

FREE

School News

Education + Communication = A Better Nation

Covering the Redondo Beach Unified School District



Volume 9, Issue 83

November 2015



Congratulations Education Advocate of the Year, Carl Dreizler!

Pat Dreizler, Susan Wildes, Dr. Lars Nygren, Dr. Nicole Wesley,
Carl Dreizler, Dr. Steven Keller, Robin Dreizler, Assemblymember David Hadley.
(please see article on page 6)

Board of Education



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Health News

by Jennifer Frances Logan, MD

Does my child have asthma?

Many infants and toddlers experience occasional episodes of wheezing caused by respiratory tract infections, but that doesn't mean they suffer from asthma, a chronic disorder that causes swelling and inflammation of the airways.

Risk factors, including a family history of parental or sibling asthma, eczema and food allergies can increase a child's risk to develop asthma. About 60 percent of children with asthma will grow out of it by adulthood. However, only 5 to 30 percent of children with severe asthma will outgrow their asthma by adulthood.

If you suspect your child has asthma, you should bring your child to your pediatrician for an evaluation. The types of medicines or



Dr. Logan is a family medicine physician at the UCLA Health office in Redondo Beach, located at 514 N. Prospect Ave., and sees patients of all ages.

treatments that are recommended depend on the severity of asthma — intermittent or persistent mild, moderate or severe — so it's important to have close follow-up with your pediatrician. Infants and children with asthma are at risks for asthma episodes, which can be dangerous. In addition to wheezing, other important signs and symptoms to look out for include shortness of breath, chest tightness, labored breathing, low energy, and poor feeding. If your child has these symptoms, they should be urgently evaluated.

Physicians typically diagnose asthma by looking at the frequency and timing of episodes, the presence



of risk factors and a child's response to medication. These factors will determine how it is treated. When allergies are suspected, try to avoid common environmental triggers.

Get the proper treatment

Poorly controlled asthma can significantly impact routine activities, disrupt learning and sleep, and result in missed days of school, which can cause financial and work-related problems for parents. It's very important for a child with asthma to receive proper treatment because the whole family is affected.

Common asthma triggers:

- cigarette smoke
- dust mites
- respiratory tract infections
- mold
- cockroaches
- air pollution
- animal dander

Superintendent



Staying on Message

As the saying reads, “If you don’t tell your story, someone else will.” Redondo Beach Unified School District (RBUSD) is proudly heralding its realizing greatness message. Better yet, people in the South Bay are listening. Word of mouth has circulated the recent successes of our school district, and reports have reached the halls of school sites to greet staff, students, and parents alike.

Dr. Steven Keller

Clear, honest, and consistent communication is a strong focus of RBUSD. RBUSD believes that continually sharing our story and accomplishments is the key to improvement in our schools. The Board of Education has urgently shared truths with the community in meetings and at events to create a sense of transparency. Our public relationships with organizations such as Beach Cities Health District and Sharefest further this message of desired synergy to create great schools. City leaders and elected officials, through events like the State of Education in October, have continued to express pride in our schools and their respective achievements.

We have stayed on message to create great schools with open communication. Education is a customer service business; we serve the citizens and youth of Redondo Beach. The process of creating these relationships continues to be transparent. Visitors to our schools and substitute teachers working in other schools throughout the South Bay have furthered our message beyond the city boundaries. Redondo Beach Unified School District is GREAT.

Redondo Beach Unified would like to continue to improve and create new and lasting relationships with those who understand the vision of creating great schools. There are many opportunities to participate in programs and activities, and community members are encouraged to participate in this transformation. Please visit our Web site at www.rbusd.org today.

We believe that Redondo Beach houses the very best of the South Bay. We intend to continually communicate this message. We appreciate your support, simply by staying on message.

Redondo Beach Unified School District
1401 Inglewood Avenue, Redondo Beach, CA 90278
(310) 379-5449 • www.rbusd.org

Board of Education



Thankful for You!

