

School News

Education + Communication = A Better Nation

Covering the Redondo Beach Unified School District



Volume 16, Issue 127

May 2022

Redondo Union High School – MAMMA MIA!



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- High School



Inter-district permit applications considered for 2022-23.
For information about out-of-district attendance permits, go to www.rbusd.org. If you have questions, please contact Student Services at rceragioli@rbusd.org or 310-379-5449, Ext. 1223.

Superintendent



Dr. Steven Keller

Team RBUSD wishes you and your family a very happy spring. Most of us agree that over the last few months, there has been plenty to smile about. Seeing those smiles is indeed priceless.

Team RBUSD is excited for Elementary Open House on May 26. Additionally, we are planning for elementary and middle school promotion ceremonies and high school graduation ceremonies. You will hear more about these events from each site principal in the near future. The bottom line is that we are having them, rain or shine!

Kindergarten and new student registration are also now underway for the 2022-23 school year. We are thrilled to welcome many new families and future Sea Hawks to the community. Registration is online at www.rbused.org under Parents & Students. If a friend or family member is interested in a permit into RBUSD, please go online and learn more about the process. Let me be clear: We are considering all permits in the Redondo Beach Unified School District.

Thank you for your continued support. The future looks very bright and we have our entire learning community to thank.

Redondo Beach Unified School District

1401 Inglewood Avenue, Redondo Beach, CA 90278

(310) 379-5449 • www.rbused.org

Board of Education

We Did it...Together



Raymur Flinn

Presiding Officer

We are entering the home stretch of the 2021-2022 full in-person school year. Graduation and promotional events are happening. Volunteers are back on campus providing the enrichment and school spirit we have so dearly missed.

This year was one for the history books. Team RBUSD has been tirelessly working to ensure our kids are receiving the education they deserve - meeting kids where they are after pandemic restrictions and taking them to the next level. I am so proud of the tremendous efforts the entire school community continues to exert on behalf of our students and families.

If these challenging times have shown anything, it is that there is nothing RBUSD cannot do when we work together. The right people and collaborative spirit is the secret to our success. We have dedicated and talented staff members, teachers, administrators, volunteers, students and families. When all of us work together, we succeed. I thank everyone for their efforts. It has been an honor to serve as Board President and I look forward to supporting David Witkin as he takes the role for the coming year. There is always more work to be done for our children. Working together we will continue to provide the best education. Thank you for your collaborative spirit.

Board of Education Meeting Dates

2022			2023		
July 26**	September 27	November 8*	January 10	March 14	May 9
August 9**	October 11	December 13*	January 24	March 28	May 23
September 13	October 25		February 14	April 4	June 13
			February 28	April 25*	June 27
** Due to Summer recess and return schedule, only one Regular Board meeting in July and August. (6:00 P.M. – Open Session for Sept. 27)			(4/4/23 – Swearing-In and Organizational Special Meeting Only)		
			* Due to holiday/local holiday schedule, only one Regular Board meeting in November, December 2022 and April 2023.		

Redondo Beach Educational Foundation

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



Doris Donlou-Richmond
President

Learning Music

Music and PE are some of our students favorite RBEF funded programs, but did you know that music also supports math and language development? It allows kids to develop spatial intelligence allowing students to visualize how elements fit together which is required to solve math problems. It also stimulates the left side of the brain which is the language center. Learning music is in fact learning another language.

How about that physical activity increases self-discipline, judgment and goal-setting skills? The inclusion of Physical Education in the school day helps students

strengthen relationships with their peers, reduces stress and improves self-confidence and self-esteem. Learning to work together as a team to achieve common goals is an essential life skill that starts on the field.

Did you also know music and PE are the first programs to be eliminated at schools across the country due to budget cuts? This is where the Redondo Beach Educational Foundation steps in. RBEF recognizes how critical Music and PE are for our students to receive a well rounded education. We are PROUD to fund these valuable programs in our schools and we couldn't do it without your support.

As we head into summer, we here at RBEF, want to thank you from the bottom of our hearts for your investment in Our Kids. Our Community. Our Legacy.



Kay Coop
Founder/Publisher



School News

Education + Communication = A Better Nation
www.schoolnewsrollcall.com
Covering the
REDONDO BEACH UNIFIED SCHOOL DISTRICT

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Thank you for continuing to include *School News* among your reading choices.

We have included our AHA section on pages 15-22 with our popular student book reviews and lots of choices for summer activities.

If your child would like to be a columnist reviewing favorite books,

summer would be the ideal time to start. Please email me for the guidelines. kay@schoolnewsrollcall.com.

Our next issue is September 7. Have a wonderful summer and remember to include the library in your activity choices.

Congratulations Class of 2022!



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Ali Steward, MPH
Director
Youth Services

Advocating for Mental Health

During Mental Health Awareness Month in May, join Beach Cities Health District (BCHD) for mental health programs, tips and resources to help you prioritize and support your mental health as we continue to live through and recover from COVID-19. BCHD identified mental health as a health priority for 2022-25, and this is especially important for Beach Cities youth.

BCHD's Youth Advisory Council, comprised of more than 70 middle and high school students (grades 8-12) from Redondo Beach, Hermosa Beach and Manhattan Beach schools, is prioritizing the mental health of their peers. Their "Youth Mental Health in the Beach Cities" PhotoVoice captures the current state of youth mental health during the COVID-19 pandemic through statistics and testimonials of students and features preventive and intervention practices to help take care of our own mental health. During Mental Health Awareness Month, posters created by BCHD's Youth Advisory Council will also be displayed at Beach Cities schools, providing students and staff with phrases on how to support someone going through a challenging time. Pick up a button from your school front office to show your support for mental health.

