo Beach, CA 90278 • 310/798-8683x1312, 1321 • [www.rbusd.org](http://www.rbusd.org)



**Theresa Van Dusen**  
*Director*

## Superheroes

*By Lila Osipov,  
Site Supervisor*

One of the reasons students love superheroes is the sense of control and self-confidence they project. In Mrs.

Hassanyan's class at Birney Child Development Center, every student has an opportunity to be a superhero for a week.

A superhero is a student who practices kindness and wears a cape to prove it. The cape of kindness is awarded in recognition of extraordinary acts of kindness. A superhero is respectful, patient, and willing to help others, and he or she practices a growth mindset.

Each superhero picks a character quality coupon and then leads a group discussion about it. The superhero then gets to choose a specific task to perform throughout the week. Some examples are: being teacher for the day, teaching an activity, bringing a stuffed



**Character Quality Coupon**



**Birney CDC Superheroes**

animal from home, wearing slippers in the classroom, or having extra play time.

In the world of superheroes, anything is possible!



## Schedule a little **U** time

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#### Redondo Beach

- Family Medicine
- Internal Medicine
- Pediatrics
- Cardiology
- Dermatology
- Radiology
- Sports Medicine

#### Torrance

- Internal Medicine
- Pediatrics
- Allergy & Immunology
- Cardiology
- Digestive Diseases
- East-West Medicine
- Endocrine Surgery
- Endocrinology
- Hematology/Oncology
- Nephrology
- Neurosurgery
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- Orthopaedic Surgery
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- Rheumatology
- Sleep Medicine



it begins with U

1-800-UCLA-MD1 (1-800-825-2631) [uclahealth.org/southbay](https://uclahealth.org/southbay)

     [uclahealth.org/getsocial](https://uclahealth.org/getsocial)

# RBUSD Educational Services

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



**Dr. Annette Alpern**  
Deputy  
Superintendent,  
Educational  
Services

## Reducing Stress

*By Dr. Nicole Wesley,  
Executive Director of Student Services*

Homework, projects, exams, college applications, after-school activities, sports, and so on—there is so much going on that causes stress and anxiety...in the lives of parents! Yes—parents! Parents have a lot of impact in reducing or increasing the stress level in their children, and many times, they don't even know it. Think about it—what parent wakes up in the morning and says, “Humm...how many ways can I stress my child out today?” Of course they stress us out, too, but come on—we love them too much to engage in tit for tat. Rather, it's the subtle actions, comments or lack thereof that send messages to our children, which result in an increased level of stress. I am in no way suggesting that we walk on eggshells around our children. It is healthy for them to experience failure, defeat and anxiety and then develop coping skills to learn, reflect and grow from the experience. The problem arises when we do one of two things: jump in, save the day, and solve our children's problems; or place expectations and goals upon our children without engaging them in thought-provoking and reflective conversations in which they can articulate

their thoughts free from judgment. Boy, neither is easy!

So, what's the solution? How do we reduce stress in our children's lives, or avoid contributing to it? Often, parent-student relationships thrive or dive because of how a parent reacts and interacts with his or her children. It is important to recognize that relations are strengthened or weakened among parents and students depending on how a parent engages with the children.

The answer is going to seem simple...wait for it, wait for it, wait for it...that's just it! Wait—embrace the pause!

Think about the times when you were so upset, emotional, frustrated and ready to unleash on your child for a poor choice, procrastination or flat-out absurdity. Your initial response innately was to lay into your child, lecture, and overpower him or her with all the reasons why you are disappointed. There is beauty in the pause. There is power in waiting for your child to tell you all of the reasons why those choices were poor. Parents who simply say, “Think about your actions, and we will talk later when everyone is calm and rational” will often find that their child will be more apt to open up and express genuine feelings. Rather, parents who lash out without pause and reflection at times cause their child to respond by bottling up thoughts, feelings and the need to ask for help.

Give your child a voice. Pause. Listen.



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# Redondo Beach Council PTA

1401 Inglewood Ave., Redondo Beach, CA 90278 • [www.rbusd.org](http://www.rbusd.org)



**Patricia  
Harris Dileva**  
President

## Teacher Appreciation Week

It's that time of year to show gratitude to the people that make a positive difference every day in the lives of our children. May 7-11, 2018 is PTA Teacher Appreciation Week. It's the perfect time to thank our teachers for their sacrifices and support throughout the year. They provide so much to our children -- knowledge, inspiration, motivation and, ultimately help mold their futures. Here in Redondo Beach we

are especially lucky, as we have the best teachers in the world!

Here are some of the things we can do to show our support:

- Have your kids bring a bouquet of flowers to school.
- Get together with other parents or your PTA to provide a nutritious breakfast or lunch.
- Send a thank-you note to let your child's teacher know their hard work is not going unnoticed. This simple, yet meaningful act will be appreciated very much.
- Create and display posters or artwork at your school or in the community promoting Teacher Appreciation Week.
- Upload photos of your child with their favorite teacher on social media using the hashtag #ThankATeacher.
- Make it an ongoing project! Brainstorm with your principal to come up with ways to honor and support the teaching staff throughout the year.

