

FREE

# School News

Education + Communication = A Better Nation



Covering the Redondo Beach Unified School District

VOLUME 7, ISSUE 65

www.SchoolNewsRollCall.com

NOVEMBER 2013

## SUPERINTENDENT



Dr. Steven Keller

### Applause for the Arts

With the ever-increasing emphasis placed on academic success and Common Core State Standards, the arts are often either neglected in a child's education or

simply relegated to the fight of sound educators in an attempt to create learning experiences for the whole child. Redondo Beach Unified School District (RBUSD) has continued this fight to support education for the whole child by celebrating the arts in schools and by protecting elementary arts education, including both visual and performing arts. This investment and commitment by the district continues through our middle and high school programs.

Not only is this a commitment by our school district to our students, but it is one that would not be possible with our tremendous

See SUPERINTENDENT • Page 10

## Arts Opportunities



Madison students enjoy the opportunity to participate in the music program. (please see page 9)

## BOARD OF EDUCATION



Anita Avrick  
Presiding Officer

### An Exciting Year Ahead

As a School Board member, one of my most rewarding duties is touring our wonderful schools. Each fall I have the opportunity to go into every classroom and watch the students and teachers as they begin their new year. I watch the excitement in the students' eyes as they listen to their new teachers and look forward to their adventures ahead.

This fall, I attended kindergarten open house at Jefferson Elementary School and listened as the teachers explained how collaboration was going to work with our implementation of Common Core State Standards. The teachers are working together to make sure all of our kindergarteners are prepared. It is always fun to watch the first-time kindergarten parents listen to the teachers. They have an exciting 12 years of learning ahead.

I visited Adams Middle School while Raytheon was sponsoring Math Moves U. It is a great program where the students are challenged to make and then launch their own rockets. The rockets are made out of straws, putty,

and paper wings. It was fun watching the students try to adjust what they had made so that their rockets would go farther each time they launched.

While at Adams I learned more about the engineering classes that are being offered at both Adams and Parras Middle Schools. Our students are being given extraordinary learning opportunities to help prepare them for success at Redondo Union High School.

Last but not least, I really enjoyed visiting Washington Elementary School dual-immersion classes. The kindergarten class was full of wide-eyed students listening and answering questions asked in Spanish on the very first day. They were learning how to introduce themselves in Spanish. It was very exciting to walk in and see our second year dual-immersion first-graders speaking Spanish on the first day of class. They were excited about being back in their class, seeing their friends, and continuing their learning where they left off.

I know I will go back and visit classes during the year and see more of our students happy and learning in our schools. Children in Redondo Beach have an exciting year ahead, and I'm proud to be part of their future.



Redondo Union High School students enjoy the amenities in the renovated culinary arts classroom. (page 9)

### Board of Education Regular Meeting Schedule

2013

Nov. 12\* Dec. 10\*

\* Due to holiday schedule, only one Board meeting in Dec. and Nov.

2014

Jan. 14	Feb. 11	Mar. 11
Jan. 28	Feb. 25	Mar. 25

(3/25/2014 – Organizational Meeting Effective 4/22/14)

**Inside:** Schools pages 6–10 • Miller Children's Hospital Long Beach page 2 • RBUSD Educational Services, RB Council PTA page 3 • Blue Zones Project page 4 • RBUSD Child Development page 4 • South Bay Adult School, RBUSD Alternative Education page 5 • AHA for Kids pages 11–15 • Contests pages 10 & 12



## Miller Children's Hospital Long Beach

2801 Atlantic Ave., Long Beach, CA 90806 • 562/933-KIDS • MCHLB.org

# America's Growing Epidemic



**Mario Brakin, MD**  
Medical Director,  
Endocrin and  
Diabetes

More children and teens are being diagnosed with type 2 diabetes than ever before. Experts say it is directly related to the rapidly increasing number of overweight kids. Today, the American Diabetes Association estimates that 1 out of every 6 kids have pre-diabetes — a collection of risk factors that often leads to type 2 diabetes.

### Identify the Warning Signs of Type 2 Diabetes

- Excessive thirst
- Blurred vision
- Tiredness or fatigue
- Frequent infections
- Slow-to-heal cuts and sores
- Frequent urination (including bedwetting)
- Acanthosis nigricans (AN)—a darkening of the skin around the neck or under the arms

### Taking Steps to Prevent Type 2 Diabetes

The best way to help reduce your kids' risk for developing type 2 diabetes and other associated health problems is to make healthy lifestyle changes. These work best if they involve the entire family, and will benefit everyone.

- **Eat a healthy diet.** Encouraging your kids to eat low-fat, nutrient-rich foods — like whole-grain cereals and breads, fruits, vegetables, dairy products, and lean proteins — can help prevent excessive weight gain.
- **Limit sugary foods and beverages.** Consuming lots of sugar-filled foods and beverages — like sodas, juices, and iced teas — also can lead to excessive weight gain.
- **Make physical activity a daily part of life.** The more energy your child burns, the better his body uses insulin. An hour or so of lively physical activity every day is a good goal.
- **Reduce screen time.** The time your child spends watching TV, surfing the Internet, and playing video games should be kept to a limit. The risk of obesity increases when your child watches more than two hours of TV per day.