On May 17, the Families Connected Speaker Series returns with Dr. Don Grant. Presented through a partnership between BCHD, South Bay Families Connected and Beach Cities school districts, Dr. Grant will present "Left to Our Own Devices: Parenting Strategies for Healthy Device Management and Optimal Mental Health." Dr. Grant's current research includes investigations of potential effects of social media, cyberbullying and device-driven attachment bonds on adolescents, teens, young adults, families, and our culture and relationships-at-large. This session will provide Beach Cities caregivers and families useful information and tools to address responsible technology use and online presence with their families. Learn more and register at southbayfamiliesconnected.org.

Beyond Mental Health Awareness Month, support will continue with the opening of allcove Beach Cities, a new youth wellness center, which will be temporarily located at BCHD, 514 N. Prospect Ave., 4th floor, Redondo Beach. allcove Beach Cities will feature mental and physical health resources, education, employment, peer and family support, and substance use prevention programs for young people ages 12-25.

For mental health resources and referrals, call Beach Cities Health District's School Well-Being Line at 310-374-3426 and press option 2, Monday-Thursday: 8 a.m.-4 p.m. and Friday: 8 a.m.-12 p.m. Learn more at bchd.org.



FAMILIES CONNECTED SPEAKER SERIES

Left to Our Own Devices: Parenting Strategies for Healthy Device Management and Optimal Mental Health

Presented by **Dr. Don Grant**

Tuesday, May 17 • 6:30 – 8 p.m.


Hermosa View at Vista, Multi-Purpose Room (417 25th St. Hermosa Beach, CA 90254)



Dr. Don Grant

Register at southbayfamiliesconnected.org


For mental health referrals, go to bchd.org/resources



LOS SERENOS
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Open House Wednesday, August 31th, 2022 @7pm
at Point Vicente Interpretive Center
31501 Palos Verdes Drive West, Rancho Palos Verdes

Classes start
Wednesday, September 14th
Call 310 - 544 - 5375



<https://losserenos.org/member.htm#docent>

Ask Dr. Shari



Dr. Shari Sweetnam

Good for the Mind & Great for the Heart

The way we choose to spend our time and the activities in which we engage help form our value system. With a wide array of possibilities and opportunities, volunteering is a positive and vastly beneficial way of helping young people develop a strong sense of self.

Volunteering offers benefits spanning from the intellectual and spiritual to the educational and professional. As young people give of themselves and their time, they can learn about being selfless. In a busy world of “pursuit of personal happiness,” too often the intrinsic values of empathy and giving are the lessons that are overlooked. Helping others via a structured volunteer program is a positive and safe way to develop oneself in this regard.

As Mahatma Gandhi said, “The best way to find yourself, is to lose yourself in the service of others.” Teens who experience growth at an early age are likely to continue cultivating positive behavior and friendships.

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



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Does Your Child have Allergies... Or is it a Cold? Here's How to Find Out.



Inderpal Randhawa, M.D.,
medical director,
Children's
Pulmonary
Institute,
MemorialCare
Miller Children's &
Women's Hospital
Long Beach



May is National Asthma and Allergy Awareness Month and it's around the time you start seeing running noses and itchy eyes. But is it a cold or allergies? Here are some tips to figure it out:

- Check the mucus, allergies tend to be thin and clear. Colds tend to be yellow or green and thick.
- Allergies tend to come on suddenly when your child is exposed to a trigger and lasts a while. Cold symptoms often start gradually and are done within two weeks.
- Typically, a fever won't be present in allergies, but colds come with a low-grade fever.
- If your child has watery or itchy eyes, it might be an allergic reaction. Watery and itchy eyes aren't usually a cold symptom.

The symptoms and severity of allergies varies in children. Ranging from minor irritation to anaphylaxis, a potentially life-threatening allergic reaction.

The [Allergy Program](#) at the [Children's Pulmonary Institute](#) at [MemorialCare Miller Children's & Women's Hospital Long Beach](#) pediatric allergists use allergy tests to identify allergens that may be causing your child's allergies. The allergy tests performed are:

- Skin Prick Testing
- Intradermal Allergy Testing
- Patch Allergy Testing
- Serum Allergy Testing (Blood Testing)

From the results of these tests our pediatric allergists can decide what type of medications or treatments, if any, may be needed. While allergies can't be cured, treatments can help relieve allergy symptoms and induce tolerance.

By identifying the allergen, changes can be made in the child's home and living space to potentially improve their health.

To learn more visit millerchildrens.org/allergy.

2801 Atlantic Ave., Long Beach, CA 90806
800-MEMORIAL (636-6742) • millerchildrens.org/allergy



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Many children's illnesses are rarely seen in adults or affect kids differently, which is why a children's hospital is so important. And you are fortunate enough to live close to one. Since every child is unique, we offer more than 600 board-certified pediatric physicians, covering 40 specialties in locations from the South Bay to Orange County. This means Kevin can get precisely the specialized care he needs.