Register for fall @ [www.southbayadult.org](http://www.southbayadult.org)



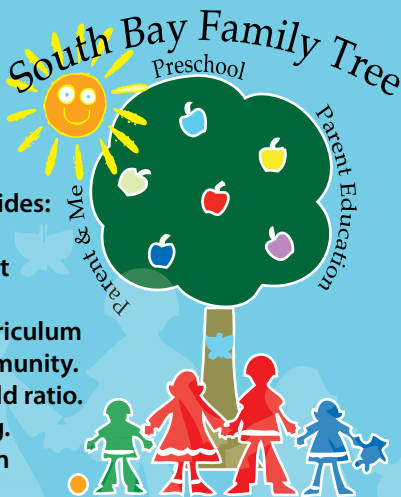
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# South Bay Adult School

3401 Inglewood Ave., Redondo Beach, CA 90278 • 310/937-3340 • [www.southbayadult.org](http://www.southbayadult.org)



**Dr. Anthony Taranto**  
Director

## Why a High School Diploma is Important

High school graduation is just a few months away for high school seniors across the country. However, some students will not obtain their high school diploma due to life challenges or obstacles. Finishing high school is important to your future and is the first step to getting you where you want to be. In fact, statistics show that over 60% of jobs in the skilled labor force require a high school diploma. Put simply, a high school

diploma is simply the doorway to even more available long-term career opportunities.

Here are a handful of reasons why getting your high school diploma is important:

- **Furthering Your Education:** A high school diploma better prepares someone to pursue higher education at a 2 or 4 year college/university, enroll in a short-term occupation training or a Career Technical Education (CTE) program.

- **Career Opportunities:** A high school diploma can help you land a job that you can call a career well into adulthood. It will allow you to apply for jobs that you would otherwise not be able to do without a diploma.
- **Higher Salary:** Graduates are able to enter the workforce in positions that are more than entry level, which typically pay a higher wage. High school graduates earn more than high school dropouts. College grads earn more than high school graduates.
- **Additional Incentives:** Obtaining a high school diploma will give you a sense of pride knowing that all your hard work has paid off. Further, you serve as a role model to younger siblings, or your own kids and grandkids, which will encourage them to stay in school.

It is never too late to obtain your high school diploma.

Through our Independent Study Program (ISP), individuals have the opportunity to complete coursework necessary for graduation via online classes as well as class time. ISP classes are held Monday thru Friday at South Bay Adult School (SBAS). Please visit us at [www.southbayadult.org](http://www.southbayadult.org)

## Jefferson Elementary (K-5)

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



**Jeff Winckler**  
Principal

## Keep Calm and Test On

The 2018 statewide California Assessment of Student Performance and Progress (CAASPP) testing window is just around the corner. This year, CAASPP testing will occur during the weeks of May 21 and June 4,

with a break from testing during the week of May 28 because of Memorial Day and Open House. Testing will focus on language arts and mathematics for grades three, four and five.

CAASPP testing is one of many important measures of student standards mastery as well as an indicator of how our school is performing overall. As testing approaches, many parents and families ask how they can best prepare students to do well on the assessments. Since the tests are cumulative and cover Common Core grade-level standards taught through the year, putting in long hours of studying in the days that lead up to the test or during the test is not necessarily the best way to be ready for success. In fact, we don't recommend this approach to testing at all. Instead, in order for students to do their best during testing, it's important to follow some basics.

Make sure that your child gets a good night's sleep



**Students show tips for testing.**

the night before testing and has a complete breakfast the day of testing as well as a complete dinner the night before. Having a high level of protein is ideal if you can accommodate this. Have your child come to school on time the day of testing and exercise each day during the testing window.

Students and parents should talk about the importance of testing and stress and the value of trying their best without putting too much pressure on the student.

Our goal is to make the testing period as smooth and stress free for our students as possible. With your support, we can achieve it so that our students can do their best. Thank you for your ongoing commitment to Jefferson students!



## Adams *Middle School* (6–8)

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



**Lisa Veal**  
*Principal*

### What's New in Science?

You may have heard from your children this year that the way in which they are learning science looks a little different from previous years. The Next Generation Science Standards (NGSS) demand a shift in the way in which educators approach science instruction. There is an emphasis on the integration of three very distinct and important dimensions to learning science.

Combined, these provide a clear set of performance expectations that integrate practices, core ideas and crosscutting concepts and outline what students should know and be able to do in science.

One key difference is that the standards are designed to be assessed in real-world contexts. Students are tasked with using their knowledge of science and engineering to solve problems. It requires them to view science as a world of inquiry and phenomena. For example, instead of knowing that plants and animals have levels of organization

for structure and function, students are asked to use argument supported by evidence for how the body is a system of interacting subsystems composed of groups of cells.

Another change is the strong emphasis on developing and using models to demonstrate understanding. Keep in mind, however, that scientific models may include diagrams, analogies, computer simulations, physical replicas and anything else students may design that can be used to predict or explain phenomena. In short, models are used to represent or describe, to collect data, or to predict.

A final shift is that the standards are now based on a progression with a limited number of core ideas in science and engineering. Topics throughout the NGSS have been reduced from traditional science disciplines, and greater emphasis is being placed on human impacts. Although the topics are fewer in number, the core ideas encompass a broader range of content. Most importantly, the learning from year to year is interrelated.

Science instruction in RBUSD is not only a priority but also an exciting adventure!