**Kay Coop**  
Founder/Publisher



Fall is here and the holidays are quickly approaching. By the time you read this you will have enjoyed Halloween and will be looking forward to Thanksgiving.

As the articles in this issue will attest, the arts are alive and well in the RBUSD. I personally am in awe of anyone who can draw, sing or play a musical instrument (I have difficulty playing the radio!)

We had a record number of entries in our contests last issue. The winners are announced on the Word Search on page 15. Thank you for reading *School News*.

Our next issue is December 4.

## School News

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

Covering the  
**REDONDO BEACH UNIFIED  
SCHOOL DISTRICT**

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## RBUSD Educational Services

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### Be An Educated Consumer



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

As students and parents begin the process of discovering their “best fit” colleges, they often narrow their focus to one goal: getting accepted. While this is obviously an important step in the planning process, it is equally important to thoroughly research potential colleges.

The Education Trust has developed a free, interactive Web tool that provides facts on college graduation rates to students, parents, school counselors, policymakers and researchers. Their Web site is at [www.collegeresults.org](http://www.collegeresults.org). Here one can select nearly any college or university and compare its graduation rate with those of similar institutions that serve similar groups of students.

The CRO, or College Results Online, lets you view the graduation rates of thousands of traditional public and private four-year colleges and universities, including hundreds of private, for-profit colleges. It also provides a search engine to find colleges near your zip code, and with maps for each institution.

There is also an advanced search capability, where colleges can be searched by state, costs, student outcomes and more. There is even a resource page with links on college admissions, financial aid and the latest research.

CRO draws upon the nation's most comprehensive database of college graduation rates. To determine which institutions to compare, it weighs the 12 factors known to affect graduation rates. Among these are scores on college-admissions tests, institution size, and percentage of low-income students. This means you can discover which institutions do a better job at graduating students.

The bottom line is that you are the consumer. Before committing to an investment of four or more years of time and money, make sure that you are an educated consumer.

## Redondo Beach Council PTA

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

### Believe, Dream, Inspire



**Lisa Christensen**  
President

The PTA believes every child deserves a quality arts education. We believe participating in the arts helps develop the whole child. It is for this reason that the Redondo Beach PTA is proud to bring the “Hands-on Art” program to our schools again this year.

Your membership and support of the PTA helps provide this outstanding arts program to our students. Throughout the year, PTA volunteers serve as trained art docents teaching quality art projects in our classrooms.

Additionally, the PTA also brings to students the Reflections Arts Recognition Program. This is a national arts and recognition program. Since 1969, over 10-million students from across the nation have taken part in this popular PTA offering. Students can submit entries in six categories: dance choreography, film production, literature, photography, musical composition, and visual arts.

The Reflections Program provides an excellent opportunity for students of all ages to unleash their creative talents and become inspired. Students can express themselves imaginatively with their artwork, and tap into critical thinking skills to create art inspired by the annual theme.

This year's Reflection theme is “Believe, Dream, Inspire.” If your student would like to participate in this year's program, please contact your local PTA for more information.

Are you looking for this logo  
for the contest on page 10?



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# Blue Zones Project

Jens Brandt, One Sea Hawk Way, Redondo Beach, CA 90277 • 310/798-8665  
Lauren Nakano, 514 N. Prospect Ave., Redondo Beach, CA 90277 • 310/374-3426x115 • www.bluezonesproject.com

## National Recognition for Healthy Initiatives



**Jens Brandt**  
RUHS Assistant  
Principal /  
Blue Zones  
Project Liaison



**Lauren Nakano**  
Director  
Blue Zones Project

The Alliance for a Healthier Generation recognized three Redondo Unified School District schools for transforming their campus environment to promote healthy habits for students and employees.

Beryl Heights Elementary School received the Silver National Recognition Award, one of only three schools in California to earn the distinction. In addition, Redondo Union High School and Shores High School are the first two high schools in California to receive the Bronze National Recognition Award.

All three schools have made significant improvements to their policies, meals, health education, physical education, as well as employee and student wellness to achieve recognition. Each year the Alliance for a Healthier Generation comprises a benchmark system with three levels of achievement: Bronze, Silver and Gold. Each level of achievement marks a school's progress toward its goals in all seven domains.



**RBUSD administrators, Dr. Erin Simon, Karen Mohr, and Jens Brandt having a little fun at the Alliance for a Healthier Generation awards reception.**

In addition, School Wellness Councils have been established at each school and will play an integral role in using the Alliance framework to help guide their schools achieve healthy, sustainable changes. This year, all schools will be working through their School Wellness Councils to improve their campus environment and promote healthy, happy living in the Beach Cities.

“The Alliance for a Healthier Generation provides a framework of evidence-based practices and policies that positively impact students and employees,” said Dr. Lisa Santora, Chief Medical Officer at Beach Cities Health District. “Beach Cities Health District and the Blue Zones Project have been supporting schools to participate in this program, and we’re excited the national recognition they have received.”

# RBUSD Child Development

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



## Maestros in the Making



**Theresa Van Dusen**  
Director

*By Gretchen Axton, Instructor – Music Wonders*

Bells are ringing, sticks are tapping, and children are singing! The Child Development Center (CDC) preschool children at Alta Vista, Tulita, Washington and Lincoln Schools have been creating music with Music Wonders. This program integrates the study of music through numerous rhythmic activities involving whole-body movement, fine-motor skills, and cognitive awareness. The children have been exposed to a wide variety of music through international folk songs, classical selections, instrument play, excerpts for listening, and musical games.