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800-MEMORIAL (636-6742) | millerchildrens.org/Elite

RBUSD Alternative Education

1000 Del Amo St., Redondo Beach, CA 90277 • 310/798-8690 • <https://pdhs.rbused.org/>



Jens Brandt
Principal

Art at Patricia Dreizler High School (PDHS)

The art program at PDHS seeks to provide students with the history, cultural connections, tools and experiences to appreciate the world of fine arts. A wide variety of approaches based on both Western and

Non- Western cultures are integrated into courses that are oriented toward creativity, imagination, and critical thinking. Our PDHS students are able to explore art through courses in graphic arts, drawing & painting, and photography. Teenagers spend so much time in high school attempting to create and understand their sense of self; in the art room, they do so with color, lines, reflection and discussion. While art functions as a means of self-expression, it also helps students in forming a broader worldview. Through the “What Eye See” project, students at Dreizler explore both fantasy and reality by



depicting images of dreams, goals and escapes through the lens of their eye. These eyes allow students to reflect and dream in beautiful ways.

RBUSD Educational Services

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



Dr. Susan Wildes
*Assistant
Superintendent*

Mind-Body Connection

Over the past two years, the COVID-19 pandemic has taken a toll on the Redondo Beach Community, from missing out on beloved activities to separation from friends and loved

ones. Those losses can translate into anxiety and stress. One integral value of RBUSD is our commitment to the “Whole Child,” which equally emphasizes academics with physical and social-emotional well-being. Thanks to partnerships with the Redondo Beach Educational Foundation (RBEF) and the Beach Cities Health District (BCHD), we have worked to counter student anxiety and stress with re-engagement in physical fitness activities and mindfulness. Students in grades K-5 engage in 200 minutes of PE a week, along



Alta Vista students engaged in obstacles course races from RBEF-funded physical fitness teachers.

with classroom-embedded MindUp curriculum. A return to normalcy has relied key partnerships to provide these tools and supports for all students and staff to engage both the mind and body to promote both the academic health of our students, but physical, social and emotional health as well.

RBUSD Child Development

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



Theresa Van Dusen
Director

CDC is Non-Stop!

As students start to wind down to summer break, the Child Development Center is gearing up. Although Covid altered the way our summer programming looked the last two years, it has not altered the amount of fun we will pour into the summer weeks ahead. As we get back to a more normal looking summer, we are excited to have more students on campus, less restrictions and a ton more fun!

Staff is busy planning fun weekly activities to include language arts, math, creative art and science. We will also be planning for on-site vendors to provide more in depth enrichment in art, science and physical development. These vendors will bring programming for students to enjoy while on campus at least once a week.

We are proud of the programming we offer as it is unique to summer in that it provides opportunities that are not always possible during the school year. Experiences are planned to allow for different ways to learn new socialization skills to enhance healthy peer friendships, practice conflict resolution, detach from screens with "screen free play" times, and develop teamwork skills. Activities are also planned to help keep young brains engaged through book clubs, "drama days" and journal writing.

There is also plenty of time for good old fashioned summer fun! Water days are a favorite when homemade car washes are erected, water slides and sprinklers are set up and water balloon tosses are enjoyed. Another can't miss fun day are our bike days that turn into decorated bike parades and obstacle course challenges. On the hotter afternoon days, homemade popsicles are relished as one of the many healthy cooking lessons that are planned throughout the summer.

We are non-stop in our planning and non-stop in our fun! We can't wait for Summer!!

South Bay Adult School

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



Drew Gamet
Director

An Honor Serving SBAS

For the past three years, I have had the honor of working with one of the greatest community of learners: the staff and students of the South Bay Adult School. When the pandemic hit, we were very fortunate to have such a dedicated team of professionals. SBAS immediately switched to online instruction, expanded services to keep students in class, and was even recognized by U.S.

Department of Education's Office of Career and Technical Adult Education for our innovative practices. On top of that, SBAS was THE ONLY location in LA County during the summer of 2020 that offered GED testing! Everyone worked to make adjustments to get as many students into class to keep learning, and hopefully, mitigating (as much as possible) the effects of the pandemic.

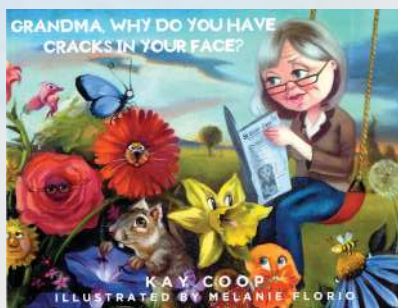
It is with mixed emotion that I share a new opportunity has presented itself and I am happy to announce that I will be taking over as the Director of Adult Education for the Cabrillo Unified School District in the city of Half Moon Bay California. After a little over 17 years in the Redondo Beach Unified School District, my last official day at SBAS will be on June 30th. It has been an honor serving as the Director of the South Bay Adult School, and in all of the positions that I have been privileged to serve in this school district. I am confident that the South Bay Adult School, as well as the Redondo Beach Unified School District, are in a little bit better shape than when I first arrived. I look forward to hearing and reading about all of the future successes of the amazing team of educators, staff and, most importantly, the students at SBAS for years to come. Thank you to you all!



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**Grandma,
Why Do
You Have
Cracks In
Your Face?**

By Kay Coop
Illustrated by Melanie Florio

Now Available on
AMAZON & BARNES AND NOBLE

Adams Middle School (6–8)

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



Dr. Tanaz Bruna
Principal

Return to Enrichment Days

By Dr. Trang Nguyen, Assistant Principal

Which Greek city-state will win the popular Chariot Races this year? Adams Middle School was excited for the return of Greek Fest/History Day for our sixth-grade students and teachers this year. After taking a couple of years away from the event because of COVID restrictions, the sixth-grade team made sure the day was a great success for our students.