## Alta Vista *Elementary* (K–5)

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



**Susan Wildes**  
*Principal*

### Third Grade Re-Engagement

On March 28th, over 140 parents and family members of third-grade students converged on Alta Vista Elementary School. The goal of this inaugural event was to educate our families in how to re-engage with their children as they begin their journeys into the upper grades, middle school, and beyond.



**Families and students engaging in building math fluency.**



**Families learning how to utilize math tools to support math homework.**

The academic demands in third grade begin to shift from learning how to read and gain number sense, to reading to learn and grasping advanced mathematical concepts. During this event our parents spent time in the third-grade classrooms engaging with our college and career curriculum.

The parents learned how to implement mindfulness and the growth mindset at home, how to close-read to improve comprehension, the importance of math fluency, how to use homework helpers in math to support students, and how to use reading strategies to examine visual art.



## Beryl Heights *Elementary* (K-5)

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



**Karen Mohr**  
*Principal*

### Ready for Evaluation!

Every grade level stresses strong academics, and your support at home will help our students be successful in all aspects of school, including state testing. Kindergarteners read and write daily and work hard on social skills as little buddies to our fifth-graders. Fifth-graders work hard on paragraph writing, increasing their reading fluency and reading comprehension,

and learning how to problem-solve in math. Second-graders write animal reports, study math facts and word problems, and learn about communities through hands-on experiences. Third-graders learn multiplication and division facts, read math stories and problem-solve, write daily, and create projects like dioramas and solar systems. While learning to write narratives and respond to literature essays and summaries, fourth-graders focus on writing, creating projects, collaboration and mathematical problems. Fifth-graders create scientific learning while gathering facts and manipulating materials to get ready for their standardized science test. This year, they also attended Science Camp for a whole week and learned valuable information about animals, plants and nature.

Third- through fifth-graders have been taking the state

standardized testing on their Chromebooks, scheduled for the first two weeks of June. To help your children do well, please make sure they get a good night's sleep before each day starts. 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 confidence, building words of praise and support like "You'll do great! Believe in yourself! I love you!" 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 be thoughtful when submitting answers. Tell them to go over their answers before submitting their tests, and remind them to take their time—the more correct answers, the better.

Please do not schedule trips, dental or medical appointments, or early pickups for testing days. And please make sure their Chromebooks are charged every night! Most of all, remember that testing is just one indicator of how a child is doing, and communication throughout the year with your children's teachers is always the best way to determine your children's success. 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>



**Mira Baskaron**  
*Principal*

### Morning Meetings

Birney is on a mission to help every child feel connected at school. Everyone wants to know they matter and are noticed.

Every morning, each classroom on campus engages in a morning meeting that consists of a greeting, a share, a group activity and a morning message. Every student is greeted by name. The greeting could include a handshake, singing or movement. Next,

teachers pose a question and students share with one another. Students use eye contact when speaking with one another and also learn to ask follow-up questions. The class engages in a group activity to encourage class cohesion, followed by a morning message written by their teacher. The four components of morning meetings allow students to feel connected with one another and their teacher.

Morning Meetings have many great benefits for students, including social/emotional and academic learning. According to *The Morning Meeting Book* by Roxann Kriete and Carol Davis, students need to learn a set of social-emotional skills to be academically and socially successful. Skills include cooperation, assertiveness, responsibility, empathy and self-control. These and many

more skills are learned through these powerful meetings that beautifully address the Common Core Listening and Speaking Standards. Students are not only connecting with one another but are also allowing their teachers to know them on a deeper level, which allows for more authentic academic planning and implementation.



**Ms. Rivello and her second grade students engaging in a classroom activity as part of their morning meeting.**

## Madison *Elementary* (K-5)

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



**Drew Gamet**  
*Principal*

### Diversity is Key

At Madison Elementary, we are fortunate to be in a community where so many of our families hail from so many different parts of the world. We have students that were born in 12 different countries, and that claim 14 different home languages. These numbers don't even take into account those who were born here but whose parents come from a variety of countries around the world.

As a result, we have an incredibly diverse student body. This means that our children are being exposed to not just textbooks or web pages with pictures of far-flung locations. They have also had the opportunity to experience different people and cultures right here at home.

Knowing this fact, we would be remiss not to celebrate this aspect of our school community. So on Friday, May 18,

Madison will be holding our annual Multicultural Night. This is an incredible event where parents and students can come together to celebrate the diversity of our community and the strength and worldliness that it provides.

We will be having tables where parents can display photos, textiles, and food that represent the culture they are sharing. Our students and parents will also be participating in performing a whole host of activities from many different countries. This year we will be adding, for the first time, a storytelling event where parents and students can share stories that are connected to their country.

None of this would be possible without your support and participation. If you would like to set up a table display, or perform or read a story, please contact us at Madison Elementary at 310-798-8623.



**Multicultural Night at Madison Elementary**



## Lincoln Elementary (K–5)

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



**Jason Johnson**  
Principal

### Reflections of a First-Year Principal

Cold sweats. Futilely overwhelmed. A lonely office. These are some of the fearful experiences a first-year principal contemplates when taking the job. However, since joining the Lincoln community, I would better describe the first year as warm welcomes, productively busy and a team effort.

