

FREE

# School News

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**Covering the Redondo Beach Unified School District**



Volume 15, Issue 123

May 2021

## A New Dawn!



### Board of Education



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*President*



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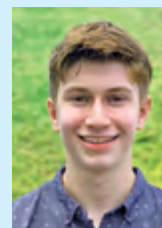
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## Superintendent



**Dr. Steven Keller**

This year has been an experience like no other in all facets of our lives, including in the sphere of public education. The continued resilience and extraordinary efforts of our staff, students, and families has been unparalleled. Our RBUSD students have benefited greatly from the amazing care and service of our teachers, administrators, and support staff during the multiple phases of learning and reopening throughout the

pandemic. We realize this may have been the largest challenge that our young students--and/or any of us--have ever experienced; nevertheless, each one of you fought hard to provide our learners with a school year that will certainly have a silver lining on the other side, as we get closer to a return to normal. As we continue to return students to campus, the importance of our collective personal connections will be magnified like never before. Our students and staff will depend upon one another, and you, to further transform schooling.

The "brand" that is RBUSD will always, always shine brightly because of the quality and dedication of our employees who provide a second-to-none, holistic educational program for the students we serve. This is not lip-service; if you look at our enrollment over the last 10+ years, the growth speaks for itself. Families choose this school district because of what our employees practice daily to make RBUSD what it is. Whatever the role, whatever the position, thank you to each one of our employees who continue to make a difference. On behalf of the Board of Education, we are genuinely grateful and appreciative of their efforts to bring their best on a daily basis during this trying time and return to campus. It's time to embrace optimism. Please join us!

### Board of Education Meeting Dates

#### 2021

<b>May 25</b>	<b>August 10</b>	<b>October 26</b>
<b>June 8</b>	<b>August 24</b>	<b>November 9*</b>
<b>June 22</b>	<b>September 28*</b>	<b>December 14*</b>
<b>July 27*</b>	<b>October 12</b>	

#### 2022

<b>January 11</b>	<b>March 8,</b>	<b>May 24</b>
<b>January 25</b>	<b>March 22,</b>	<b>June 14</b>
<b>February 8</b>	<b>April 26*</b>	<b>June 28</b>
<b>February 22</b>	<b>May 10</b>	

**\*\* Due to Summer recess, only one Board meeting on the third Tuesday of the month in July.**

**4:00 p.m. Open Session through August 24, 2021  
Remaining Dates To Be Determined  
(\*4/26/22 – Organizational Meeting)**

**\* Due to holiday/local holiday schedule, only one Board meeting in September, November, December, and April.**

## Board of Education



**Raymur Flinn**  
*President*

As we wrap up the most unique school year in RBUSD's 100+ year history, I want to thank our teachers, parents, students, staff and community for the incredible resilience they have shown over the past year. Every single member of the RBUSD community has a part to play in our journey out of this pandemic, and I cannot express my gratitude enough for every one of them.

We have been hurled into uncharted territory with this pandemic but our school community remains committed to providing academic excellence and support for the whole child. While the results of our efforts have not always been perfect, we are on the road back to normalcy and we will never give up fighting for what is best for our kids and staff.

The change we have seen this past year would normally take years to achieve but have happened practically overnight. Our custodial teams work tirelessly to keep our campuses clean and ready for our students and staff. CDC staff and special education teams were the first to return to in-person learning with our students. Our teachers continued to teach in learning models and conditions that never existed before. District Leadership has worked tirelessly to support all our staff in their heroic efforts. Parents have been incredibly supportive of our kids and District as we struggle with what we can and cannot control in this pandemic.

Community partners have been right there with us in this fight. Redondo Beach PTA continues to provide school connectivity. The Redondo Beach Educational Foundation adapted their funding to the needs of our Covid environment. Beach Cities Health District has stepped up to get us the testing and vaccinations we need to ensure a safe return to campus.

Our kids continued to show up for "school" in whatever form that took. In so many ways, they have bounced back faster and better than the grown-ups and I thank them for inspiring all of us.

I would also like to thank our outgoing Board members Brad Serkin, Brad Waller, and Michael Christensen for eight years of service. Welcome to our new Board members Dan Elder, Rachel Silverman Nemeth, and Rolf Strutzenberg. We all have the honor of supporting the incredible RBUSD community and we are committed to ensuring we provide the best we can for all students.

As we return to campus and back to a "normal," we need to continue to work together. This will be more than just about academic learning. We all have emotional healing to do, and I encourage everyone to continue to show kindness and community spirit as we bounce back from these challenging times. We are Redondo.

**Redondo Beach Unified School District**  
**1401 Inglewood Avenue, Redondo Beach, CA 90278**  
**(310) 379-5449 • [www.rbusd.org](http://www.rbusd.org)**



**Kay Coop**  
Founder/Publisher



# School News

Education + Communication = A Better Nation

[www.schoolnewsrollcall.com](http://www.schoolnewsrollcall.com)

Covering the

**REDONDO BEACH UNIFIED SCHOOL DISTRICT**

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As this school year comes to an end in many ways it feels like the beginning. It is wonderful to see a bit of normalcy returning to our lives and that begins with students back in the classrooms. Zoom took on a whole new meaning to children as they spent hours in front of a computer screen instead of in a classroom. There are many milestones in a child's life, but none of us were prepared for anticipating the next milestone of not wearing a mask. That will be a happy day.

In this issue you will read how each school has welcomed students back. The common thread throughout the articles is resiliency.

As you may be considering camps/ classes for your child this summer, you will see on pages 16-23 many choices for your children to engage in volleyball, art, surfing, soccer, music, robots, sailing, and summer sessions offered by the RB Education Foundation. While you are on those pages, we have included student book reviews to help with summer reading choices. Oh, and don't forget to enter the word search contests on page 22 & 23 (all ages may enter).

Our next issue is September 8.

Have a fun summer!