Happy Thanksgiving! We hope that all of the students, teachers, staff, and administrators of our wonderful district had a happy and healthy start to the new year. As we move forward into this school year, we continue to look at a brighter horizon for our district. Technology implementation is changing the way our children are learning, and our children are benefiting from new advanced methods of teaching, allowing

Brad Serkin
Presiding Officer

them to learn and excel at an even greater level. Our schools continue to be recognized for their excellence locally, statewide, and nationally. With the passage of Measure Q in our community (Thank you!), we continue to move forward in enhance our children’s experiences at school as well as leading the green movement and the use of renewable energy. We have already seen the benefits that are directly a result of Measure Q and its implementation. We continue to expand our offerings and have begun further campus enhancements to accommodate the ever-growing population. We should all be very proud of our beautiful campuses, and I believe the best from our district is yet to come!

A huge thank you to all of our staff and volunteers for all of your hard work and leadership, for doing whatever it takes to make our school district the best that it can be, and for their tremendous support over these past few years. The district is only as good as its staff and its generous volunteers, and I believe we have one of the best groups of teachers, staff and administrators around. To our parents, your time and efforts to ensure your children’s success has not gone unnoticed, and we thank you for your time and support.

I am proud to be a parent in this district and honored to serve the community on the School Board. I look forward to the many amazing things to come! Please volunteer and help support your PTAs, donate to Redondo Beach Educational Foundation, and volunteer in your children’s classrooms or at their sporting or community events. As busy as all of our lives are, your gift of a few hours really does make a difference for both your children and the community at large. Wishing everyone a wonderful year! And thank you for supporting this outstanding community!

Board of Education Regular Meeting Schedule

2015
November 17* **December 8***
*** Due to holiday schedule, only one Board meeting in November and December.**

2016
January 12 **February 23** **April 12***
January 26 **March 8** **April 26**
February 9 **March 22**
***4/12/2016 – Organizational Meeting**



Kay Coop
Founder/Publisher



Dr. Keller's message is all about staying on message and communication. He is a master at both and the community has responded. One common theme throughout many of the articles in this issue is appreciation of the community and parents.

Do you have a bucket list? I do and I am motivated everytime I read the South Bay Adult's articles encouraging us to continually educate ourselves.

Beryl Elementary Principal, Karen Mohr, writes, "Each day our students diligently prepare their minds and bodies through daily exercise, standards-based education, nutrition lessons, and testing in physical fitness." Classroom education has come a long way.

Our next issue is December 2nd and we'll have four contest winners to announce. We introduced our office tortoise, Cheeseball, in our September issue and had no idea how many people would fall in love with him. This issue he is celebrating Thanksgiving and you'll need this page number for the contest on page 20.

Happy Thanksgiving!



School News

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www.schoolnewsrollcall.com

Covering the REDONDO BEACH UNIFIED SCHOOL DISTRICT

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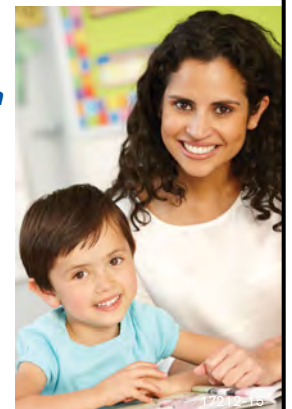
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Redondo Beach Council PTA



Raymur Sweeney
President

Reflections Art Program

The Reflections Art Program is just one of the many ways PTA focuses on promoting access to quality arts education for all students in California. PTA's national Reflections Art Program has brought the arts to life for more than 10 million students since 1969. California State PTA and its members, families and their children are on the forefront of this amazing program, which increases community awareness of the importance of arts in education.

Reflections encourages students of all ages to unleash creative talents and be inspired, express themselves imaginatively in their artwork, experience the fun and joy of making art, tap into critical-thinking skills to create art inspired by the annual theme, and receive positive recognition for their original works of art.