Lincoln students, staff and parents embrace new experiences and the challenges that come with them. This year, we welcomed several new staff members that included Ms. Vallejo, Ms. Bezich, Ms. Holman, Ms. Silvernail and me. Speaking for myself, I liken being new to Lincoln as joining a family. What unites us? We possess a common mission to teach, grow, and develop your children—and our students—into Lincoln Leaders. If you share this mission, you are welcomed as family. Every day, I receive helping hands from students, teachers, classified staff and parents ready to take on the challenge of a productive day.

This year has been a busy one. Our teachers began to show up in their classrooms in early August, and they never missed a beat. Our teachers were perpetually out

of the box providing whole-child experiences: 50s Day, the Wax Museum, Colonial Day, CGI Math, the Town Hall Meetings, Lincoln Family Science Night, PawPrints, STEM instruction—the list goes on. Our Lincoln teachers take risks, pack in experiences, and always keep student learning at the center of their work. I am inspired by their dedication. As extraordinary as it is, that dedication is matched by the relentless volunteerism of our parents.

Our network of parent volunteers is a tremendous team effort. PTA, RBEF, Hands on Art docents, Garden/Nutrition volunteers, Watch DOGS and room parents are the gears that sustain the momentum of a special community for our students. Movie Night, Pier-to-Pier, Jog-A-Thon, Dr. Seuss Night, the Sock Hop, PTA Assemblies and the unique activities of a school day are a product of your time, charity and volunteerism at Lincoln Elementary. It is special because you make it so.

Finally, and most essentially, we have great children. Walk our hallways for only a few minutes, and you will be greeted with smiles, laughter and joy. I am confident that this fifth-grade class will continue on to Adams Middle School, and though they will be Eagles, they will continue to possess the hearts of Lions. Students, thank you for making every struggle of a first-year principal well worth the journey. Lincoln Pride!

## Parras Middle School (6–8)

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



**Dr. Lars Nygren**  
Principal

### On the Run!

Our “Girls On The Run” is a program that targets adolescent girls in elementary through middle school. It has been at Parras Middle School since 2014, and has served nearly 50 students over the course of four seasons.

The middle school program of GOTR is called “Heart & Sole.” This focuses on the core elements for positive social-emotional development, with guided lessons that address the body, brain, heart, spirit, and social connection. All the while it builds “important life skills such as team building, developing a support system, boundary setting, decision making, asking for and providing help and more” (GOTR 2015).

As part of Heart & Sole, students not only connect to each other on a social-emotional level, they also develop important life fitness habits. Participants actively train over a ten-week period, which includes strength and conditioning training. The season ends with a 5k race organized by the region offices of GOTR.

The 5k brings together GOTR chapters from all over Los Angeles County, and is full of fun-filled activities like face-painting, tutu-making, and the chance to meet the

surprise celebrity host of the event. The 5k emphasizes the program’s focus on confidence, competence, emotional connectedness, character, and the achievement of their goals.

GOTR meets twice a week at Parras Middle School from 3–4:30 p.m. For more information, please contact our GOTR head coaches: Mrs. Aldini at [saldini@rbusd.org](mailto:saldini@rbusd.org), or Mrs. Parszik at [dparszik@rbusd.org](mailto:dparszik@rbusd.org).



**Panther girls and coaches at the Culminating Run.**



# Redondo Union *High School*

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



**Jens Brandt**  
*Principal*

## The Highest Caliber

In April of 2017, the Redondo Union Girls Varsity Basketball team started on a journey that culminated in a State 2AA title win on March 24, 2018. The season was dedicated to the legacy of Ryse Williams, RUHS Class of 2017 & four-year varsity Boys Basketball player, who passed away in June 2017. Each of the Lady Sea Hawks was invited to share her memories of the season. The following quotes tell the story of their dedication and sisterhood.

It was our dedication from the start that made us champions. – Kennedy Jackson

This past summer our team's chemistry really evolved and it shows in how we play as one on the court.

– Lauren Taggart

We have suffered through adversity- with starters and non-starters injuries in the beginning, middle, and end of our season- but with a team like this, that is strong, resilient, and determined, we can get through anything, and we did.

–Jasmine Davis

This taught us to unite as a team... to rely on and trust the people that were present at the moment.

– Issan Taylor

Once school started, we practiced 6 days a week, conditioned on the track and in the weight room. I had no idea high school girls could train so hard, while constantly using our purpose as our motivation — to get that ring. Every step we ran, our grit was put to the test because we knew that each sprint, no matter the pain, would bring us closer to our dream of a state title.

– Lauren Chao

Adversity is our drive, not a setback.

– Alyssa Munn

Before every game coach would tell us to “Play free and Ryse Up” and every game we knew that’s what we had to do.

–Dylan Horton

The night of the regional final at Redondo the light flickered and I knew Ryse had been, and currently was, with us for the whole ride.

– Claire Haddad

I will never forget this team. I will never forget how hard we worked, how much fun we had, how close we grew, and ultimately the feeling of being a champion.

– Leanna Ching

From winning the Bay League Title, the Tarkanian Classic and Legacy Tournament Championship to ultimately winning the CIF & State titles, this entire season has been an absolutely amazing one!

– Megan Ngo

Congrats to our Lady Sea Hawks, to Coach Marcelo Enriquez, and to the entire coaching and support staff. You have proven to be champions of the highest caliber and character!