**Congratulations Class of 2021!**



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**Ali Steward, MPH**  
Director  
Youth Services

## A Look Back, with an Eye on the Future

It's certainly been a rollercoaster of a year, but if the 2020-21 school year were a carnival ride, it just might be a tilt-o-whirl. Just when you were certain things were going in one direction, suddenly a pivot would send us collectively reeling as if on a centrifugal path. Some days, this pandemic felt more like pandemonium. But from it, we've also developed a shared resilience.

We kept counting – days of the pandemic, that eventually spread to weeks, months and now more than a year; case counts and positivity rates; distance from the person next to us at the grocery store; and just as indicative of the times, days we didn't leave the house or our sweatpants.

At Beach Cities Health District (BCHD), we started counting in new ways, too:

- 150,000+ – COVID-19 tests administered since April 2020, by the time you're reading this
- 7,000 and counting – Vaccine doses given to South Bay educators and students, plus many more to homebound older adults and community members
- 800 – Calls to the School Well-Being Line to support families with COVID-19 questions and mental health

support (Call us at 310-374-3426 and press option 2 on school days between 7:30 a.m.- 4 p.m.), plus thousands more to our Assistance, Information & Referral Line

- 60 – virtual videos created to support BCHD programs including MindUP, LiveWell Kids and physical activity programs



**Sara Cuevas, 2nd grade teacher at Washington Elementary in Redondo Beach, receives the first COVID-19 vaccine at BCHD's AdventurePlex in Manhattan Beach. MBFD Fire Captain Tyler Wade administers the vaccine as County Supervisor Janice Hahn and RBUSD Superintendent Steven Keller look on.**

Now as we eye what's ahead, we're going to keep count of what counts. Time spent back in the familiar company of classmates and colleagues. Extra minutes of daylight. The hugs we've been saving for parents and grandparents.

We're here to help as your local health resource, and you can count on us.

Learn more at [bchd.org](http://bchd.org).



**"I got my COVID-19 vaccine so I could help thousands of South Bay teachers and students get theirs too."**

- Ali Steward, Beach Cities Health District Director of Youth Services

## Who will you get vaccinated for?

**Even after you are fully vaccinated**, you should still take steps to protect yourself and others:

- Take precautions in indoor public settings (wear a mask)
- Wear a tightly-fitting mask when indoors with unvaccinated people who are at increased risk or who have an unvaccinated household member who is at increased risk
- Wear well-fitted masks when visiting indoors with unvaccinated people from multiple households
- Avoid indoor large-sized gatherings
- Get tested if experiencing COVID-19 symptoms
- Follow guidance issued by employers and CDC & health department travel guidance

**#ThisIsOurShot**





## 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*

### re-sil-ience /rəˈzilyəns/

Resilience is our ability to bounce back from the stresses of life. It's not about avoiding the stress, but learning to thrive within the stress. 2020 (and 2021) have certainly tested all of our resiliency. As we reflect back on these times, and despite all the pain and suffering it brought, the pandemic also gave us opportunities to strengthen our resiliency. We were given time to reflect on (and refine) our self-awareness, our

mindfulness, our self-care, our positive relationships, and our purpose. We adapted to how our students learn and how they are taught. We learned how to "be together", while physically apart. We adjusted the routines to our everyday ordinary tasks. Elizabeth Edwards quoted "Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good." At RBEF, we choose to accept the challenges and put together something that's good, really good. We changed our fundraising efforts in a virtual environment. We renewed our purpose and commitment to funding programs that support all 10,000+ students with a grant to RBUSD for \$1,028,000.00. We are better today than yesterday because we are stronger and more resilient together. Our Kids. Our Community. Our Legacy.

## RBUSD Child Development

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



**Theresa Van Dusen**  
*Director*

### Wow, What a Year!

Since March 13th of last year we have all been on a pandemic roller coaster ride. "Pivot" has been the word of the year, or hour, for most of us. From one day to the next we are adjusting with the LACDPH guidelines and making things happen.

The most amazing thing that I have witnessed this year is the resilience I have seen in people. Our parents, students, teachers, instructional aides, office assistants, custodians, site administrators, and everyone else have been so understanding and willing to adapt. There may have been a few tears along the way (for all of the above), but we have made it through and the light is now at the end of the tunnel.

The amazing staff at CDC have managed to open all of our Center's doors when no other district did. They have created a safe and fun place for our children to go. They quickly learned to be health aides, valet attendants, IT troubleshooters, Zoom experts, and educational platform connoisseurs.

They all led the way for a safe return. I know that I appreciate all that they have done, almost as much as the families they are supporting.



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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)



**Drew Gamet**  
*Director*

## Training to be EMTs

There is a group of students that have been working diligently at the South Bay Adult School since the pandemic shutdown. The SBAS Career Pathways program provides training and certification for students to become Emergency Medical Technicians (EMTs) and the training has never stopped. From SBAS, our instructor Oscar Lara together with El Camino Community College

professor Adrian Garcia, students are trained in the latest techniques. Our students receive instruction from Mr. Garcia in the medical skills that students need, and then supported by Mr. Lara to make sure that students have the academic skills that they need to be successful in the classroom and in the field. With this winning team, we have continued to provide our community with the skilled professionals that our community requires when people are at their neediest.



**Students preparing for one of their competency exams.**

## RBUSD Alternative Education

1000 Del Amo St., Redondo Beach, CA 90277 • 310/798-8690 • [rshs.rbused.org](http://rshs.rbused.org)



**Anthony Bridi**  
*Principal*

## Building Resiliency

*By Lissa Watts,  
Alternative Education Counselor*

A key component to resiliency is social/emotional learning (SEL). SEL is just as important as academic learning and assists us in acquiring and applying knowledge, skills and attitudes that are critical to finding success in school and in life.

This past year, in light of the pandemic, SEL skills have become even more important as students navigate to find ways to become successful in this new world. Over the past year, students have faced many challenges as the result of not being able to attend school in person, including missing friends and not having the immediate support they did when they were attending in-person classes.