The theme for 2015-16 is "Let Your Imagination Fly." Entries from all grade levels and abilities are welcome. Students can enter multiple times in any or all of the following six categories: visual arts, now including 3-D; dance choreography; film production; literature; photography; and music composition.

Contact your school's PTA to find out more about Reflections and how your child and you can get involved!

1401 Inglewood Ave., Redondo Beach, CA 90278
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32nd Annual



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Sunday, December 610 a.m. - 4 p.m.

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Education Advocate of the Year

By Vivian Ibarra, Chair – Partners in Education

Congratulations to Carl Dreizler, the 2015 Education Advocate of the Year. Each year Partners in Education (PIE) honors a member of the community who gives back to the Redondo Beach Schools. Redondo Beach Unified School District (RBUSD) is very lucky to have many wonderful volunteers; it is a privilege to honor those volunteers who give so much of their time and so many of their resources to support our students and schools. Education Advocate of the Year is an annual award given at the State of Education. This year the theme was “Are You Connected?” and Carl is a model of connectedness to the schools and the community.

Carl Dreizler has been very active in Redondo Beach schools as a student, an alumnus, and a member of the Redondo Beach community. He has served on the School Site Council for Redondo Union High School (RUHS) since 1998 and still serves today. Carl is very active with the RUHS alumni association and helps all the graduates stay connected to each other and their school. Carl still knows the words to the alma mater, wears his red and white very proudly, and considers it a great privilege to be called an RUHS Sea Hawk. He truly models the importance of being connected and supporting the schools.

RUHS principal Dr. Nicole Wesley said, “It is an honor to recognize Carl Dreizler as our Education Advocate of the Year! He is more than an alumnus of RBUSD schools, since he has never ceased supporting RBUSD and continues to give back year after year. He serves on the RUHS’ School Site Council every year by giving valuable input and insight. It is a privilege to work with and know Carl, a true example of an RUHS Sea Hawk!”

Congratulations again, Carl! We are proud to honor you this year, and we are honored to have you as a volunteer for our schools.

Redondo Beach Educational Foundation

Never Been a Better Time to Give

Last year you gave, and raised the tide!

We raised \$290,000 during our recent Donor Drive, with a 17 percent family participation rate. But we know that we can do better this year, and so we need your help to get to \$350,000 and raise our family participation to 25 percent!



Ted Craddock
President

This school year we shifted our annual March Donor Drive to a Donor Campaign in the fall. It kicked off in August at the high school and middle school registration days, and the elementary school ice cream socials. This change was due largely to the feedback that we received about how so many of our families were still unfamiliar with the RBEF, and our traditional mission to enrich the educational experience of all district students.



Tulita Elementary School Thanks RBEF.

In October, the Skechers Friendship Walk gave us another opportunity to support the Friendship Circle organization, and also raise money for the RBUSD and RBEF outside of the Donor Campaign. Through our monthly Tide Report you will continue to hear about all the great programs that impact your child’s educational experience.

In December, a two-day “donor blitz” will be held on each campus. We would love it if you would take the opportunity to get your year-end tax deductible donations in at that time.

Shifting the Donor Campaign to the fall season has also allowed the RBEF to be aligned financially with the school district’s budgeting of educational programs and services. All monies raised this year to support and enhance our student experiences are being credited towards next year’s overall funding.

Our task remains the same at \$400 per family, and so your donations can be made as either one-time or recurring payments. They can be made online at rbef.org, or by check deposited in the RBEF mailbox in each school’s front office.

Every dollar makes a difference for our students and our schools! We can’t do it without you!

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Dr. Denise Bevly
Youth Services
Senior Manager

BCHD Piloting “CAB” Program

Beach Cities Health District (BCHD) launched a pilot program earlier this month in four Redondo Beach elementary schools in response to a serious health issue affecting people off all ages, including children.

The culprit?

Sitting.