The younger CDC music classes combine music with expressive language and imagination play as the underlining concept. During music class, the preschooler plays an active role in making choices and expressing ideas while singing, exploring rhythm instruments, moving, and participating in pretend play to music.



**Ms. Gretchen teaches CDC students whole body movement and listening**

The older preschool classes experience an early introduction to reading and writing music! At four and five years old, children are ready to learn very basic music fundamentals. Lessons involve rhythm concepts, singing, rhythm instrument play, notation, and music vocabulary, such as crescendo and diminuendo, accelerando and ritardando, pianissimo and forte, and staccato and legato.

The musical activities our CDC children are experiencing will culminate in the foundation to intellectual understanding of the basic fundamentals of music. It will provide self -confidence, creativity, cooperation, and a joyful appreciation for music.

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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)



### Meeting Their Goals



**Vivian Ibarra**  
Director

During the month of November, we often take time to reflect upon and show gratitude for the wonderful things we have. Here at the South Bay Adult School we want to take time to thank our community.

Adult Schools typically serve students outside of the traditional school day. We have so many wonderful students in our classes. We work with preschoolers and adults to help them reach their goals. Our ESL students come to school every morning, or every evening, to spend three hours in class learning English. We appreciate their commitment to our program, and are happy to help them with their goals.



Students work on the computer every day in Brain Fitness

Our parent education students come to school every week with their child and share parenting tips and ideas. Our teachers love creating classrooms that are warm and welcoming for families.

We also have a dedicated group of seniors who come to our computer lab every day to spend time on a program designed to improve their brain-processing speed. We are all so proud of their progress.

Did you know that adults who never graduated from high school can come to SBAS and take independent study to earn their high school diploma? It is such an honor to watch them walk across the stage in June in their cap and gown.

We want to say thank-you to all of our students. We appreciate that you have chosen South Bay Adult School to help you meet your goals. We are a community of life-long learners.



Oil painting class at South Bay Adult School



Learning English is always a popular class.

## RBUSD Alternative Education

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

### Demanding Greatness



**Dr. Erin Simon**  
Principal

The vision of Alternative Education is to build strong, positive connections with students so they can achieve independence, confidence and academic knowledge. In short, Alternative Education believes in providing students with different opportunities to learn, grow and achieve success. Alternative Education believes that in providing a trusting and nurturing environment where diversity is honored and respected, students become more eager to learn in myriad ways and are viewed as individuals evolving their own identities. Building strong positive relationships is the core of Alternative Education's success. The legacy of Alternative Education is to prepare students to move forward with a robust sense of self into a life filled with purpose.

At Redondo Shores' Back to School Night, which was held in October, staff shared academic and personal goals for the 2013-14 school year. Throughout the event, parents witnessed firsthand why I am thrilled about working with such great staff members. It is my belief that teachers, particularly in Alternative Education, must continue to find ways to motivate students. Furthermore, I believe that teachers must continue to acquire new skills and knowledge themselves in order to demand greatness, which in return further supports student learning.

It's going to be another great year for Alternative Education! We are confident that Alternative Education's vision will manifest itself in student learning, enhance the culture within our programs, and help all students continue to reach for greatness.

The vision of Alternative Education is to build strong, positive connections with students so they can achieve independence, confidence and academic knowledge.

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# Adams *Middle School (6–8)*

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



**Anthony Taranto**  
*Principal*

## Importance of Physical Education in School

Research indicates that the physical well-being of students is linked to promoting their academic learning as well as building their self-esteem and developing sportsmanship. It further supports the importance of movement in educating both the mind and body. Students who are physically active are more likely to be alert and academically motivated, make informed choices, and understand the value of leading a healthy lifestyle that includes physical fitness.



**It's a perfect day for yoga in PE.**



**Volleyball skills being taught in PE.**

In middle school, physical education activities build students' physical skills while teaching them how to apply sports skills and basic sports strategies. PE allows students to work toward a common goal during various games, activities or sports. Intermural sports further reinforce these skills as students participate in fall, winter and spring sports that include boys' and girls' basketball, volleyball and soccer as well as softball and coed flag football. Additionally, PE introduces these sports to students so they can make choices about which sports interest them the most.

Physical education in schools is just as important as the exercising of the mind that takes place in the classroom. PE improves students' self-confidence, decreases stress, and improves concentration, all of which help foster increased academic learning. Furthermore, PE helps promote healthy lifelong attitudes and lifestyles, thus helping educate the whole child.

# Alta Vista *Elementary (K–5)*

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



**Susan Wildes**  
*Principal*

## Promoting a Healthy Lifestyle

What's made Fridays even more exciting at Alta Vista Elementary School? It's the newest additions to our staff, our Physical Education (PE) teachers, Traci Morin and Travis Bernard. In addition to our morning running club, exercises, and daily instruction, these new stars of Alta Vista are offering explicit PE instruction to our students in 60-minute increments, which allow our general education teachers to collaborate and plan Common Core State Standards instructional units.