While some students have thrived and others have struggled in the virtual-learning environment, SEL has been critical in allowing students to access academics. In alternative education, we have focused on reaching each student individually. We have had to establish a new playbook, looking for alternative ways to reach students who are disengaged and to establish and maintain positive connections during distance learning. Everyone has been involved in the process, including the students and their families. The alternative-education staff deserves much of the credit for having the ability to adapt to new ways of instructional delivery that provides structure, consistency

and care to the everyday virtual—and now in-person—classroom experiences. In addition, the staff has taken on mentoring roles with cohorts of students to assist with fostering trusted academic relationships with each family unit. Along with Mrs. Watts, staff has taken ownership of effectively communicating SEL and academic progress and has been the motivating force to move students toward their long- and short-term goals.

We not only highlight and celebrate the everyday achievements of students but have also made it a point to continue the tradition of schoolwide assemblies, which are currently being held virtually. If students are unable to pick-up their much-deserved awards, Mr. Bridi has made house calls to celebrate student successes, for example, perfect attendance, BREAKERS awards and Student of the Month. It is also common for staff to make house calls when tools or resources are needed for student individual growth—COVID-19 safety protocols followed, of course. We are also fortunate to have been able to continue our partnerships with South Bay Children's Health Center, Beach Cities Health District, El Camino College and other community agencies that assist us in supporting students in developing SEL skills and building resiliency.

Our student-centered and solution-based approach by our entire learning community is our mission to “break ground, break molds, and break cycles.” This mission embraces the ethos that every student can and will develop the resiliency they need to succeed in school and beyond!



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

## Safety is Key to a Fun-Filled Summer!

By Chantel Rothenburger and Danny Luna, coordinators  
Injury Prevention Program,  
MemorialCare Miller Children's & Women's Hospital Long Beach

Temperatures are rising and summer is around the corner! As COVID-19 restrictions lift and friends and family begin to gather outside, make sure to keep safety top of mind. Follow our tips to have a safe and fun summer:

### Sun Safety

Sunburns are caused by overexposure to UV rays and can increase the risk of skin cancer.

- Seek shade. UV rays are strongest and most harmful during midday.
- Wear hats that shade the face, scalp, ears and neck.
- Apply sunscreen with at least SPF 15 and UVA and UVB (broad spectrum protection) 30 minutes before going outside and reapply as needed!

### Water Safety

Every day, about 10 people die from unintentional drowning.

- Never leave your child in the water without adult supervision, no matter how shallow.
- We recommend using US Coast Guard-approved flotation devices.
- Enroll your child in swimming lessons.
- Install barriers, such as fencing around a swimming pool.

### Bug Safety

Protect your family by preventing bites and diseases, like West Nile virus and Lyme disease, which can be transmitted by insects.

- Avoid areas where insects congregate, such as stagnant pools of water.
- Use insect repellents containing DEET.
  - The CDC recommendation for children older than 2-months-of-age is to use 10% to 30% DEET.
  - DEET should not be used on children younger than 2-months-old.
  - Avoid applying DEET on hands, around eyes or mouth.
  - Do not allow children under 10 years of age to apply repellent by themselves.
- When outside in the evenings, cover up with long-sleeved shirts, pants and socks



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## Adams *Middle School* (6–8)

2600 Ripley Ave., Redondo Beach, CA 90278 • 310/798-8636 • [www.adamsmiddle.org](http://www.adamsmiddle.org)



**Dr. Tanaz Bruna**  
*Principal*

### A Resilient Community

The Merriam-Webster Dictionary defines resiliency as “an ability to recover from or adjust easily to adversity or change.” Resilient is a great word to describe our entire Adams community: staff, students, and families. While the past year has brought significant challenges to our world, our nation, and our local communities, the response by our team has been to remain

positive, adapt to change quickly, and ensure everyone’s safety. Resiliency is indeed a key characteristic trait among successful individuals.

It is without a doubt that times have been tough. While nothing will ever beat learning together in person, the experiences that our students and staff members have faced through distance learning have built a stronger and more resilient learning community.

Recently, we have started the process of returning our

students back to campus. With each change, update, and new protocol, the students and staff members have adapted quickly. Our staff always puts the needs of students first with every twist and turn. As we navigate through the last quarter of the school year, we are looking forward to resuming some sense of normalcy around campus as we open more classrooms and extend the learning day for our students.

I want to take a minute to thank the teachers and staff who work with our students directly. They have modeled this resilience all year by encouraging our students to continue to stay engaged and connected with school. They have gone above and beyond to reach out to disengaged learners and, as we have now reopened our campus for in-person learning, they have also ensured safe classrooms for our children.

I know I speak for our entire staff when I say that we are very proud of our student population and how they have handled the last year. We have missed seeing you in person, and are so happy to see you back learning on campus!



**Students reconnecting with each other during snack break while practicing safety protocols.**

## Alta Vista *Elementary (K-5)*

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



**Karin Sato**  
*Principal*

### **Making Meaning from Hardship**

What do all good stories have in common? A conflict. We teach our young writers to include a problem in the narratives they write. And as they read stories in our classrooms, we are always looking for the conflict to help us identify the story's larger meaning. The tortoise responds to the hare's fast start by persevering and maintaining stamina, teaching the reader the "moral of

the story."

We use conflict in math, too. Our teachers design lessons that include "productive struggle." A lesson too easy won't create a learning opportunity. Learning requires students to be pushed beyond what they already know and can do.

As parents, we know that growth happens when children face challenges. A child only learns to walk by taking those few tottering steps away from the safety of their parents, and they fall often. Our children learned to use a potty, tie their shoes, and ride a bike, but those experiences were not without setbacks and struggle.

We all want our children to grow up to be resilient. It's a trait that all happy and thriving adults share. The past year has had no shortages of hardship, and like the characters in a story, our children have learned invaluable lessons about perseverance, grit and resilience. As they finish their school year, talk to your children about what they learned about themselves and about life outside their school lessons. Reframing struggle as an opportunity for growth will help students make meaning and develop resiliency. We can't protect them from every hardship, but we can help them navigate them.