BCHD’s Classroom Activity Breaks program, or “CAB,” addresses the ever-increasing number of

research studies that show people who sit for prolonged periods of time have a higher risk of death from all causes, including cancer, diabetes and heart disease. Alarming, the potential for future health consequences is relatively high among school-aged children – who spend 65 to 70 percent of their waking hours sitting.

So what can we do about it?

Luckily, the solution is fairly simple.

Schools and teachers throughout the Beach Cities can easily transform sedentary classrooms into activity-permissive environments by incorporating five- to

10-minute classroom activity breaks daily. Teachers in the CAB program are trained by BCHD to properly implement and deliver the activity breaks – which include three to four quick aerobic exercises like dancing along to an upbeat hip-hop song or jumping jacks.

A pilot of CAB is already underway at Alta Vista, Beryl Heights, Lincoln and Washington elementary schools, where it’s quickly becoming the norm to see students rise out of their chairs to quickly dance, shake their limbs and get their blood pumping.

And while the health benefits of CAB are reason enough to start getting kids out of their seats, there are also academic incentives for schools to participate, because research shows that physically active students tend to have better grades, cognitive performance and school attendance.

Want to see Classroom Activity Breaks at your child’s school? Be sure to recommend the program to your local school officials. You can get more information on CAB by contacting BCHD’s School Health Programs Coordinator, Staci Boretzky, at staci.boretzky@bchd.org or (310) 374-3426, ext. 162.

514 N. Prospect Ave., Redondo Beach, CA 90277
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Dr. Annette Alpern
Deputy
Superintendent,
Educational
Services

Common Myths About College

Students often have beliefs about why they cannot attend college. These beliefs can get in the way of students pursuing their opportunity to make the choice to attend a college or university after high school. We must debunk these myths and help students separate rumor from reality as these can be obstacles to gaining access to higher education.

Some typical examples include:

- Nobody in my family has gone to college
- I cannot afford to go
- My grades are not good enough for college
- I don't know how to apply or where I want to go
- I need to decide on a career before I can choose a college
- I just want to get a job and make lots of money
- College will be too difficult for me
- I don't need to start planning for college until my junior year in high school

- I can't go to college full-time
- I'm not sure I'll fit in
- Only the best students receive financial aid from colleges
- I only have to take the minimum college-prep courses to get into college
- I didn't do well in my 9th and 10th grade years, so it's too late now

We have heard these comments from some students and families here in RBUSD. Together, we want to demystify who can go to college, debunk the myths about college eligibility and attendance and help open the doors for ALL students and families. Everyone should have a choice.

Myth: Many students owe more than \$100,000 by the time they graduate from a private college

*Council of Independent Colleges, September, 2012

Fact: One third of students who graduated with a bachelor's degree did not have any educational debt.

The average debt level of bachelor's degree recipients who borrowed for college is \$20,000.

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

South Bay Adult School



Dr. Anthony Taranto
Director

Keep Educating Yourself!

One of the largest programs at South Bay Adult School (SBAS) is English as a second language (ESL). Adult English Language (EL) programs are designed to help those who are new to the United States and others who have not yet fully developed proficiency in English to acquire the basic knowledge and skills they need to function effectively as parents, in their occupation, and in society.

At SBAS, we offer the following six levels of ESL instruction:

Low Beginning: Low Beginning students will practice listening, speaking, reading, writing, and grammar activities to improve communication in social and work situations outside the classroom and build a foundation for success in higher-level ESL classes.

High Beginning: Students will also learn to discuss past experiences relating to personal and occupational achievements. In addition, students will learn to express future plans and goals.

Low Intermediate: This course emphasizes everyday life and vocational skills you can apply to family, work and study. Students begin to initiate conversations in English using familiar themes.

High Intermediate: Students have the opportunity to increase their vocabulary and acquire advanced grammar. Emphasis is placed on completing forms such as income tax

and health insurance, and also interpreting information on report cards, lease agreements and car insurance policies. Focus is placed on writing structured paragraphs with a main idea, supporting sentences and conclusion sentence.