Greek Fest is a full day of fun events, highlighting the Sixth-Grade Social Science Standards. Advisement classes represented one of the 12 Greek city-states and competed to become the overall best city-state. Culminating scores on a class-created chant, knowledge of mythology, performance in the Greek Olympics and chariot races determined the best city-state.

The event would not be possible without the support of the Adams PTSA and countless hours given by our volunteers. Greek attire was provided to every student and teacher, and Hands on Art lessons were provided, including a STEM station activity. PTSA also helped secure a delicious snack of stuffed grape leaves, hummus and pita for all participants.

The winner of the 2022 Adams Greek Day was the city-state of Elis! Congratulations to Ms. Cunningham's Advisement class.



**City-state Sparta participating
in the highly eventful Chariot Races.**

Beryl Heights Elementary School (K–5)

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



Karen Mohr
Principal

Continue Learning in Summertime!

During the summer months, it is important to keep your mind healthy and involved with extracurricular activities. Most importantly, families should read together, spend time exercising together, take a walk, go on a bike ride, or hang out at our beautiful beach. The Redondo Beach Library provides multiple opportunities for students and their families to read, so participate in the Summer Reading Program and visit the library on a regular basis.

We are encouraging all students at Beryl to sign up for the library program and turn in their logs at the beginning of next school year. Those students will be recognized for their summer learning. The incentives are fun and worthwhile, and students learn that reading is enjoyable and something that we do the rest of our lives.

There are many fabulous places to visit throughout Redondo Beach or in the South Bay, where students can

continue their learning; they can visit the Science Center or one of the many landmarks in Los Angeles. Many outdoor excursions, hikes, and visits to the tide pools and parks can be exciting and invigorating. There, students can learn about nature and how we interact with nature on a daily basis.

In fourth grade, the students study the missions as part of their social studies curriculum, and a visit to one of our California missions is always an exciting trip. In third grade, students study Redondo Beach history, so visiting landmarks in Redondo Beach gives families an opportunity to talk about history and discuss the importance of the past with their children. Students also study planets as part of the Next Generation Science Standards, so the Griffith Observatory is always a rewarding trip. There are many summer camps available so that children can stay fit and keep active. Visit our website to see the exciting summer activities that are available.

Have a safe and fun summer, and enjoy your time together as a family! School starts Wednesday, August 17!

Alta Vista *Elementary School (K-5)*

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



Karin Sato
Principal

Returning to Greatness

Alta Vista is an exceptional school. In order for a school to be great, it means that the people in every role at the school must be great. We have opportunities coming up to celebrate our teachers in Teacher Appreciation Week, but there are also many unsung heroes at Alta Vista who go beyond what is expected

to contribute to our greatness. At Alta Vista, our support staff are unparalleled. In the front office, Ms. Staci, Ms. Gabrielle, and Ms. Chris offer a warm welcome and prompt support for every parent and student who walk through our doors. Our custodians, Mr. Jim and Mr. Oscar, work incredibly hard to keep our facilities clean and welcoming for all of our students, staff and community. We are fortunate to have these great staff members at Alta Vista.



Mr. Jim, Ms. Gabrielle, Ms. Staci and Mr. Oscar.

Birney *Elementary School (K-5)*

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



Mira Baskaron
Principal

Vocal Music

It is no surprise that whole-child education is what we believe is best for students districtwide. Students within the Redondo Beach Unified School District are exposed to many enriching opportunities that contribute to ensuring that students receive a well-balanced education. Thanks to the support of the Redondo Beach Educational Foundation (RBEF), students in

grades one through four receive vocal music within RBUSD with Anne Reinking, who is funded by RBEF. Each week, Ms. Reinking engages students in lessons that not only meet the Visual and Performing Arts Standards but are also fun and engaging.

Students learn an enormous amount during their weekly vocal music lessons, including how to read and notate music; listen to, analyze and describe music; apply vocal and instrumental skills; compose, arrange and improvise; and the role and diversity of music in relation to a historical and cultural context. Although students dig deep into understanding and learning the various components with the Visual and Performing Arts Standards, they are also strengthening their language skills, improving self-esteem, and contributing to their brain working harder.

Whole-child education will continue to be the forefront of what we believe is best for students. With the support of the Redondo Beach Educational Foundation, we can have programs like vocal music in which students reap many benefits and perform better academically.

Jefferson *Elementary School (K-5)*

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



Jeff Winckler
Principal

Jumping Forward, Looking Back

Summer is just around the corner for our Jefferson students, staff, and families, and it's time to jump right into it! Having students take part in a balance of academic and physical activities during the summer vacation will give them an opportunity for greater success in the fall. Additionally, and in contrast, some unstructured time to relax with family and friends is also an excellent way for our students to enjoy the summer.

In regards to summer learning, both the RBUSD Summer Bridging program and the Redondo Beach Public Library's Summer Reading program provide multiple opportunities for student learning. For physical activity, there are also a number of local activities for our children

to participate in, from the beach to city parks to the many youth programs throughout the South Bay.

As we move forward into this particular summer, let's not forget to take pause and look back at the challenging road we have all gone down during this COVID era. It is important to take stock of this experience and give it due thought and reflection. The challenges that many of us in our greater community have endured will need time to heal, and many of us do need to recalibrate. Summer is a great time to do just that, and also celebrate the resiliency of our students, staff, and families in all that we have overcome.