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

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



**Karen Mohr**  
*Principal*

### **Resiliency at its Best**

As we continue our journey this year as a Beryl community, it is our collective vision that we will continue to show resiliency through adversity. Being resilient takes courage and determination to see something through. Although it has been a tough school year, we have grown as educators, parents, and students.

What is the definition of resiliency? It is the capacity to recover quickly from

difficulty; it is the ability to show toughness in difficult circumstances. This past year all of our normal routines have been challenged; our students have learned to engage in their education online; and our teachers have learned to teach online to the best of their ability.

Many of our staff members have taken on jobs they normally would not perform, and they have done so with a smile. They have completed any task put before them in a timely, professional manner. Our staff has also remained safe and constant in this new environment. We couldn't be more proud that we work in the Redondo Beach Unified School District.

The legendary coach, John Wooden, when commenting on resiliency, said, "All of life is peaks and valleys. Don't let the peaks get too high and the valleys too low." We have persevered through some tough times, but we remain resilient each day. We complement resiliency with our character development, and we will continue to recognize students for respect, responsibility, caring, fairness, trustworthiness, and great citizenship.

Resiliency is measured by learning to rise to every occasion, giving our best effort even when it is hard, and making those around us better when we do it.

## Birney *Elementary (K-5)*

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



**Mira Baskaron**  
*Principal*

### **Bobcat Resiliency**

Birney Bobcats are a community of learners who consistently meet high expectations by being persistent, dreaming big, and embracing inclusion all while being resilient to the ever-changing environment. Undoubtedly, 2020 was a rough year for many, if not for all. It has taken a toll in many ways, including physically, mentally and emotionally. Through it all, one thing remains: Bobcats stayed strong and marched on.

Being resilient may not be naturally how some respond to difficult situations. The pandemic has challenged us in many ways, including how we deal with stressful situations. Our Bobcats and RBUSD family showed their resiliency in a big way. We've endured the highly stressful challenge

of educating our students online, material pickup, cohort information and implementation, varying schedules, ever-changing guidelines, wearing masks, staying six feet apart, and so much more. Through it all, we showed how working together really made a difference and contributed to our students returning to modified in-person instruction. I'm proud of our collective community and the resilience that was shown during this trying year.

One of my favorite quotes by Brene Brown is "Joy, collected over time, fuels resilience." So, let's be joyful for whatever comes our way, despite any hardship. Let's shift our perspective so that we look for the good in every situation because there is good in every situation. Looking for the positives is sure to help build joy in our spirits and set us on a journey where we continue to be resilient regardless of the circumstances.



## Jefferson *Elementary* (K-5)

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



**Jeff Winckler**  
*Principal*

### **It's All in the Bounce-Back**

Let's face it, this last year has been a remarkable time for everyone, for bad or good and for young and old. Life in the COVID era has presented an unexpected set of circumstances for our students, staff, families, community, and society as a whole that will forever serve as a marker of time in our lives. The complexity and challenges of this period have made it difficult for people to stay positive and not be overwhelmed.

At Jefferson, we want to take stock of this experience, giving it due pause and reflection. In doing so, it is important that we highlight the ability to be resilient under the conditions and circumstances we have faced.

COVID has made things incredibly difficult because it has presented so many setbacks, and has done so in a complex way, while also isolating or preventing many typical avenues of support. As a school, we want to compassionately emphasize to students, staff, and families the merits of navigating through a struggle, loss, or defeat. Often it is in that struggle, loss, or defeat that we grow, more so than from a victory or win.

Therefore, as we see more light at the end of the COVID-era tunnel, we want to recognize the broad-range challenges that many of those in our greater community have endured, and celebrate the resiliency of our students, staff, and families. It's all in the bounce-back.



**Jefferson 4th grade students back for in-person instruction.**

## Lincoln *Elementary* (K-5)

2223 Plant Ave., Redondo Beach, CA 90277 • 310/798-8646 • lincoln.rbusd.org



**Brianne  
Nakayama**  
*Principal*

### Leading by Example

Resiliency is a trait that we must instill in our children. They watch our every move, and they listen to everything we say. Resiliency has to be taught, and it needs modeled by the adults around them. Difficult times will always be present in our lives, and being able to cope with those moments of adversity in positive ways is how we can ensure that our children will develop resiliency.

Over the last year we have all learned and, dare I say it, were forced to learn the true meaning of resiliency and how to embrace change. Seeing how the Lincoln students and staff members have demonstrated resiliency this year was highlighted by their success with navigating teaching and learning with technology, while also still remaining connected as the Lincoln community.

Our students, teachers, and staff have learned, and they became technologically proficient. When the school year started we were uncertain how the transition to distance learning would go. Well, even our youngest students

showed us that at five years old they could successfully navigate their devices, join Zoom meetings, use chat features, access SeeSaw or Google classroom, upload assignments, and record themselves and post creative videos in Flipgrid.

The Lincoln staff, students, and PTA have also ensured that the great events we have come to love continued this year. We adapted and, although we could not physically host the activities, we still participated in annual events like International Night, Read Across America Week, the Jog-A-Thon, and many others virtually. Teachers made sure our students experienced Colonial Day, Star of the Week, a Friendship Dance, and a Wax Museum in virtual and creative ways.

Giving back to the community was modeled by helping families through Project Unified and participating in the Kids Heart Challenge that supported the American Heart Association. Our children were watching us, and together we showed them ways to develop resiliency, learn in any circumstance, and make great events happen no matter what the world throws at us.

## Madison *Elementary* (K-5)

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



**Dr. Heather Cash**  
*Principal*

### A New Dawn

On my daily walk through classrooms, my senses are filled with a new dawn in education for our students and staff. This past year has been one in which learning, creativity, connection and courage flourished by necessity in both students and staff.