## Tulita *Elementary (K-5)*

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



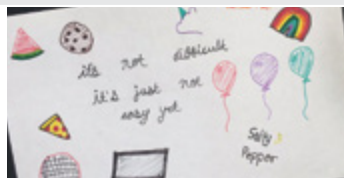
**Dr. Tanaz Bruna**  
*Principal*

## Celebrating Progress and Process

The Tulita learning community continues to thrive by using the Growth Mindset philosophy. The goal is to encourage our students to possess the Growth Philosophy when it comes to challenging academics, and to focus on the progress they have made in the hope that they will grow into hard-working, resilient, and courageous young adults.

Oftentimes we all tend to praise students by saying how smart or talented they are. Phrases like, “Wow, you got a “4” on that test, you’re so smart!” only reinforce the outcome and not the process that it took to get there. Dr. Carol Dweck, the author of *Mindset*, says that this is where our mistakes lie. Ultimately, we hope that if our students at Tulita can see themselves as talented or intelligent then they eventually will be talented in every sense of the word.

Dweck has found that overemphasizing a person's intellect or talent leaves people vulnerable to failure. It can cause them to be fearful of challenge and not motivated to learn. So when we say to children, “Great job! You’re so smart,” over time this can be interpreted by them as meaning, “I am smart when things are easy and I don’t



**Student created reminders to keep a growth mindset.**

have to put in a lot of effort.” This of course is not a healthy place for students to learn.

Here are some ideas about what you can say to reinforce the process and not the outcome:

Celebrate mistakes, and even failure. From failing, you learn.

Praise problem-solving and creativity. Praise effort and perseverance rather than accuracy. Celebrate change and growth. Talk about the changes you see daily in your child.

Begin to think of your brain as a learning machine. The discomfort of something being a challenge means that our brains are literally changing physically. Validate any negative emotions your child may experience, but remind them to keep moving forward. Share stories about the challenges you have had and how you overcame them when frustrated. Remind them that it is a part of the process.

In the end, regardless of our physical, mental, and emotional strengths and weaknesses, or abilities and disabilities, we all have the capacity to change and improve. Having and teaching a Growth Mindset will lead us to an optimistic and creative life, one where success is measured by perseverance and grit.

# Washington Elementary (K-5)

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



**Andrea Bittick**  
Principal

## Techy Thursdays

At Washington Elementary School, we know that digital literacy is a potential game changer when it comes to strengthening student learning in the classroom. A teacher's number one goal is to prepare students for a world that requires skills such as critical thinking, creativity, problem-solving, collaboration, and technical awareness.

Our teachers work tirelessly to create learning opportunities that utilize technology in a way that allows our students to connect and collaborate with one another. Technology as a leaning tool is an advantage in the classroom because it motivates students, addresses different learning styles, and allows students to share their learning with others.

The Dual Immersion team fully understands the power of learning through technology and has partnered across grade-levels to give students the chance to use technology in ways that are both collaborative and culturally connected. Every Thursday, Dual Immersion kindergarteners team up with Dual Immersion fifth-graders to use technology as a learning and problem-solving tool. The fifth-graders show the kindergarteners how to scan QR codes to access online Spanish videos, helping to strengthen their language skills. In the weeks to come, the fifth-graders will record the kindergartners while they are reading and create QR codes for these videos. This will eventually create a classroom library of reading videos the kindergarteners can easily access.



**Dual Immersion Across-Grade Collaboration**

Digital learning is at an all-time high in today's society, and this type of partnership creates an opportunity for more active and meaningful learning experiences for both grades. Using technology, these students are building relationships with each other to pose and solve problems collaboratively and cross-culturally. This is just the beginning, as the teachers have plans to continue this partnership by extending it to coding, engineering, and beyond.

Washington Elementary is excited about the endless opportunities.

## Fun Things and Places—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](mailto:Kay@schoolnewsrollcall.com) Please put RBUSD in the subject line.

**Entries must be received by July 15, 2018**

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

CARNIVAL	PARTY	ZOO
HOME	MOVIE	HIKE
SCHOOL	POOL	BIKE RIDE
PARK	FOREST	REUNION
SLIDES	CAMP	CRUISE
SWINGS	SEASHORE	SKATING
ROAD TRIP	FARM	VIDEOS





## Lucy's Book Review



Lucy Davis

### An Enjoyable Read

*Brooding YA Hero: How to Become a Main Character (Almost) as Awesome as Me*  
Broody McHottiepants had always been the protagonist — it was who he was.

So when an Author tells Broody that he can't be in anymore novels, something in him changes. That couldn't be right. He was Broody McHottiepants, the par excellence.

Then, an idea hits: what if he could write his own book, telling the world how to become main characters like him? Yes. That was what he would do. And nobody — not even his evil ex girlfriend — could stop him.

Reading this book was definitely an experience for me. At first, I disliked Broody's personality, because he was shallow and conceited. However, as the story progressed, his character arc was interesting to observe. Through his experiences, he realized that change can be good. Overall, it turned out to be a enjoyable read that left me with a new look on the young adult genre. Four out of five bookworms.