So here's to summer! It is a great time to keep your mind and body healthy and active. This summer we have so much to appreciate and be thankful for. Enjoy your time together with family and friends, and let's be grateful for what we have and where we have been.



Jefferson students ready to jump into summer with Mr. Winckler.

Lincoln Elementary School (K-5)

2223 Plant Ave., Redondo Beach, CA 90278 • 310/798-8631 • lincoln.rbusd.org



Brianne Nakayama
Principal

Music to the Heart

Aristotle said, “Educating the mind without educating the heart is no education at all.” Every parent and staff member at Lincoln knows with certainty that educating the heart of a child is a valued part of Lincoln’s approach to supporting whole-child development. And a special area within the “heart” of education is the desire to provide our students with exposure to the fine arts, visual arts, and performing arts.

Lincoln students have a variety of opportunities available to help increase their knowledge and skills in all areas of the arts. These opportunities are made possible through the combined efforts of several supportive groups, such as our parent volunteers through the PTA and the Redondo Beach Education Foundation (RBEF).

One music activity in particular that we want to shine a spotlight on is our vocal music program. This year at Lincoln, thanks to the RBEF, grades one, two, three, and four all received a multi-week vocal music education program. This program is led by our new vocal music teacher, Ms. Anne Reinking.

Starting in the fall, Mrs. Reinking worked with the third- and fourth-grade classes in balancing vocal instruction and music appreciation. Following this instruction, the first- and second-graders began working with Ms. Reinking in February, and they will continue to do so until the end of the school year.

As a school, we are proud to be offering this wonderful and value-added program to so many students during the course of this school year. However, its strength is not only in the number of students it directly touches, but in the lifelong impact it will have on their hearts by fostering a love for music and the arts.

Madison Elementary School (K-5)

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



Dr. Heather Cash
Principal

Jim Parkman, our Garden Angel

When Beach Cities Health District supports local schools, it’s a complete, wraparound effort. Just last week, we noticed that our garden shed door was not working properly. Within literally two hours, our Garden Angel Jim

Parkman quietly arrived, tools in hand. I was there in August, when our garden was prepared for this school year. Planter boxes were weeded, emptied, and rebuilt with wire mesh. Irrigation was repaired and updated. New seeds and plants were planted, ready to welcome little dirty hands and curious minds. With astounding success throughout the year, Madison Comets have harvested, tasted and discovered the magic of nature over and over again, all due to the dedicated, selfless and kind volunteers that make this unique opportunity happen for Redondo Schools. Thank you, Mr. Parkman, and everyone else who helps plant seeds of curiosity, courage and gratitude for the harvest.



A well earned rest.

Parras Middle School (6–8)

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



Dr. Jonathan Erickson
Principal

Flipping the Classroom

By Tyler Pureza, Student, and Jonathan Erickson, Principal

My name is Tyler, and I am a sixth-grader at Parras MS. I have been enthusiastic about ancient Greece in my class, and Ms. Rudich definitely noticed.

During seventh period one day, she approached me with an offer to teach a mini-lesson on the Peloponnesian War. I was excited and accepted the challenge!

How did I do it? Well, I started by making a Google Doc. After that, I began to browse through credible online sources about the Peloponnesian War. I started my slides with a title followed by a map slide to show the region. Next was background information on the war, and then two slides dedicated to the two major allied powers in the war. The last two slides were dedicated to the major battles of the war. You can see the presentation yourself online, here!

In conclusion, I recommend this for other students. It was a great experience in public speaking, slide organization and research. You can approach one of your teachers about creating a lesson on something you are passionate about. It was a great experience for me!



Parras MS student Tyler Pureza and teacher Ms. Skylar Rudich.

Curious George Goes to the Zoo—Word Search Contest

Rules! One word in the list is NOT in the word search.

When you have completed the word search, one word will be left and that word you email to: Kay@schoolnewsrollcall.com (Please put RBUSD in the subject line)

Entries must be received by June 15, 2022

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

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



Redondo Union *High School*

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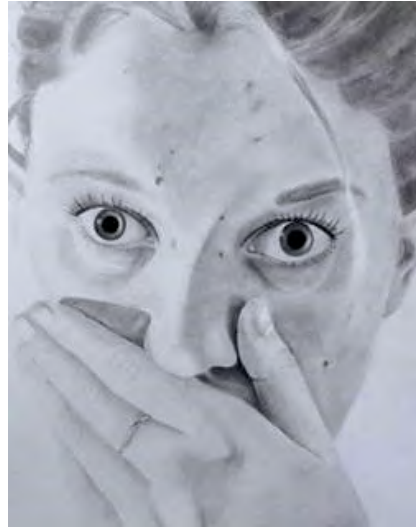
Anthony Bridi
Principal

Visual and Performing Arts *By the RUHS VAPA Department*

RUHS has much to offer our students and local community. Let's start with *Mamma Mia!*—the most successful production to date for RUHS Performing Arts! RUHS broke both the single-night and overall records for attendance, with 912 people

in the RUHS Auditorium on closing night and an overall total of 3,400 theatergoers during the combined five performances. There were 115 students who were part of this magnificent performance, all of whom were responsible for the sound—live Redondo student musicians in the orchestra pit, set and live entertainment that set the bar high for all future RU performances! There is more to come from our VAPA department.