Examples of this are heard and seen every day. Each morning, grateful parents hug their children goodbye, six feet apart from everyone else. Instead of school lunch, RBUSD Nutrition Services provides grab-n-go breakfast and lunch so no child will be hungry. Kindergarteners Zoom, and second-graders collaborate in breakout rooms. PTA meetings are held via videoconference, and we each celebrate access to a vaccine.

It is our nature to be resilient, to survive, and to flourish through challenging

times. We teach this to our children, and they become stronger for it. Amanda Gorman reminded us, "The new dawn blooms as we free it. For there is always light, if only we're brave enough to see it. If only we're brave enough to be it." Resiliency is the light that children, teachers, parents and every Madison Comet will shine.



**A new dawn!**



## Parras Middle School (6–8)

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



**Dr. Jonathan Erickson**  
*Principal*

### Resilience and Well-Being

We hear about resilience and well-being a lot, especially lately, but what do they really mean? For resilience, the dictionary gives us “an ability to recover from or adjust easily to misfortune or change.”

For well-being it is a little trickier, with “the state of being comfortable, healthy, or happy,” which has both physical and mental aspects. Well-being is also trickier because it is a state, which means that it is somewhere you are, or can go to, but not directly a skill or habit to develop. Instead, we do other things to get to a state of well-being, such as eating well, taking care of ourselves, and... developing resilience!

In fact, there is a lot of research which shows that resilience is essential to achieving well-being after certain

difficult experiences. The Center on the Developing Child at Harvard University suggests three different strategies for helping families (and staff) build resilience during the COVID-19 Pandemic. They use a fulcrum analogy, with negative outcomes on one side and positive outcomes on the other:

1. Unload the Negative Side: Take advantage of community resources, and practice self-care to alleviate stressors.
2. Load Up the Positive Side: Maintain and nurture connections with family, friends, and fun activities to boost energizing aspects of your life.
3. Move the Fulcrum: By strengthening core skills for resilience, such as managing time and making healthy choices about what to think and do, the fulcrum can move so that new stress cannot so easily throw you off-balance.

One thing that is fundamentally true about well-being is that we all deserve it!



**Students returning to the Parras Middle School campus in March!**

## Redondo Union High School

One Sea Hawk Way, Redondo Beach, CA 90277 • 310/798-8665 • [www.redondounion.org](http://www.redondounion.org)



**Jens Brandt**  
*Principal*

### Building Resilience in Tough Times

Since March of 2020, our students and staff members have had to deal with the many challenges posed by COVID-19. To say the least, these challenges have resulted in anxiety, stress, and social-emotional imbalance.

However, with anxiety and stress often come inventiveness. Our teachers and staff have used creative ideas to engage students and offer multiple opportunities for connection. Their hard work in developing trusting relationships, building teacher autonomy, and supporting honest self-reflection have built a foundation for growth and optimism among our students. It has been encouraging and wonderful to observe.

Research has demonstrated that less-stressed teachers manifest less-stressed children. Our staff's individual efforts on resilience have given them a foundation on which they can lean as we each use our individual strengths to transform the RUHS experience during this global pandemic. Our amazing teachers have led virtual happy

hours, organized staff lunches, birthday celebrations, and other socially distanced outside gatherings that have created and supported positive staff morale, as well as modeled healthy behaviors that contribute to overall wellness. All of us are better in the end from this work.

We are so proud of how our students have demonstrated their own resilience over the last year. For several months the adversity seemed endless: no in-person learning, canceled school events, everyone stuck at home, and very few options for social interaction IRL (in real life). Yet, we have observed our students managing disappointment, sustaining commitment to the expectations presented, and keeping an optimistic perspective about what the future may hold. As a result, they too have begun to fill their own resiliency toolbox.

As we begin to shift into yet another reality, there is value in recognizing the tremendous opportunity right now to use the lessons we have learned over the past year and explore the possibilities for education as we rethink our priorities. The future is bright!



## Tulita *Elementary (K-5)*

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

### Jessica Lubs, *Interim Principal* **Grace Under Pressure**

*Pivot* and *grace* are two words that have precisely captured the essence of the 2020–21 school year at Tulita. While the last year has been challenging, the obstacles it presented offered opportunities for growth and for partnering with our community like never before. Even with the sudden, crucial use of myriad digital platforms and tools, the constantly shifting health directives, the 100% online format to hybrid, and the ceasing of A and B cohorts, our students, their families and our staff have proved repeatedly that they are capable of nimbly outmaneuvering adversities and ambiguities.

Albeit being incredibly disruptive, the pandemic has allowed us to look at our teaching with fresh eyes and to examine how we present educational content to our “digital native” students. Although initially presenting a rather steep learning curve, the various platforms have given

us the chance to explore not only how we can facilitate communication with students and families but also how to enable students to learn in ways that best suit them and to express themselves through unique and innovative products.

While our situation constantly evolved, students witnessed in real time how to successfully navigate change. There has been ambiguity, there has been frustration, and for some, there has even been fear. But students were able to watch how, though positivity, tenacity and *esprit de corps*, we worked to find solutions. Our children learned that sometimes things do not work out the way we want them to and that sometimes we get things wrong but that if we frame things properly, we can find a helpful lesson in everything that happens. By adeptly pivoting and showing others and ourselves grace, the Tulita community has been able to demonstrate to our children that with the right mindset and collaboration, we can triumph over adversity.

## Washington *Elementary (K-5)*

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

### Dr. Maribel Galan, *Interim Principal* **A Tribute to Our PTA Partnership!**

The Washington Explorers would like to highlight the wonderful partnership we have with our Parent Teacher Association. We have been amazed with their contributions to our school throughout the pandemic. They have supported our community in a number of ways that include the celebration of our educators, staff members, and students.

We are honored to have such an amazing PTA board led by PTA President Mrs. Amy Huh. They have been great partners in communicating and messaging important information as we keep each member of the Washington team safe and motivated.

Our Washington community has been through many stages of school life this past year, from the closure of schools, distance learning, hybrid sessions, and now a successful return of all students to in-person instruction. Just as the life cycle of a butterfly is unique, the love we have for our Washington Explorers has allowed us to move forward as partners in the education of our students.