Low Advanced: This course focuses on integrating English language skills to effectively communicate in familiar and unfamiliar social and work situations. Emphasis is placed on solving problems outside of the classroom.

Bridge to Academic and Career Success: Develop excellent tools for transitioning to college, vocational training or landing the right job for your skill set. Course focuses on improving reading, writing and speaking skills necessary for employment and/or continuing education. Students need to pass an English proficiency test or have a teacher's recommendation to enroll in this class.

In today's global society, becoming bilingual is more important than ever. Clearly parents who become fluent in English and familiar with other cultures will have distinct advantages in their careers and their personal lives as well. More importantly, parents can establish a home environment to support the education of their children.

Just log on to www.southbayadult.org and sign up. Like us on Facebook at www.facebook.com/SouthBayAdultSchool and receive early updates or special offers about classes.

The winter term starts on January 4, 2016.

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

South Bay Hands On Art

And So it Begins...

By Co-Chairs *Gina Clancy & Erika Snow Robinson*

What an amazing beginning to our SBHOA 2015-16 School Year. The artist himself Rolandas Dabrukas came and taught us such an amazing GOLDFISH project. Art is such a wonderful experience; this project showed us it doesn't need to be complicated to create something amazing.



With simple tools like just a prisma coloring pencil and black paper our docents made the most colorful GOLDFISH. We can't wait to see what the students create with this project. You can be as intricate or as simple as you want to be. We know the students will have as much fun with this project as all the docents did. If you would like to learn more about the artist visit www.rolandasart.com They also filmed a you tube video you can watch of the workshop being taught at www.youtube.com/kaunasrulez.


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Ricardo Huete, M.D.



Cheryl Sanders, M.D.



Barbara Schulz, M.D.



TORRANCE MEMORIAL
PHYSICIAN NETWORK

RBUSD Alternative Education



The Art Program

The art program at Redondo Shores High School introduces students to the expressive world of the fine arts. A wide variety of approaches based on both Western and non-Western cultures are integrated into courses oriented toward creativity, imagination, and critical thinking. Students are able to explore art through graphic arts, photography, drawing, and painting. Since the history of art is often the history of social movements and a reflection of cultures, teaching art to students at Shores

Sue Hall
Principal

is an opportunity to equip them with knowledge of how they too can participate in societal change and understand their impact on their local and global communities. A large part of high school is spent attempting to create and understand one's sense of self. While art functions as a means of self-expression, it also helps young adults to form a broader world view and inspires them to give back to their communities.

This will be put into practice as they create portraits for orphaned children in Mexico for the second year in a row. Last year's Project Smile brought out a sense of altruism within students who had not previously felt any investment in art. Many of the art students are also a part of the

creative planning of ASB, taking photos for yearbook and school events. Students create posters for campus and practice portrait, action, and candid photography. They also apply graphic design concepts in yearbook layouts. Currently, students are working on a Dia de los Muertos project, in which they design their own sugar skulls dedicated to loved ones. After reading about and discussing the historical and cultural context of the projects, students are able to make personal connections to their art while applying the elements and principles of design.

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



Students create a Dia de Los Muertos project dedicated to a loved one.

RBUSD Child Development



Reaching Greatness in Preschool!

*By Sonoya Wynne,
Child Development Site Supervisor*

Inside each child is someone who will grow and do great things in the world—and it all begins with preschool. Here at Tulita Child Development Center, it is our goal that each child will develop a positive outlook toward school, discover a better appreciation of the world around them, and acquire a

lifelong love for learning.

In addition to our curriculum, we encourage our preschoolers to learn through play. Play helps children try out many ways of behaving. For example, two preschoolers who are taking turns going up and down the slide are learning what it means to be a leader

and a follower. The children also learn about the world through exploring their environment, planting, collecting bugs, and using their imaginations. The children learn to be creative by using different art materials to create masterpieces.

Children are encouraged to be individuals, and we respect each child's opinion. Wilma Rudolf said, "The potential of greatness lives within each and us." We know that the potential for greatness lives within each and every preschooler.