RUHS Concert Band will be performing their Pops Concert on Thursday, May 26, at 6:30 p.m. in the RU



RUHS Student, Erin Davis
earns the honorable for the
Congressional Art Competition

Auditorium. If you enjoy music from movies, musicals and other popular music genres, this is an event you can't miss!

Last, if you are passionate about visual art, look no further than RUHS! On Wednesday, May 11, from 5–7 p.m., the RUHS visual arts students will be hosting a virtual art show. Please go to the RUHS website on our website for more information about how to attend virtually. Art education is thriving at RUHS, and studies indicate that those that participate in art education perform higher on exams such as the SATs. Also, students immersed in the arts are desired more in the workforce for their creative ability.

RUHS welcomes you to join us for our upcoming events! See you soon! Go Sea Hawks!



MAMMA MIA!



Tulita Elementary School (K-5)

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



Andrew Estrada
Principal

Creating Healthy Habits

Tulita continues to remain committed to being a California Green Ribbon School. As we reflect on how we can be the most healthy versions of ourselves, we want to reflect on what we are doing to promote health and nutrition.

In partnership with the Beach Cities Health District (BCHD), parent docents deliver LiveWell lessons once a year that focus on composting as well as eating healthy. Students also have the opportunity to spend time in our garden to learn not only how food is cultivated but also the nutrition value of each of the foods they learn about. Many members of the Tulita staff also join the WorkWell LiveWell Wellness Challenge through BCHD, which is designed to improve overall well-being by empowering employees to be happier, healthier and more productive!



**Tulita students grow their own food
and make healthy eating choices!**

Tulita also has a very successful Wellness Council. The Council partners with the Beach Cities Health District. With the goal of making our school a healthier environment, we are working hard to promote healthy eating, reduce food waste, increase participation in school-based exercise programs, and take care of one another and the environment.

With all of the support listed above, Tulita is proud to be such a health-focused school, and we look forward to continuing the opportunities for our students and staff to engage in healthy habits!

Washington Elementary School (K-5)

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

Dr. Nancy Kelly, *Interim Principal*

Green Team

Thanks to the amazing leadership by three of our 4th grade student leaders, Washington has revived its Green Team philosophy and has resumed recycling/composting practices!! Mia Vega, Madison Noguchi, and Tripp Hairell were selected by their teacher, Mrs. Esser, to lead this charge. They trained additional 4th grade student leaders and each of these students now volunteer their time at lunch. We now have additional student leaders at the 3rd grade level as well. We have reduced our landfill contribution to less than one half of one trash can during each of our four lunches. We appreciate the support of our noon aides and our amazing day custodian, Mr. Benny, who provides support, encouragement, and guidance each day. We have more than doubled our efforts in classroom recycling and our blue bins are packed each week. Here's to saving our earth, one student at a time!!



**Washington Explorers Saving the Earth!!!
Mia Vega, Madison Noguchi and Tripp Hairell**

South Bay Hands On Art

Alebrijes and Flip Out

By Co-Chairs Caasi Copp and Buffy Soule

We are excited to finally bring back projects that were postponed in 2020! With the Alebrijes project students create the brightly colored Mexican folk art sculptures of fantastical creatures using Play-Doh, decorations and paint.

Some students may decide to make more at home, so don't be surprised if they ask you for tooth-picks or wires! With the Flip Out project students experience the magic of making their own animations come to life. If your student



is interested in making more, you can help find videos on-line on how to create your own flip books out of post-its, index cards, or even printer paper. Thanks to everyone for helping keep the word full of art and letting imagination soar!

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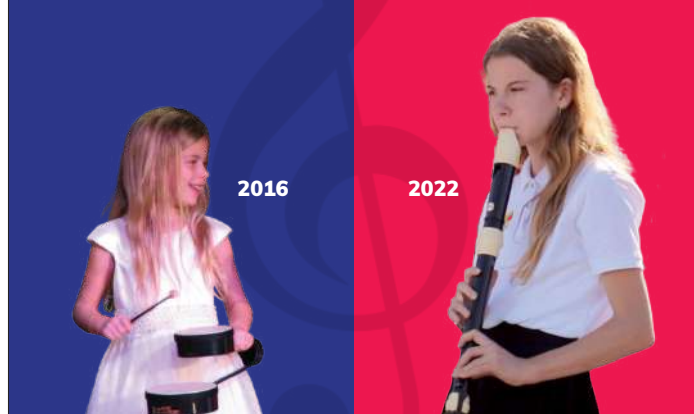
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Daniel's Review



Daniel H.

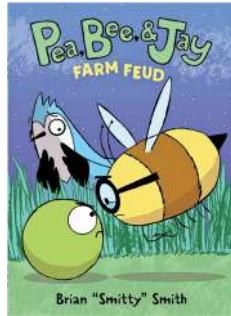
Best Friends Forever?

Title: *Pea, Bee, & Jay: Farm Feud*

Author: Brian "Smitty" Smith

Best friends

Pea (a pea), Bee (a bee), and Jay (a bird) are back in this fourth book of the Pea, Bee, & Jay



series! Pea and Bee are arguing so Jay decides to go find new best friends. Then Pea and Bee try to find new best friends too. At the same time, there is a hungry snake who wants to eat them all! I really liked this funny book with cute characters who are silly and have good hearts. Read this book to find out what happens to them and also to learn the lesson that you should never forget about the friends you have.