Our strong partnership with the PTA has also provided opportunities to our entire student body. Our PTA once again supported Washington in celebrating Earth Day, and the many ways in which we can protect our planet and the actions we can take to keep the Earth healthy.



### **It's butterfly season at Washington Elementary!**

As an example, the PTA provided each classroom with four (4) caterpillars and the food they needed to create a thriving habitat for when they transformed and wrapped themselves in a pupa. The final celebration was on April 26th, when these wondrous creatures developed as butterflies with their wings hardened ready to embark into the world.

This was a beautiful event to celebrate the journey through life. Like the butterflies, Washington continues to move forward with beauty and grace.

## South Bay Hands On Art

### "Surf"

By Co-Chairs Buffy Soule and  
Caasi Copp

Let's celebrate our great ocean with art! The "Godmother of Modern Surf Art", Heather Brown, grew up in Southern California, but now lives in Hawaii creating wonderful scenes that show the beauty of islands and the aloha spirit. They're bright, cheerful, and you can feel the joy of surfing even if you don't surf. Students will get to view her work, and create their own ocean or surf art. This project helps everyone to see beauty in the ocean and earth around us and hopes to remind us to keep it clean for future generations to enjoy.

If your child's class missed out on any HOA project, they're available on [www.southbayhandsonart.com](http://www.southbayhandsonart.com). Enjoy!



Beryl Heights, Trent (3) and Logan (K)

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#### SESSION A

**June 21 – July 8, 2021**  
**NO CLASSES Fridays\*\***  
8:00 AM – 1:30 PM

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**July 12 – July 29, 2021**  
**NO CLASSES – Fridays**  
8:00 AM – 1:30 PM

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\*\* There will be class on Friday, June 25, 2021 in place of no class on Monday, July 5, 2021, in observance of Independence Day.



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**When:** Week 1 - 07/06/21 to 07/09/21\*

\* Short Week

Week 2 - 07/12/21 to 07/16/21

Week 3 - 07/19/21 to 07/23/21

Week 4 - 07/26/21 to 07/30/21

Week 5 - 08/02/21 to 08/06/21

Week 6 - 08/09/21 to 08/13/21

Week 7 - 08/16/21 to 08/20/21

**Location:** LA Galaxy Soccer Center

**Times:** 9am to 11am / 12pm to 2pm / 3pm to 5pm

(Beginning / Intermediate)

12pm to 2pm / 3pm to 5pm / 6pm to 9pm

(Intermediate / Advanced High Performance)

**Ages:** Beginning / Intermediate (7 to 13)

Intermediate / Advanced High Performance (12 to 18)

**Prices:** Add \$5 per day for early drop off (8:30am)

Beginning / Intermediate

1 Session - \$175

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1 Session - \$175

2 Sessions - \$335

3 Sessions - \$475

\* Short Week - \$155 Beginning / Intermediate

\$175 Intermediate / Advanced High Performance

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at all times*



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**When:** Week 1 - 07/08/21

Week 2 - 07/12/21 & 07/15/21

Week 3 - 07/19/21 & 07/22/21

Week 4 - 07/26/21 & 07/29/21

Week 5 - 08/02/21 & 08/05/21

Week 6 - 08/09/21 & 08/12/21

Week 7 - 08/16/21 & 08/19/21

**Times:** 6pm to 8pm

**Prices:** 1 Session - \$120

2 Sessions = \$200



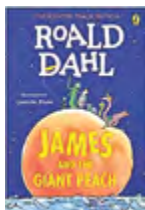
## Kailani's Review



**Kailani T.**

### Whoa, a Giant Peach!

*James and the Giant Peach* is a classic children story written by Roald Dahl. The story is about James, an orphan boy who was forced to live with his wicked aunts after he lost his parents in a horrible rhinoceros accident. One day,



James received a bag of magic crystals from an old man. The man said these crystals would change his life forever. James accidentally spilled the crystals on his aunts' peach tree. The peach fruit kept growing bigger and bigger. It grew big enough for James to fit inside. From that point on, his adventure began.

The story is magical and suspenseful. Reading this book taught me the importance of friendship and having hopes and dreams. I recommend this book for anyone who loves magic and mystery. Since this book is not very warm and fuzzy, it may be best for kids who can separate facts and fiction or younger kids to read with parents.

Kailani is a 3rd grader who loves to read. When not playing with her baby brother, Kailani likes to color and draw. She started taking Spanish lessons while sheltering-in-place. Horseback riding and skate boarding are the new activities she enjoys. Hope everyone stays well and healthy.

## Tyson's Book Review



**Tyson**

### Every Day is a Gift

*"Finding The Worm"* by Mark Goldblatt is a great book that tells the troubles of Julian Twerski. Julian is just entering middle school in 7th grade and he



goes through crazy adventures that make you smile. You'll be attached to the Thirty-Fourth Avenue Gang while going through the book. *Finding The Worm* has twists and turns that you would never expect. Mark Goldblatt does an outstanding job in hooking the reader. I'm usually not the biggest reader, but after reading this book, I want more of what Mark Goldblatt writes. This book is the continuation of the first book, *Twerp*, but you don't have to read the first to read the second. This is probably one of the best books I have ever read, and I give it a 10 out of 10.

I hope you will enjoy reading this awesome book!

Tyson is a 7th grader who enjoys playing basketball, skateboarding, and video games. His favorite subjects at school are math and PE. The best thing about quarantine was having extra time to play with his dog and meeting new neighborhood friends!