Why incorporate more PE for our students? Besides the physical benefits of building and maintaining healthy bones and muscles, daily exercise by young people has been proven to reduce feelings of depression and anxiety while promoting the child's psychological well-being. According to the Centers for Disease Control, regular daily exercise may improve students' academic achievement as well as academic behavior. Exercise can increase students' concentration, attentiveness, and time on task.

The benefits of exercise aren't limited to just school-based, academic performance. PE is a preventative measure against disease and helps students to develop motor skills and hand-eye coordination. According to several studies, students' increase in physical activities also helps children to feel more confident about themselves. By increasing your child's PE instruction, we are able to introduce them to a wide variety of sporting activities, which allows them to make choices about sport areas they want to get involved in. And finally, our PE instruction allows our students to interact together towards a common goal, allowing us to promote dedication, hard work, and sportsmanship and to continue to instill in our students the idea of a healthy lifestyle that nurtures the body and spirit.

# Beryl Heights *Elementary (K–5)*

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



**Karen Mohr**  
*Principal*

## To Reach for Greatness

We all know that change is inevitable, and Beryl's staff, students and families are challenging themselves every day to become lifelong learners. We also realize that the idea of a village raising a child is the key to a student's success in school, and that this translates into making positive connections with staff and becoming an integral part of a child's learning and education.

We are very fortunate to have the Redondo Beach Education Foundation in our school district. Their support and dedication to helping students' lives has led to a stable music program for the third- and fourth-grade students, a counselor being available for students, and new physical education teachers who work with the students one day a week for 60 minutes.

Our principal and grade-level teachers will also have the opportunity to study and prepare for the Common Core Standards, to be fully implemented in 2014–2015. Beryl teachers are embracing the rigor and accountability that goes with preparing their students for the transition to Common Core. Our focus on these changes will prepare students to lead the way into the 21st century.

At Beryl, we recognize the importance of professional development as a way to achieve our goals in day-to-day work. We realize that we need to grow as teachers and people in order to reach greatness. We know that when we do, we become exemplary role models, and can affect our students' lives in a positive way academically, socially and emotionally.

Are you looking for this logo  
for the contest on page 10?





## Birney *Elementary (K-5)*

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



**Lisa Johnson**  
Principal

### Leading Fit and Healthy Lives

At Birney Elementary School our goal is to educate the whole child. We encourage students to make wise lifestyle choices that promote healthy living. We believe that you are never too young to establish good habits in eating and physical activity.

The Surgeon General recommends that children participate in physical activities for a minimum of 60 minutes per day. Doing so combats many of the conditions that plague today's youth, including childhood obesity and diabetes. It also promotes healthy minds. Children who are physically active tend to do better academically than those who are not.

The incorporation of a strong physical education component in a school program can also support the development of vital social skills like teamwork and good sportsmanship. Many young people fail to meet their daily minimum, but Birney has effective programs in place that can promote good health and fitness.

Through Beach Cities Health District's LiveWell Kids program, our students participate in morning exercises that invigorate the body and mind. This ensures that Birney's population keeps moving on a daily basis. Our students also take part in an annual jog-a-thon that further demonstrates their commitment to healthy living.

This year, we are fortunate to have the services of trained physical education professionals. Our students receive instruction every week from a group of teachers who provide learning experiences that promote team work, cooperation, physical activity, and the positive perspective of health and fitness. From kindergarten to fifth grade, our Birney students are learning good habits that will help them lead long and healthy lives.

## Lincoln *Elementary (K-5)*

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



**Jeff Winckler**  
Principal

### Feeling Fit

Lincoln School is committed to maintaining a strong physical fitness program as part of our whole-child education curriculum. Our commitment is shown through the experiences our students have on a daily and weekly basis, as well as in a number of activities that take place on campus throughout the school year.

Each day, students participate in morning 8-Minute Exercises to start the school day. These exercises are intended to get students moving prior to the first few hours of in-class instruction. On a weekly basis, students also engage in standards-based Physical Education (PE) taught by classroom teachers and our new district PE teachers, who work with all students in first through fifth grades.



Lincoln students participate in Jump Rope for Heart.

There are several special events that take place during the school year which promote physical fitness, including Jump Rope for Heart and the PTA-sponsored jog-a-thon. This year on February 7, our entire school will again help support the American Heart Association by holding the Jump Rope for Heart event. This event is a fun-filled morning of physical activity and an opportunity for students to receive fitness information. Later in the spring, starting on April 24, our jog-a-thon

will begin. This will be an event in which students have fun exercising and help raise funds for our school.

With all these amazing efforts provided by our staff, parents, and community partners, Lincoln's students are receiving a well-balanced physical fitness education, making them ready for success and feeling fit!



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## Jefferson *Elementary (K-6)*

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



**Kara Heinrich**  
*Principal*

### More than Just Music

Whether your child is the next Pavarotti or more likely to sing solos in the car, he or she is certain to benefit from music education. Research shows that learning the basics of “do-re-mi” assists in exceling beyond the ABCs. Music facilitates the learning of other subjects and enhances skills used in these areas. Creating music involves more than the voice or a finger playing an instrument; a child learning about music taps into multiple skill sets, often concurrently.



**Spring Sing Presentation at Jefferson**

Visual and performing arts help students explore experiences, relationships and ideas that cannot be expressed simply in words or numbers. Whether students are singing, dancing, or listening, teachers guide them to listen and hear in new ways. Students can apply all these skills to academic disciplines while simultaneously benefiting from experiences of working cooperatively toward a finished product or production. The benefit of music education additionally includes improvement on concentration-based tasks and basic memory recall.