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Looking for bugs.



Water table exploration.

Miller Children's & Women's Hospital Long Beach

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Mario Brakin, MD
Medical Director,
Endocrin,
Diabetes &
Metabolic Center

What Changes After a Diabetes Diagnosis?

Having a child diagnosed with diabetes is a major event, but it's important to keep everything in perspective. Managed properly, diabetes shouldn't prevent your child from doing anything other kids do.

Think ahead: Form a consistent schedule, and carry around diabetes supplies, such as snacks and treatments for low blood glucose.

Take an active role in their health care:

Arrange for routine follow-up visits, call your child's doctor if you have questions and become an advocate for their health.

Stay organized: Put your child's diabetes routine on the refrigerator or carry around an organized kit, labeling the items inside, and keeping spares on hand.

Communicate: Develop a system to help you and your child remember when and who gave medicines. Determine ways of keeping in contact with your child, their school and other caregivers. Post emergency numbers in a visible location. It can be helpful to others caring for your child.

Take care of yourself: When possible, share the load and try to do things together (e.g. draw insulin, discuss solutions). Parents need time to themselves, so educate other caregivers, such as babysitters, grandparents and older siblings, so you don't have to be with your child at all times.

Living with diabetes can be scary, especially at first. Diabetes has been added, but nothing about your child has been taken away. Sometimes diabetes can even be a positive change. If everyone improves their diet and exercises, this can be a healthy change for your family.



Our specialists are the leaders
in children's health care.

After receiving treatment at Miller Children's for diabetes, Marcelino Sr. recognized the same symptoms in his son: fatigue, excessive thirst and frequent urination. He took Marcelino Jr. to the emergency department at Miller Children's where he too was diagnosed with diabetes. Knowing the kind of care he would receive, Marcelino Sr. requested his son be seen by the care team at Miller Children's Endocrine, Diabetes & Metabolic Center. With diabetes now under control, Marcelino Jr. has time to play king of the castle!

From tip-top head to itty bitty toes, Miller Children's is the leader in getting kids better.

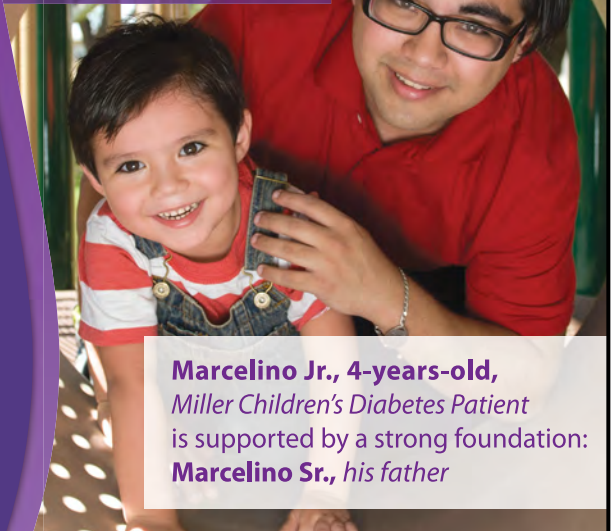
Follow the leader to Miller Children's.

MillerChildrens.org/Diabetes

800-MEMORIAL

Our specialty:
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Marcelino's specialty:
King of the Castle



Marcelino Jr., 4-years-old,
Miller Children's Diabetes Patient
is supported by a strong foundation:
Marcelino Sr., his father

Adams Middle School (6–8)

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



Lisa Veal
Principal

Taking the Bronze

Adams Middle School recognizes the benefits of encouraging its students to continue to eat healthy, stay physically active, and make wise lifestyle choices. This is not an easy feat, as teenage children embrace independence and the choice making that comes with maturity. However, with an excellent physical education program and strong policies and systems, Adams'

students are healthier than they have ever been.