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## Jenna's Review



**Jenna C.**

### Riches to Rags

Title: *Esperanza Rising*

Author: Pam Munoz Ryan

Have you ever wondered what it was like to be rich almost your whole life then become poor all of a sudden? Well this is the story of a girl named Esperanza. She used to live a luxurious life but one day when her father died everything went downhill. Esperanza's Uncle asked Esperanza's mother for a hand in marriage, of course she denied but then Esperanza's Uncle wasn't expecting that answer. Later one night her uncle set their nice house on fire! Then, Esperanza's mother accepted the proposal. But, something no one knew was Esperanza's mother planned an escape for California where they were free. They managed to escape secretly with a few friends, leaving her grandmother behind. They later landed in California in a camp that provided food and a place to stay as long as they worked. But, a few months later her mother got sick! Do you think Esperanza can save up enough money to bring her grandma? Do you think her mother will survive? I give this book 5 out of 5.



Jenna is a 5th grader. She enjoys playing soccer and painting. She likes to read fiction novels. Someday she wants to publish a book.

## Daniel's Review



**Daniel H.**

### Funny and Silly

Title: *Cat Kid Comic Club*

Author: Dav Pilkey

Do you like funny and silly books? If you do, you will love *Cat Kid Comic Club* because it's about Li'l Petey from the Dog Man series and this book will make you laugh!



Li'l Petey starts the Cat Kid Comic Club where he and his friend, Molly the tadpole, teach their friends how to make comics.

My favorite part of the book is the show and tell party where everyone in the club shows the comics that they created. Everyone agrees that it's okay to make mistakes because you can always improve yourself.

You should read this book because it is a funny book that has no scary parts, no violence, and teaches a good lesson. The author also uses silly words and pictures in this book. I read this book very quickly with a smile on my face and you will too!

Daniel is in first grade and he likes to spend time with his family playing board games, reading, and playing sports like tennis, soccer, and basketball.

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WEEK THREE	July 12 <sup>th</sup> - July 15 <sup>th</sup> FORRANCE
WEEK FOUR	July 27 <sup>th</sup> - July 29 <sup>th</sup> MIRALESTE INTERMEDIATE SCHOOL
WEEK FIVE	August 2 <sup>nd</sup> - August 5 <sup>th</sup> PUECO VOICES INTERMEDIATE SCHOOL

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**Fees:** \$145

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## David's Review



David H.

### Funny Mystery Book

Title: *The Boxcar Children #157 – Science Fair Sabotage*

Author: Gertrude Chandler Warner

Would you like to read a funny mystery book? If so, you should read *Boxcar Children #157 Science Fair Sabotage*.



The main characters are siblings Henry, Jessie, Violet, and Benny Alden. Henry is calm, Jessie is curious, Violet likes photography, and Benny loves food.

Jessie is doing a science fair project on pollution and finds that the stream she's studying is shrinking but can't figure out why. The plot is tricky but the kids work together to solve the mystery. You have to pay attention to the story and details, but if you do, it's worth it because you get to solve the mystery and feel good about yourself!

I liked the book because the author wrote the book in a witty and funny way that makes you feel like you're right there with the Alden kids.

If you love puzzles like I do, this is the book for you!

David is in third grade and he loves to read and play piano. He likes math and outdoor activities such as rock climbing, tennis, and basketball.

## Katie's Review



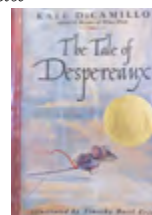
Katie C.

### An Adventurous Mouse

Title: *The Tale of Despereaux*

Author: Kate DiCamillo

Have you ever felt like an outsider? Or like someone who didn't fit in? That's exactly how Despereaux, the tiny mouse with large ears, felt like in his family of mice. He



learns to read (which is forbidden) instead of eating books, and despite the consequences he faces, he continues to stay curious and explore the human world that has been largely left untouched for many years. Once he meets Princess Pea, he realizes that humans aren't as bad or dangerous as the mice claim to be. Rather, he wants to get to know them more and be able to live harmoniously with them, as they had once done before. In multiple adventures and close scares, Despereaux, accompanied by his companions, set out to rescue the princess from the danger that awaits. Will he be able to save her and unite the mice and humans? Read to find out! If you enjoy reading adventurous books, I recommend this book to you.

Katie is a junior in high school. She likes reading and writing. She loves to read to younger kids. She provides book reviews to kids who want to find more good books.



## Sean's Book Review



Sean

### The Tomb of a Dead Emperor

*The Tyrant's Tomb* is the fourth book in Rick Riordan's series, *Trials of Apollo*. Apollo (aka Lester Papadopoulos) was banished from Mount Olympus (home of the Greek Gods) by the



almighty Zeus. During his exile, he experienced many adventures and losses. Meg, his 12 year-old gifted assistant, travels with him to a Roman demi-god camp, where they are greeted by lots of old war friends. Apollo has a vision and tells the camp to prepare for a gruesome war caused by two evil Roman emperors, both with whom Apollo had treacherously fought recently. He then needs to go on a dangerous journey investigating a Roman ghost tomb for crucial information. The vivid details of the battle preparation and fighting scenes are riveting. Overall, this book is a solid 5/5 and I hope you eventually read this amazing series!

Sean is a 6th grader who enjoys playing basketball and volleyball. He loves to teach his dog, Chewie, tricks and taking him on walks. His favorite subjects at school are math and PE. The best thing about quarantine was spending time with his family in nature.



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## Taegyong's Book Review



**Taegyong K.**

### Sadako's Wish

Title: *Sadako and the Thousand Paper Cranes*

Author: Eleanor Coerr

Have you ever heard about the myth of one thousand paper cranes? This story is based on the real story



of Sadako Sasaki and the thousand paper cranes. Sadako loved running. However, she got the atomic disease, and she couldn't run anymore. One day, her friend, Chizuko, showed her how to make a paper crane and said, "If a sick person folds one thousand paper cranes, the gods will grant her wish and make her healthy again." She gave Sadako the paper crane that she folded as the first one. Then, she decided to make one thousand paper cranes to make her well. Did she fold one thousand paper cranes? Did her wish come true? This book is not only about Sadako's story, but also about the horrors and tragedy of war. This is a touching and inspirational story. If you are interested in her story, I recommend this book.