Lucy is a 6th grade student. When she isn't immersed in a book, she loves musical theater, ballet, and singing. She enjoys stretching her imagination by writing short stories of her own. Lucy will rate the books 1 to 5 bookworms with 5 being the best.

## Unforgettable Books



Sofia Atoofi

### There's a Boy in The Girls' Bathroom

Bradley Chalkers is the most hated kid in his school. He is a bully, tells lies, doesn't respect his teachers, and refuses to do homework. You wouldn't think anybody would like him, but you are wrong.

Carla, the new school counselor, thinks that even though he might not show it, Bradley is a kind, generous boy. She helps him with difficulties in both school and at home, but along the way he encounters some very not expected problems. By the title of the book, you can tell that he accidentally goes into the girls' bathroom. He is also invited to a girls' party, and has no idea how to act, what to wear, or even what present to buy. I rate this book 5 out of 5 stars, because it was exciting to see what would happen next after I read each chapter.



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



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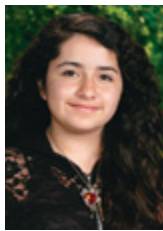
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## Alana's Book Review



Alana F.

### A Whole New World

By: Liz Braswell

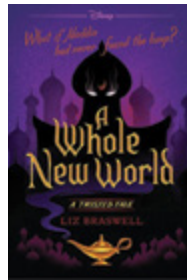
We all know the classic story of Aladdin. The street rat in love with a princess, finding his happy ending with faith and a magic lamp.

But what if Aladdin never found the lamp?

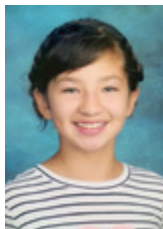
Witness Aladdin, Jasmine, and unexpected allies fight for all they've ever known. With no magic wishes for aid, they must forge their own path to victory. Will they save Agrabah, or will Jafar bring it to ruin?

I'd give this book seven out of eight trifold shards for being deep, thoughtful, and educational. I could hardly believe it was published by Disney. From what I've seen, Disney's tales are almost always missing just a bit of something- except for this one. Poverty, economics, social divides- these are things that Disney needs to be acknowledging more often- things that teach us valuable lessons. I honestly can't wait to see how other kids enjoy this book.

Alana is a student columnist and a self-proclaimed "huge nerd." When she doesn't have a book in her hands, she loves to play video games and write fiction. She rates books on a scale of 1-8 trifold shards with 8 being the highest



## B is for Book



Bailey

### The Grass isn't Always Greener

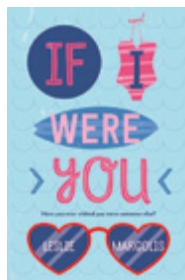
*If I Were You* by Leslie Margolis is a book that has magic in its own way. I can totally relate to the characters and their feelings.

Katie and Melody have been best friends ever since they were little.

But the truth is, Katie is very jealous of Melody. Her house is huge and she's so pretty! But also, it turns out that Melody is equally jealous of Katie. She has fun little brothers and family dinners every night. On the last summer of vacation, at the same time, they wish the same wish: that they were each other. Their wish comes true! Will they realize the grass is not always greener on the other side?

I enjoyed this book because I feel like the reader can relate to the emotions of the characters: being jealous of others, knowing or not knowing the pros and cons of their ups and downs.

I give this 4 1/2 stars out of 5. Bailey is a 6th grader that likes to read fantasy and daydream about adventure when she isn't dancing ballet or playing with her friends and siblings.



## South Bay Hands On Art

### How We 'Art'!

By Co-Chairs Sandi Arthur and Karen Ford Cull



Have you ever wondered about how the art projects that come home stuffed in your child's backpacks are chosen?

Here's how it works: each spring, a representative from

HOA contacts local artists and asks them for their ideas for projects. These artists make a display board about their ideas and write a lesson plan, often inspired by a well-known artist in history. An HOA volunteer is assigned to represent this project at an all-day selection meeting. The submitting artist's identity is kept secret so that the project is evaluated on its own merits, not on personal connections.

Then the committee gathers to evaluate the offerings—usually about 50 to 60 projects. The committee looks for projects that teach art history and technique, use a variety of mediums, and offer children opportunities to make decisions about their work.

Finally, after much discussion comes the difficult task of choosing only six projects that will be taught during the next school year!

## Book Review By Katrina



Katrina D.

### Spin on Classic

*Romeo and/or Juliet* by Ryan North is nothing short of a fabulous, hilarious adventure beginning in Verona, Italy. Choose your character, either sweet, loving



Romeo or buff, adventurous Juliet and set off on one of various adventures; meeting other

characters, enjoying wacky situations, making unusual choices and suffering strange fates. Taking Shakespeare's most famous work North turns it on its head and makes it into a comedy you won't stop laughing at. And at every end, good or bad, there is a unique piece of art to depict your chosen ending, varying from romantic to outright bizarre. The most fun part of the book? Trying to explore every ending! You could spend hours trying to maneuver your way through each and every ending for *Romeo and/or Juliet*. From robots to pirates to body building to time travel, this spin on an old classic won't be easily forgotten! I rate this book 5 crescent moons.