**Second Grade – Final Music Center Performance**

Music supports the development of the brain academically, emotionally and physically as it develops the creative capacities for lifelong success. Engagement, persistence and creativity are components of higher-level thinking and complex problem solving. Music education nurtures the whole child and mindful practices, leading to essential success in today's global society.

## Parras *Middle School (6-8)*

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



**Dr. Lars Nygren**  
*Principal*

### A 21st-Century Education

Whether it's a video game console, a computer, a smartphone or an iPod, children are fascinated with technology. At Parras Middle School, we are seizing on our students' desire to use technology in order to improve their education. All of our classrooms have Internet and computer access to allow students to conduct research for their assignments.

Recently, we have made iPads available to our students. Our teachers can bring a portable iPad lab with 35 tablets into their classroom for our students to use. The iPad cart allows the teacher to stay in their classroom while providing every student access to the Internet in an engaging way. To help grab students' attention and promote learning, our teachers have been trained to prepare lessons using their laptops, iPads and LCD projectors. Without technology, we would not be able to reach our students as well as we do.



**8th grade Parras students using iPads in Language Arts**



**Teachers utilize technology to support student learning.**

Technology has brought the home and school even closer together. A powerful tool used by parents, students and teachers is Infinite Campus. Infinite Campus gives parents and students the ability to have up-to-date information related to their assignment grades and attendance. Parents and students can access it from their desktop computer or by using the IC app. This has increased school-to-home communication and will likely help improve academic achievement for students. Some parents are finding it more and more difficult to help their children with homework. Now, if students are having problems understanding subject matter along with parents, they can easily access online tutorials such as Khan Academy.

With the help of Measure Q, the technology bond that was passed by our community, Parras Middle School is well prepared to educate our students in the 21st century!



## Madison *Elementary (K-5)*

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



**Drew Gamet**  
Principal

### Arts Opportunities

Many of you have heard about the changes coming with the Common Core State Standards that our students will be learning. For example in English/language arts, students are going to be expected to understand other perspectives and cultures, respond to the varying demands of the audience, task, purpose and discipline, comprehend and critique their own work, and demonstrate independence. In the area of mathematics, students will need to demonstrate perseverance in their work, reason abstractly, and attend to precision. These are very important skills for our students to focus on and are going to be central to all district students being among the highest-performing in the state.

It is important to note, however, that we have had a curriculum in Redondo Beach that far predates Common Core, and that is our arts curriculum. Whether it is the Arts for All program, our vocal and instrumental music programs taught by district teachers Philemon Theodorou, Eric Buchen, and Yvonne Zoetewey, or the various afterschool programs in the arts, these goals are central. It is also important to note that these programs begin in elementary school, go through high school, and are even a part of University of California A-G requirements. Your student's participation in these programs ensures that they receive lessons that focus on these important life skills. These are skills that are key to success in higher education and in 21st-century jobs.

Thank you to the Redondo Beach Education Foundation and the volunteers and parents who make these programs possible in our district. With so many districts around us ending these programs due to budget constraints, we should feel very fortunate to have the programs available to our students. If your student is not already involved, it is not too late. Contact your school's principal or classroom teacher and find out how you and your child can be involved.

## Washington *Elementary (K-5)*

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



**Jacqueline O'Sullivan**  
Principal

### Excellence in Education

At Washington School, we "Reach for Greatness" each and every day! Washington has earned the California Distinguished School Award and a spot on the California Business for Educational Excellence Honor Roll for the past two years. The teachers, staff, students, and parents at Washington are dedicated to student achievement in all areas, including academic, social and emotional. The staff is ready to begin implementation of the Common Core State Standards and has been gearing up for the past year. In keeping with the tenants of Common Core, students in all grades are experiencing Readers

and Writers Workshop daily in their classrooms. Students are given choice and autonomy to learn at their own pace, guided by the teacher, during small-group and individual conferencing. There is a strong focus on nonfiction reading, reading comprehension, and writing in various content areas.

In addition to a rigorous curriculum differentiated for individual students, Washington scholars are experiencing a whole-child education. Talented docents and teachers provide nutrition lessons, physical education, gardening, fine arts, vocal music, and band in fifth grade, thanks to the generous support of the Redondo Beach Education Foundation, the PTA, and Beach Cities Health District. In addition, students are taught mindfulness during lessons provided by Mrs. Mosqueda, our wonderful school counselor. Students learn how to quiet their minds during times of stress, how to be positive and grateful, and how the brain functions. We continue to use the Character Counts curriculum to model exemplary behavior and support our students to become lifelong scholars.

Are you looking for this logo  
for the contest on page 10?