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

Kailani's Review



Kailani T.

Who is BOB?

Bob by Wendy Mass and Rebecca Stead is a magical fiction about a girl who helps an old friend find home. Olivia (Livy) is 10 years old when she travels to Australia to visit her grandmother she hasn't seen in 5 years. Livy doesn't



remember much from her last visit to grandma's, but when she sees Bob, she has a feeling she may have known him. Bob is a short greenish creature in a chicken suit. He doesn't know who he is. He doesn't remember anything about his family or where he came from. When Livy was 5, she promised she would help him find home. Bob has been waiting in her closet at grandma's house for Livy's return ever since. Livy and Bob become closer friends as they try to unravel the mystery of where Bob came from.

This book is sweet, emotional, and magical with a touch of suspense. I also learned more about friendship from the book. I give this book 5 stars.

Kailani is a 4th grader who loves to read. When not playing with her brother, Kailani likes to listen to music, ride horses, and play board games. Hope everyone stays well and healthy.

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David's Review



David H.

A Tortoise and Love

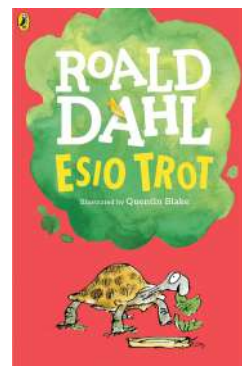
Title: *Esio Trot*

Author: Roald Dahl

Esio Trot is about

a very shy man named Mr. Hoppy and the woman he likes, Mrs. Silver.

Mrs. Silver loves her beloved pet tortoise Alfie and will do anything to make him grow. Mr. Hoppy comes up with a clever plan to make Alfie bigger and have Mrs. Silver fall in love with him. Read this book to find out what happens and if his plan works. I liked this story so much that I've read it multiple times! If you like tortoises and a little bit of love, you should definitely read this book.



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



summer CAMPS

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WEEK FIVE	Aug 1-Aug 4 PALOS VERDES INTERMEDIATE SCHOOL

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SCAN ME

Katie's Review



Katie C.

Greek Mythology—Modernized

Title: *Percy Jackson Series*

Author: Rick Riordan

Looking to find

a new series? Learn more about mythology in a modernized, contemporary way?



Read the Percy Jackson series! Sure to be a thriller for all, this book wraps up Greek Mythology into books that are relatable, well written, and captivating. Take adventures down this mystical world—where time can be frozen, powers are held, and the globe is held under the fist of Mount Olympus: the home of the gods. Perhaps you resonate most with the children of the sea god Poseidon, or the goddess of wisdom Athena. This series was my favorite to read and is still just as entertaining. I give it a 5 out of 5 stars

Katie is a senior 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.

Taegyung's Book Review



Taegyung K.

Love and Courage

Title: *Upside Down in the Middle of Nowhere*

Author: Julie T. Lamana
Alex, Betsy, Donna, Elsa, and Fiona. Do you know what these are? They are not the names of my friends. They are all hurricane's names.



This book is about a girl and her family who lived in the Lower Ninth Ward of New Orleans where 'Hurricane Katrina' hit.

Armani Curtis is waiting for her 10th birthday. She is very excited for her birthday and looking forward to it. It seems that everything goes well. However, Hurricane Katrina hits her town on her birthday. What will happen to her and her family? Can she go through with this hard time? What do the boots in the book cover mean for her?

This is a realistic fiction story for upper graders. As you read the book, I am sure that you can find yourself cheering for Armani.

Taegyung K. is a 6th grader. She loves reading books and writing her own stories. Also, she likes to draw and play video games.



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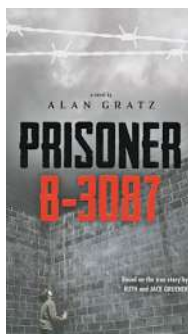
Tegan's Book Review



Tegan

True Courage

Based on the true story of Jack Gruener, *Prisoner B-3087*, a beautifully written realistic novel by Alan Gratz, describes a young Jewish boy's life which slowly breaks apart as Nazi soldiers



invade his city. On top of being snatched from his home and forced to work in 10 concentration camps, Yanek Gruener persevered through his hardships by never relinquishing his drive to survive. For example, even when Gruener suffered the pain of starvation and being tattooed, he did not flinch nor express his despair. In the end, he was rescued and reconnected with his neighbors and relatives by the American army; the story teaches readers about determination and self-control. Readers who enjoy sorrowful war tales will enjoy this historical fiction. I am reminded to have a heart of gratitude and to remain strong in challenging times.

Tegan Y. is a fourth grader who enjoys art, mountain biking, tap, writing and reading.

Yoona's Review



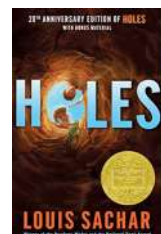
Yoona C.

Holes of Everything

Title: *Holes*

Author: Louis Sachar

This book has lots of themes like friendship and more! The main character of this book is Stanley. He was a 14 year old boy with no friends. He was bullied



at school. He goes to a horrible camp just because he did "something" without any evidence. The horrible thing about the camp is you have to dig very big holes. I mean big. The worst part, it's in the desert. You might think you could just have water to survive, but you have limited amounts of water! Stanley finally gets friends in the camp! He makes deals and has fun with his friends, although some "friends" turn out to be fake. He does get in trouble lots of times in the camp still without evidence. He experienced lots of hardships, but he survived. Yes, the camp was horrible, but there were some good parts! Find out what happens next!