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

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## Christina's Book Review



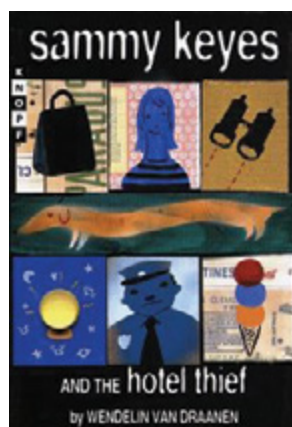
**Christina J.**

### My Favorite Book Series

In *Sammy Keyes and the Hotel Thief* Sammy is bored in her Grandmother's "Seniors Only" apartment where she has nothing to do, since she is not allowed to live there, stays there in secret and can't make any noise. One day Sammy borrows her Grams' binoculars and looks across the street at the shady Heavenly Hotel. Suddenly she sees a robber running out and he sees her. They stare at each other for a split second. Later a threatening note is slipped under the door that forces Sammy to solve the case before her Grandmother gets hurt. Sammy also has to start middle school and gets suspended on her first day for punching the Mean Girl Heather who started their rivalry by jabbing Sammy with a pin. To top it off, Sammy's nosey neighbor Mrs. Graybill knows that Grams is hiding her and wants to rat her out. With all this against Sammy, how is she ever going to catch the thief?

The Sammy Keys series are very action-packed stories about your everyday girl who must deal with very adult problems, all hidden in a seeming boring town. This is by far my most favorite book series and I give it a 5 out of 5 stars.

Christina J. is an 8th grader. Christina is a hard-working student who did a community service project "Quilts for the cold" last school year. She is an avid reader, who enjoys some peace and quiet with a good book about some great adventure. Christina is a young author herself. In 5th grade she wrote a book *Melody's Stories: I Am a Spy Now*, published by Studenttreasures Publishing (PIN #3582798).



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July 16-20, July 23-27, July 30 - August 3

**41st Annual Peninsula Baseball Camp**  
July 23 - July 27

**41st Annual Peninsula Soccer Camp**  
July 16 - 20, July 30 - August 3

**Location:** Palos Verdes High School • 600 Cloydon Rd., Palos Verdes Estates  
**Time:** 9:00am - 4:00pm or 9:00am - 12:00pm • Monday - Friday  
**Fees:** \$270 Full Day • \$150 Half Day

**22nd Annual Half Day Peninsula Soccer Camp**  
July 23-27, August 6-10

**14th Annual Half Day Peninsula Baseball Camp**  
July 30 - August 3

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**Time:** 9:00am - 12:00pm. Monday - Friday **Fees:** \$140

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## Isabella's Book Review



**Isabella A.**

### Tests Your Imagination

*The Magician's Nephew* by C.S Lewis is about Polly, Digory, and Andrew. Andrew makes gold rings that take you to other worlds, and green ones that bring you back. Polly touches the gold one and Digory follows. On



their way back, they encounter a witch who destroys her world and hitch-hikes back with them. In London, Andrew becomes her slave and the witch causes chaos. They get the witch into what they thought was her world, only to find the world is becoming Narnia. Narnia has talking animals and the witch flees north. The lion in charge gives the cabbie man and his wife a special job, while Digory and Polly search for a cure for Digory's mother.

What will become of Narnia and the outsiders?

I rate this book 5 stars a because of the excitement and how it makes the reader (no matter how old) use their imagination.

Isabella is a 6th grader who loves to read, write, volleyball and plans on becoming an author of children's books. She rates books 1-5 stars with 5 being the best.

## Richard's Book Review



**Richard J.**

### The Phantom Toll Booth

This books starts with a boy named Milo being incredibly board. One day after coming home Milo finds a toll booth in his room. He decides to go through to see what would happen. Suddenly he finds himself in the land beyond, in a town full of creatures, which wouldn't go anywhere or do anything until the time keeper - a dog named Tock- scares them into getting on with their lives. Milo befriends Tock the dog. Together they go through a great adventure. They meet King Azaz, who rules over letters and words, and other magical creatures.



I liked this book because it is strange, but fun. Milo learns great lessons that make him appreciate different things in life. I recommend reading this book to understand the great story where so many magical things happen. I give this book 5 out 5, with 5 being the best.

Richard J. is a third grader. Richard likes math, playing sports, physical activities like bike-riding and running, reading and spending time with his family.

## Keira's Book Nook



**Keira**

### A Major Motion Picture Novel

Prim, is chosen to enter The Hunger Games as a tribute for District 12. However, her sister, Katniss Everdeen, volunteers in tribute.



Peeta is chosen as the boy tribute. Peeta and

Katniss become friends, but keep in mind they may have to kill each other due to the tyranny of the Capitol. When it is announced both tributes from the same district can team up and be announced winner, Katniss immediately looks for Peeta to partner up. Near the end of The Games, Claudius proclaims there may only be one winner. Katniss and Peeta are about to eat poisonous berries when they are stopped. Katniss is actuated, but I wonder if she could be less impulsive towards Peeta. This book leaves you with a hunger to read more! I recommend this to young teens who like action and a little ghore. I rate this book five out of five apples.

Keira F. is a sixth grader. In addition to her love of books, she enjoys art, crafts, traveling and playing with her cats. She rates books from 1 to 5 apples with 5 being the highest.