## Redondo Union *High School*

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



**Dr. Nicole Wesley**  
Principal

### Building Construction Finally Comes to a Close

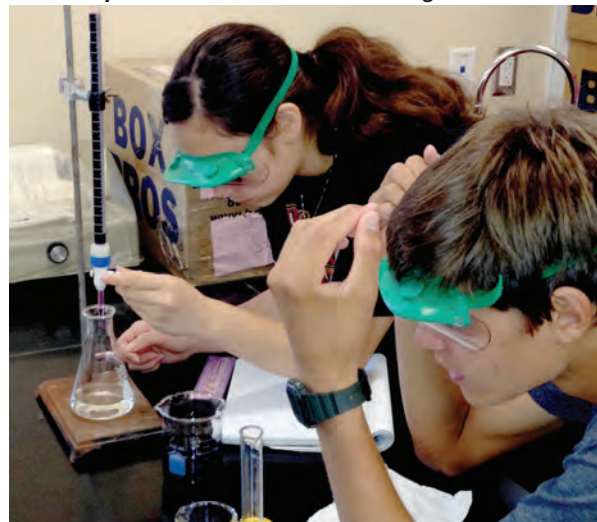
RUHS students started the school year in the newly renovated science, arts and CTE (Career Tech Ed) classrooms. After spending a year in temporary portable classrooms, both students and staff were eager to resume learning and teaching in renovated facilities that feature new science labs, electronic projector screens, sensor lighting, Wi-Fi access in every room, a ceramic wheel room and kiln room, new high-efficiency heater and ventilator systems, new water-efficient restroom fixtures and much more, all while maintaining the historical character

of the buildings. The science building also features an engineering lab and a biomedical-science lab for courses that are parts of our STEM program. The renovated CTE building holds our culinary arts classes and several technology-based courses as well as a workshop for our Beach Cities Robotics program and classrooms for our MCJROTC program.

In October, the newly renovated Science, Arts and CTE buildings were rededicated by our school board, superintendent and principal. Filmmaker and oceanographic explorer Fabien Cousteau was the keynote speaker; he talked about taking his grandfather's legacy to new depths with a new ocean-exploration endeavor he will be making called Mission 31. Mr. Cousteau and his team will launch on Nov 12 to test new



**Ms. Linda Dillard, science department chair, and her Chemistry students stand in front of the newly renovated Science & CTE building.**



**Chemistry students enjoy the new lab stations.**



**Principles of Biomedical Science students investigate the death of a fictional character in the new biomed science classroom.**

science- and tech-based experiments as well as research the underwater effects of climate change on corals, sponges and sea life. Students who are interested in marine biology will be able to follow Mr. Cousteau's mission online at [www.mission-31.com](http://www.mission-31.com).

The features of our newly renovated buildings are aesthetically appealing. Pride resonates as students, staff and parents admire the historical details and metallic artwork outside the CTE building. As construction comes to a close, one can easily see that school spirit is at an all-time high. With such state-of-the-art facilities that have preserved history and tradition and are surrounded by beautifully maintained grounds, it's no wonder that students, staff and alumni are proud to be Sea Hawks.



# Tulita *Elementary (K-5)*

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



**Christina Giguere**  
*Principal*

## What's Your Story?

At Tulita, we reach for greatness by encouraging our students to become young authors. In order to inspire all of our Tidalwaves to love writing, the PTA recently sponsored a special event called the Young Writers' Conference. Its structure was similar to that of a professional development conference for adults, but this time for children!

So what is the Young Writers' Conference? "It is an organization dedicated to improving young people's writing skills by first instilling a passion for writing. The activities of the YWC are designed to support the development of student knowledge and skills in alignment with K-5 English language arts standards."

The students attend a keynote address and a variety of self-selected workshops. They are provided with their very own conference folder, paper, utensils and a professional brochure. An entire day is dedicated to motivating them to become writers.



**Student emcees Kennedy, Isabella, Drew & Chase**

## Getting Started

Our upper-graders also attended a motivational keynote address with author Hope Anita Smith. She showed them how powerful and meaningful the life of a writer can be. The students also attended three different workshops where they learned how to write about their lives, turn problems into a story, write a movie script, use tongue twisters, write science adventures, and much more.

A group of fifth-grade students helped prepare the school and students for the conference. Four students were selected to be emcees, and were placed in charge of welcoming the guests, thanking the presenters, and sharing their experiences with the whole group.

The kindergarten, first- and second-graders were also provided with an opportunity to attend a mini-workshop with children's author and illustrator Erin Eitter Kono. She walked these young authors through the process of building a picture-book character.

We had a fabulous day of writing. Thank you, PTA, for sponsoring this meaningful conference for our students!

## SUPERINTENDENT • From Page 1



**Dr. Steven Keller**

community partnerships. The PTA's Hands-on-Art program and support of quality music performances and assemblies for our students is first-rate. The Redondo Beach Educational Foundation's support of arts education has resulted in more music instruction and field trips to art museums for thousands of our students. Our partnership with the Music Center Los Angeles provides professional teaching artists at all of our elementary schools.

The district will continue to collaborate with many community art organizations, tapping into the city's valuable resources which are provided by its very own citizens. RBUSD applauds the support of Redondo Beach's art community!

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## Contest!!

This Common Core logo is in 3 places in this publication. When you find it, email the page numbers to:



[Kay@schoolnewsrollcall.com](mailto:Kay@schoolnewsrollcall.com)  
(Please put RBUSD in the subject line)



Your entry must be received by December 15, 2013  
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## Parent To Parent

### Confidence for Beginning Drivers



Jodie Lynn

**Question:** Our son is planning on getting his driving permit this summer. This means he will be able to drive on his own without supervision. What are some easy guidelines to make him feel more comfortable about driving that we could set up for him so we don't constantly nag him or make him feel uncomfortable?