Yoona is a 4th grader. She likes to read books and create stories. She also enjoys playing soccer.

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---	---

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Note-ables



'Strawberry Band,' The Story Pirates

When you were little, did you write songs and stories with dreams of publication?

Too bad the Story Pirates weren't around then. These artists

and educators take silly stories that children make up and turn them into even sillier songs and videos. Piracy? Nah—they make a child's dream real!

The Strawberry Band is the most recent of the Pirates' compilations. The title song, based on a story written by a 5-year-old, introduces the band and teaches young listeners what a concept album is: a group of songs connected by a theme, "some more so than others;" but you'd be correct in saying that the whole idea is spending your childhood in the best possible way.

"Weird Sisters" celebrates being different yet fabulous enough for others to emulate and to brush off bullies.



"Glowy and the Friend Adventure" tells of a whale, lonely in his sea mansion, who finds a friend who's just right. "Fun Crazy Weird Hair Store" has a cautionary subtext: check the prices before pulling out your credit card and paying five thousand million dollars.

The music is wonderful and no mere afterthought. "Glowy," enhanced by Marile Bildsten's trombone, will be an earworm forever; the haunting melody of "Blue Night" would be perfect for a jazz concert.

Read the [original stories here](#).

If you know any young authors

who'd like to submit their own works, [here's the place](#).

Ah, the innocent silliness of youth! If we only could have boarded that pirate ship back then . . .

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



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Parent To Parent



Jodie Lynn

Activities Away from Technology

Q. My 10-year-old son only wants to stay indoors, play video games and eat chips and the like. He doesn't like sports. I'm trying to get him outdoors and moving but he complains about the heat. Any ideas on how to get him away from becoming a couch potato and away from the TV?

A. There are plenty of programs that your son might like such as swimming, drawing, painting, camping, making pottery, volunteering at a pet shelter, cooking, graphic design for kids, etc. The whole idea is to get him into a scheduled activity three to five days a week. Some of the facilities where the activities take place have lunch served to the kids. It's usually a pretty healthy one at that. They should give you a weekly copy of them. If not, ask for one. Some programs allow kids to bring their lunch. This means that he will be eating less of the bad things and more of the good. He might even decide that eating fruit is a good break from chips. If your son can find something he likes and can participate in it with a friend, he'll be more willing to stick with it, especially if there's no pressure to be a super star. This will also give him less time to play video games or to watch TV.

Internship at College

Q. Our 18-year-old son is supposed to have an internship this summer at the college he is going to be attending in the fall. However, he wants to live in a college apartment and this is where we have a problem. He's never been away and we are apprehensive of the environment he could be introduced to during the "summer" party group. Any rules that you could suggest?

A. Whether he is going early for an internship or moving into a dorm for the fall, this is a big step and most parents, as well as the kids themselves, are more than anxious about leaving home and entering college. If for some reason you feel like he really isn't ready to live on his own or not sure if he could easily be persuaded to party with the summer group, you might want to talk with the adult in charge of his internship and find out if there are other options for his housing. Oftentimes, there are families who take in college students just for the summer, especially if they are new to the area. It's more personalized because the people are doing it because they enjoy mentoring new kids and showing them around. You and your son can even meet them beforehand to get to know them a little bit better and you can ask about their rules and expectations. Either way, we have to let our kids go, let them make their own choices and hope for the best.

Research Tutor Options

Q. My fifth-grader is struggling in math and I'm not sure why. Before the pandemic, he made good grades in math. My sister has two middle school kids who are also having a difficult time in math. We've looked into tutors but they are expensive. What are some other alternatives to getting them help without breaking our budget?

A. There are several options to choose from that may help to keep you within your budget. For example, there are some brick and mortar facilities, online companies and even personal tutors that will give a group discount for two or more kids who sign up for their professional services. Asking the kids' teachers for their input should be a good place to start. Research your choices before making the best one. Unless you know someone who has personally used a company or a one-on-one tutor and can vouch for them, check references. Don't forget to also ask teachers at each school if anyone there tutors or if they have a friend that does. Recommendations from friends, family and professionals are almost always a good way to find just about anything you need. You might also call local colleges, specifically the junior colleges. After the kids start their tutoring, give it a little time to work out before rushing in and thinking that it's a lost cause. Once they connect with the new person, the new regimen will become the normal one and hopefully they'll be able to catch up.

No More Excuses

Q. We have three kids ages 7 to 10 that have weekly chores but are either too lazy to do them or have too many excuses or don't care about them. We are extremely tired of trying to get them to stay on a schedule and to get them motivated to be responsible for their assigned chores. How can we get them to follow through on what they're supposed to be doing around the house?

A. Write chores on "coupons," then fold and place them in a bowl or box. Let them choose a coupon to see who does what. It's a fun way to break the ice and get them started. Coupons can be worth a certain amount of points. Once they reach a total of a specific amount of points, they can choose an activity, treat or whatever.

Make a chore "spin" chart out of construction board or an old box. Write chores on the chart that you know each child can handle. Add a spinner, which would have a pointer that can be made out of various types of materials. Let each child spin to see which chore they will be responsible for.

Your kids probably use WiFi for their digital devices. Change the password until all chores are done which will inspire them to get their chores done pretty quickly.

These ideas will not only teach responsibilities but also math as well as perseverance.

You could even consider asking them for suggestions.