Taegyong K. is a 5th grader. She loves reading books and writing her own stories. Also, she likes to play video games, board games, and badminton. She would like to be a person who is kind and helps others.

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## Seen at Sea –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 July 15, 2021

From the correct entries one name will be drawn to win  
a \$20 gift card to Barnes & Noble!

SAND	LIGHTHOUSE
SHELLS	YACHT
CRAB	CRUISE SHIP
LOBSTER	SHORELINE
OYSTERS	HORIZON
MUSSELS	SUN
SAILBOAT	MOON
DOCK	LIFEGUARD
PIER	SKYLINE
HARBOR	

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



## Yoona's Review



Yoona C.

### Magic goes...

Title: *Upside Down Magic*  
Author: Sarah Mlynowski,  
Lauren Myracle, and Emily  
Jenkins



This book is a book where magic is real. A girl named Nory Horace lived with her father, sister, and brother. Nory was a fluxer. Fluxers turn into animals. Every single time she wanted to become an animal she would have turned into that animal, but the other half would be another animal. When she turned into those things she would cause a lot of problems. Nory wanted to get to Sage Academy but she failed. After that her Aunt comes and takes Nory to Upside-Down School. Upside-Down School is a school where people go if they have Upside-Down magic. She enjoys Upside-Down school but she wants to be normal still. She then uses a box to help her and Elliot get out of Upside-Down School. She succeeds but she starts thinking how she is going to miss Upside-Down magic and her friends. Will Nory leave the school or not?

Yoona is a 3rd grader. She likes to read books and create stories. She also enjoys singing and listening to music.

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Entries must be received by July 15, 2021

From the correct entries one name will be drawn to win a \$20 Barnes & Noble gift card!

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COLLEGE	TRAVEL
DATE	AIRPLANE RIDE
LOVE	BALLOON RIDE
ENGAGEMENT	CRUISE
MARRIAGE	FIRST TOOTH



Congratulations  
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# Parent To Parent



**Jodie Lynn**

Due to the COVID-19 pandemic, often our kids were on their devices upwards of eight hours per day. What can parents do to keep them safe online and on their cell phones? It seems like more than ever, kids are getting spam emails, calls and texts from unknown sources. This is not acceptable, quite scary and exhausting to try to constantly monitor.

COVID-19 has isolated the majority of us and leaves us with levels of uncertainty, unusual scariness and frequent loneliness. Individuals are in a vulnerable place, especially our kids. This is the perfect time for sexual predators to approach them as it can come in many forms.

Give your kids a set of online safety rules that they will understand with explanations that they will believe and take to heart.

It's important for you to know which online games that your kids are playing. Many are multiplayer games where several online players can be together playing at once or just watching. These games have text and voice chat capabilities from around the world. This is highly dangerous because people can pretend to be someone else and of a certain age and can expose kids to unsuitable and unacceptable predatory language and content. These individuals can develop friendships with kids and eventually encourage them to meet in real life. It's important to recognize that each game has specific settings which you should check out and change for better online safety.

Remember not only to talk with your kids frequently about staying safe online, but also explain that anyone at any age can be cyberbullied. If a person or group want them to chime in about someone, tell them to ignore the request and don't return to that area and group. Explain why it's so important to think about what they are going to post at any given time or in any area before doing so, to keep their passwords safe, to always log off and not to click on links from people that they don't know. The right thing to do is to report the cyberbullying to an authoritative figure as well. They may just save a life.

You could also take their electronic devices away for a few hours each day, but for those hours that they're on them, rules and guidelines still need to be in place. Even if your kids seem to have level heads on their shoulders and you feel like you can trust them, they can still be sneaky.

It's easy to hide all kinds of online activities from parents with various apps:

Snapchat is a program where people can send images, videos, etc. to friends which will disappear within 10 to 30 seconds. It's pretty popular among teens. The hidden danger is that those "private" moments are not really deleted. They're hidden in files on most phones. Even more devastating and scary is that if someone takes a screen shot, the message, image or whatever can be posted anywhere.

Finsta is a fake Instagram account where anyone can create photos, conversations, etc., staying anonymous and keeping everything private through sharing with a few close friends and can be hidden on devices. But again, just like anything else, if a screen shot is taken, boom, it can show up anywhere online.

Be sure to read about popular apps and arm yourself with knowledge for options that you as the parent can do to help your kids be safe. Below you'll find a few but there's many others that you can find by doing an online search: Instagram, YouTube, Kik, Telegram, TikTok

There's also several phone apps offered to parents to help them monitor their kids' phone and online activities.

For unwanted calls or texts, it's simple to register landlines and cell phone numbers with the office of your state Attorney General's No-Call list for unwanted calls or texts. It's available online, free and will cut down on both. While it does take a few weeks to actually go into effect, it's best to get that done straight away. Do a little research and you'll also find several other government agencies where complaints can be made. Unfortunately, it's not going to totally eliminate them and that is even truer for robot calls. Learning some basic rules to share with your kids can also help.

For example: Don't answer any calls that are not in your contact list. If it's truly someone trying to reach you, they'll leave a message. If they don't, the number can quickly be blocked. The same goes for unwanted texts. The exception in this situation is going to be from "Unknown" or "Private" numbers, which are really hard to trace because no number shows up. However, there are phone apps to help with this. As far as spam email goes, if it's opened, don't click on any links. Look up how to set up filters and teach your kids how to recognize, delete and block it.

As you are well aware, this whole cyber safety situation is extremely exhausting. But, there's no way of getting around it if you're going to be proactive in protecting your children.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. Her column Parent to Parent™ ([www.ParentToParent.com](http://www.ParentToParent.com)) has been successful for more than 20 years. She is a regular contributor to several sites including *School News Roll Call* and has written four books and contributed to three others, one of which was featured on the Oprah Winfrey Show. *Mom CEO (Chief Everything Officer)*, *Having Doing*, and *Surviving it All!* and *Syndication Secret—What No One Will Tell You!* [www.ParentToParent.com](http://www.ParentToParent.com)