**From Jodie:** When our teenagers got their license, we had already let them drive around our neighborhood high school parking lot when there were no other cars. We practiced parallel parking, backing up, going around soccer cones, and in and out of them, while they were still new drivers. However, when it came time for driving in real traffic, even though they knew most of the traffic signs and procedures, it was clear that they simply needed more experience with real-life driving situations. They needed to understand what was required of them while driving in rain, sleet, snow and ice. They also needed to become comfortable with busy streets, highways, overpasses, etc. Driving schools, pretty much meet the requirements needed to give them the confidence that they lacked in these specific areas. The one-on-one attention with an adult who wasn't going to be grading or nagging them was exactly what was missing. Of course, in today's society, making sure that teens do not text and drive, is also one of the missing elements. SnapSecure created an infographic to illustrate the dangers of texting and driving and offer a driver's safety app which disables texting, calling and internet functions of a phone when you are driving over 15mph. Helpful for parents who are worried about the safety of their teens, the motion activated technology also alerts parents if the block is removed. See more information at <http://www.snapone.com/our-products>, under SnapSecure - Driver Safety.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author of four books including *Mom CEO (Chief Everything Officer)*, *Having Doing*, and *Surviving it All!* and *Syndication Secret—What No One Will Tell You!* Check [www.ParentToParent.com](http://www.ParentToParent.com) for details on new radio talk show, Inside Parenting Success.

## Car Parts Word Search Contest



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blinker	hubcaps	starter
brakes	ignition	wheels
bumper	key	windshield
engine	lock	wipers
fenders	mirror	
gas tank	muffler	

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



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B	E	V	I	I	C	D	A	S	E	A	C	U	O	J
F	U	K	L	N	T	N	E	R	V	J	S	H	D	X
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Remember When?

## Helping Out



**Charlene Ashendorf**

I remember as a child my parents would “help out” at school. I really don’t recall them using the word volunteering, in those days they were just helping out. I believe that in the beginning, my “parent volunteers” started out as a way to quell my separation anxiety. Holding onto dad’s hand that first week of kindergarten gave me the security I needed to take the first steps toward independence. In actuality, dad was a yard duty volunteer in the morning, but to me, it meant that I would be able to spend ten more minutes with him before taking the walk into the classroom on my own.

The transition to first grade meant long days away from home. To help me cope, dad would come into my classroom each week, and sitting on a child’s size chair as we crowded around his feet, he would read to my friends and me. It was comforting and familiar, just like those nightly bedtime stories.

Because my mother worked during the day and dad worked a night shift, it seemed natural to me when dad became the room parent! Mother would bake cookies after dinner and package them for dad and me to take to school the next morning, but having a dad as the room helper a special treat!

Fourth and fifth graders seemed to want their parents around less often, but having dad help with the SRA reading program meant he’d have a watchful eye on my progress in school. I recall him being so kind to the some of the children who weren’t fast readers. I believe my friends didn’t feel the pressure from him as from their own parents.

In middle school my parents wanted to help out more in school; I wanted them around less. So the subtleties of parental involvement came into play. Because I was a “joiner,” there were school plays, talent shows, poetry memorization contests and pre-teen jeopardy. With each of the extracurricular activities, parent volunteers were needed. What I learned in the process was that my mother and dad were great to have around behind the scenes; helping with set designs, costume fixes and even as judges!

The distance grew between my parents and me. I was a teenager and the last thing I wanted was to see my mother or dad on my high school campus. And yet, having my mother involved in the parent teacher association or seeing my dad selling cookies and drinks at the snack bar to raise funds for school sports meant more to me than I ever let on.

My parents had this simple philosophy: “There are so many wonderful things that will never get done if we don’t take the time to do them.” I am grateful that they were just helping out!

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

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## Coach Lou's Life Lessons



Kent Kawaguchi

By Kent Kawaguchi  
Guest Columnist, Freshman USC

September to January is a special time for college sports fans. It's the season when millions of people watch football games and sports analysts almost 24/7 during the weekend. As I watch sports television, I remember my interview with the ESPN analyst and former Notre Dame head coach Mr. Lou Holtz when I was 13 years old. Lou Holtz, also known as "Coach," won three national Coach of the Year honors, is the only coach to ever lead six different schools to bowl games, and as head coach is ranked ninth in most career wins in college football history. As a successful coach and sports analyst, Lou Holtz is known for his knowledge, wit, and enthusiasm. Before my interview with Coach, he gave a lecture to a large audience, where he discussed his three simple life lessons: do what is right; do everything to the best of your ability; and care about people.

Coach suggested that you should do what is right and develop trust with your peers. He said that all relationships are based on trust. Gaining trust from someone can be as simple as being on time and/or doing what is right. He added, if you are late or make a mistake, don't just say you're sorry; be genuine about it.

Coach's second simple life lesson is to do everything to the best of your ability. When I asked Coach Holtz, "What do you tell kids who don't make the team?" he responded by saying, "Find something that you can do pretty well and do what you like to do. Then work at it. Do the best that you can. If it doesn't work out, the fact that you did something to the best of your ability will make you win in the long run. You are not competing against anyone except for yourself. So ask yourself, 'What am I capable of doing?'" In addition, Coach Holtz said everyone must have: passion and dreams; love for someone; something to dream for; and something to believe in. To achieve those dreams, Holtz said not to cut corners when life is tough, as you will only be fooling yourself. Although achieving dreams requires sacrifice and can be tough, one should never do something half way because in the end, it will be worth it.