## Rabina's Review



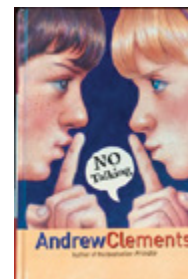
**Rabina K.**

### Humor and Suspense

*No Talking*

By: Andrew Clements

This book could be considered a realistic fiction because kids who are currently reading it or kids who have already read it, could relate to how



things are in a school. The book is about a middle school boy named Dave Packer who is a part of a pack of middle school boys, and a middle school girl named Linsey who represent a group of girls in the same middle school. Both of these groups started a competition against each other to stay quiet. They went through a lot of challenges to lead a 'no talking' day in school or at home. For example, the teacher called on Dave to present his project to the class but, since he could not talk, he had to sacrifice his grades for the victory of his team.

I recommend this book to other kids because not just that this book is full of humor but, it also creates enough suspense at times to sure keep you at the edge of your chair. I give this book 10 out of 10 stars.

Rabina is a 5th grader, who enjoys reading historical fiction and biographies. Writing is her passion. Besides, reading books and writing, she also enjoys playing soccer and piano.



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## Note-ables



**Kate Karp**

### Rise, Shine, #Woke—Alphabet Rockers

"We want to grow children to shape the country," said the creators of Rise, Shine, #Woke. Grow, not mold them into the mainstream. Woke is an African American Vernacular English term that means to be connected, to not be placated, to think for oneself, and to not remain 'cool' but ever active in social justice. That's the substance

of Rise, Shine, Woke.

This is the weightiest, most powerful collection I can remember reviewing. The no-fooling lyrics deal with resolving conflicting messages, persevering and celebrating differences instead of subscribing to the ideal of everyone being equal.

"It's easy to say that we're all the same and that for the most part, we're equal. That's not what we see..." sing the artists on "Turn on the Light." This is a "woke moment" for anyone who is or feels "different" in culture, race or nationality or as an outsider. It's also discussion material for all children, no matter the experiences or culture.

The catchy "I'm Proud" goes beyond simple comfort in one's skin. "The Nitro" gets you moving as the lyrics fly right by. You'll want to download those lyrics from the link provided with the CD—you'll need them!

The music is interspersed with conversational raps by children and inspirational dialogue from President Barack Obama, Maya Angelou and other African American guiding lights. The songs themselves could be thought of as the spirituals of the 21st century; like spirituals, they're composed for jumping up, shouting out, and ultimately moving in a positive direction.



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



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## Reading

By D.H. Coop

Reading is an elementary key to success in the educational system. Take, for example, a teacher assigning a reading exercise that will take an hour of reading. That assignment was based on a certain amount of time that it would take to do the reading, say, 500 to 800 words per minute. If one reads at a rate of 250 words per minute, then that reading time has just become a minimum of twice as long for that individual. I was one of those individuals and therefore identified as a slow learner.

I was not a slow learner. I process information differently, and the method of teaching reading did not allow for that difference. When I was taught to read, they started by telling me to use my finger to point at each word as I said it out loud. When I mastered that, they told me to stop using my finger. Later, I was told to stop saying the words out loud. Finally, I was told to stop moving my lips, and that ended the lessons on how to read.

The problem was, I was still saying each word mentally, and that slow my ability to read fast. My mind would jump ahead of my reading and try to finish the sentences before I read them completely, and I would have to start all over and reread a number of times, slowing the process of reading even more. Therefore, I learned the tricks of not reading to pass assignments that most students use to get their work done on time. Plus, I developed a method of listening and memorizing material in class to compensate for the poor reading skills. I can honestly say that I did not read a book until I was around 20 years old.

So, how did I learn to become a reader? The solution for me was to break the habit of saying each word mentally as I read. The problem was not that I could not read. I could read, but just slower than my mind was willing to wait. The key was to go back to the finger and move it faster, allowing my eyes to move across the words without giving them time to pronounce the words. When one enters a room, he or she does not pronounce everything they see mentally in the brain. The brain registers every item without having to pronounce it mentally. The same principle can be done with reading.

A simple method to increase one's reading speed is to first find out what your reading speed is. Read for one minute and then count the words, and that will give you an idea of your speed. Then for practice, use your finger or a guide to move across the page fast enough so that you do not pronounce the words mentally. Do this for five minutes each day, and within 30 days, your reading rate should double. This will be frustrating at first because you're retraining your mind to work more efficiently without the conflict of trying to pronounce each word as you read it.

This will develop your reading skills and is not shortcut as scanning or skimming skills they are different from reading skills. Reading skills allow you to comprehend at a faster rate of speed when reading and makes reading more enjoyable. However, this is not a solution for all reading problems. It is a method that one can try—it did work for me. I am never without a book now.

D.H.Coop is a retired fire/paramedic and retired teacher having taught IB and AP World History 30 years. He continues to substitute, tutor and consult. [www.HistoryDepot.com](http://www.HistoryDepot.com)

## Things in the Sky—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](mailto:Kay@schoolnewsrollcall.com) Please put RBUSD in the subject line.

**Entries must be received by July 15, 2018**

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

STARS	MARS	WIND
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MOON	SATURN	SMOG
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KITE	RAIN	PLUTO
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JUPITER	SLEET	ROCKET

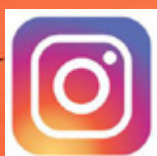


**Congratulations to Lia Willis Winner of our April Word Search Contest!**





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