He said, "It should not be all about me. Rather, it's about others. Ask how you can genuinely help, care about others. Learn to be unselfish for the benefit of your teammates."

I will always remember Coach Holtz's authentic personality and willingness to talk to me. His kindness towards others on and off the field is what makes him an icon in the football community. Coach Holtz's final words of advice were, "Keep life simple. God put you on Earth to do something. Have a vision, make a plan, lead by example, be accountable, and have core values so that you can make a difference in people's lives. Play like a champion today. Live like a champion every day."



Coach Lou Holtz

## Supporting Military Families



Sandy Spurgeon  
McDaniel

People can get into huge discussions about whether deployment soldiers is necessary or whether war is the answer to solving problems. But the fact remains that thousands of men and women are paying a price to serve our country. They give up precious time with their families, risk being wounded or even losing their lives, and come home forever changed by the trauma they have seen. Whether you agree with the cause they are fighting for or not, these families deserve our assistance.

Imagine you are a young mother (or father) and your spouse has just left for duty. You are alone with three children and fear you may be alone forever. You develop a system of survival, dealing with your children's reactions to becoming a single-parent home. A year or two later, if you are one of the fortunate ones, your spouse returns home unharmed physically. You expect your spouse to jump into the parenting arena and take half of the burden—but your spouse can't because of the trauma of the wartime experience. Perhaps the children start misbehaving to get the absent parent's attention, and a new version of chaos takes over. Or maybe the children have trouble adjusting to the new situation and don't respond to the discipline of the parent who has been absent.

Since Desert Storm, I have worked with deployed families, helping them to construct and re-construct their discipline system so that the children are provided the safety of a consistent front, whether it is one parent or two. While it is imperative for a military family to establish consistent boundaries and consequences, it is equally important that every parent do so. Through my Web site (parentingsos.com), my books, and private parenting coaching sessions, I constantly encourage parents to vacuum the chaos out of their homes and teach children to take responsibility for their choices.

For families where a military spouse is deployed, the assistance of other families is often appreciated. Take the children to the park with your children, invite them over to watch a movie, or take the family a dinner. Any act of kindness distracts them from the grief of being alone will likely be a blessing. Military wives often feel out of the normal arena and yet are experiencing otherwise normal life. What moment of kindness can you deliver to such a family? Their sacrifices are for the safety of our country; we need to make sure they feel like a positive part of our communities and care about them as people.

Sandy Spurgeon McDaniel has written four books. She has taught school, raised two children, worked as a consultant to schools and has taught parenting for the past 35 years. Sandy now lives in Meridian, Idaho [www.ParentingSOS.com](http://www.ParentingSOS.com) and Kindle



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# Grammaropolis



Kate Karp

I don't often review multimedia, but this assemblage is exceptional. If you cringe at grammatical and usage errors and want your children to use language correctly—a key to future success—send them to Grammaropolis.

Grammaropolis is the hometown of the parts of speech. There's even a mayor—his name's Coert Voorhees, and he built this town. Mayor Voorhees is a former seventh-grade language teacher who found that his students had more fun personifying parts of speech than memorizing them. They learned them thoroughly, too, which is the idea.

"Sure, you can memorize the fact that an adverb modifies a verb," the Mayor said. "But if I show you a video of an adverb pulling a verb over for speeding and giving him a ticket, not only are you going to connect more deeply with that information but you're also going to have more fun doing it."

The CD, produced by indie-rock artist Dr. Noize and performed by the Mayor and other vocalists, is your Grammaropolis guidebook. Meet Roger the Pronoun who has this indefinite feeling about himself. Power couple Vinny the Action Verb and Lucy the Linking Verb rescue nouns from inaction and link up insecure ones with states of being. Interjections, the lives of the party, get invited everywhere. And there's Slang, spouting street stuff and stealing the show. Children—and you—can interact with them all through the website's games, e-books, quizzes, entertaining slide presentations, and hilarious, clever videos starring the sentence builders themselves.

Grammaropolis's website, [www.grammaropolis.com](http://www.grammaropolis.com), has a number of subscription options. Go play for a spell—or an entire paragraph.

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

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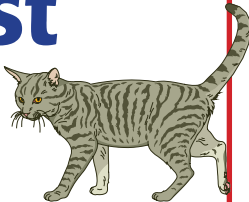
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409 N. Pacific Coast Hwy. • Redondo Beach  
(310) 798-0869

visit our website at [childsplaytoys.net](http://childsplaytoys.net)

# Domestic Cat Word Search Contest



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



Entries must be received by December 15, 2013  
From the correct entries one name will be drawn to win  
a \$20 gift certificate redeemable at  
Child's Play Toys in the Redondo Shores Center

- Abyssinian

Balinese

Birman


- Burmese

Egyptian Mau

Havana Brown

Himalayan

Korat

Maine Coon

Manx

Persian
- Rex

Russian Blue

Shorthair

Siamese

Tabby

Turkish Angora

Wirehair

Congratulations to  
**Ikuya Okada and Rachel Howard**  
Winners of the October Contests!

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



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