Adams' physical education teachers take pride in ensuring our students are active on a daily basis by designing lessons and activities that are highly engaging



Adams students enjoying the school's fitness center.

and provide continuous movement. On a rotational basis, students have an opportunity to participate in activities that take them outdoors, allow them access to strength training and aerobic activity; and bring them indoors to enjoy activities such as volleyball and basketball.

As we strive to encourage continued parent participation at the middle school level, invitations have been extended to parents to join their children for a physical education session. At the onset of the school year, physical education teacher Mike Morlock welcomed parents to bypass the gym and join us for a vigorous workout, and many have done so!

Adams is also committed to promoting sound eating and lifestyle habits. The school's cafeteria offers a variety of healthy fare that meets USDA guidelines in addition to the school and district's wellness policies. Foods are always baked, not fried, and fresh salads and fruit are offered daily. The snack bar is a student favorite as well, with grains, baked snacks, juices, and high-protein items, including beef jerky. Additionally, we encourage alternative birthday celebrations that are non-food based.

Our staff, students, and community have embraced the school's wellness efforts wholeheartedly, and we are proud to not only be a bronze-recognized Alliance for a Healthier Generation School, but a school whose population is leading fit, healthy lives!

Alta Vista Elementary (K–5)

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



Susan Wildes
Principal

One of the Best

Alta Vista Elementary was recently designated as a 2015 National Blue Ribbon School by the U.S. Department of Education. This honor was a public recognition of the greatness that our students, teachers, staff, and families have been working towards for years.

Alta Vista Elementary is a diverse learning community of high-achieving students, English Language Learners, and children with special needs. We have achieved great success by developing personal relationships with every student, family, and staff member. We have also made an effort each



Alta Vista students showing off their new Blue Ribbon designation.

day to form positive connections and focus on the unique needs of each child.

Decision making is rooted

in the belief that students thrive academically when their social, emotional, and physical needs are being met, and when schools value the "whole child." Through the implementation of Positive Behavior Interventions and Supports (PBIS), and a strong partnership with the Beach Cities Health District, our safe, positive, and healthy environment supports learning.

Alta Vista has also cultivated a high level of family engagement through strong partnerships with the PTA and docent programs, as well as our implementation of the WATCH D.O.G.S. program to provide positive male role models on campus. Alta Vista also embraces 21st-century learning opportunities through the implementation of 1:1 Chromebooks and classroom technologies.

Collaboration and data analysis across grade levels, administrators, specialists, and parents occurs regularly to promote strong communication. This allows our programs to be modified as necessary to help benefit each student. Teams utilize ongoing dialogue and reflection to develop innovative learning opportunities and continually improve their professional practices.

Alta Vista Elementary is committed to serving as a model of shared leadership and innovation. In return, this has allowed our school to become one of the highest performing elementary schools in the nation.

Beryl Heights *Elementary (K-5)*

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



Karen Mohr
Principal

What Makes a Difference?

Each day our students diligently prepare their minds and bodies through daily exercise, standards-based education, nutrition lessons, and testing in physical fitness.

This is especially the case for our fifth-graders, who will be taking the annual California Physical Fitness Testing in March.

Through hard work and determination,

it is evident that our students are learning about fitness. And because we exercise eight minutes every morning, they are also keeping their bodies in good physical condition.

The Live Well lessons are being taught by our parent docents, and through this our students are learning about the value of good nutrition and how it can affect their minds and bodies at school and in life.

Right next to the CDC, each of our grade levels now has its own garden planter. Students and parent volunteers

regularly harvest and plant vegetables so that our children can eat the fruits of their labor. This year we have harvested some great pumpkins, and are looking forward to the gardens producing several kinds of vegetables. Our amazing parent volunteers will then come out and feed the students carrots, lettuce, and radishes, which they will thoroughly enjoy eating from their garden!

Our school cafeteria menus have also improved tremendously

by providing a salad bar along with fruit and water during lunch time.

This year, our "Race to the Wild Side" event will take place on Friday, November 13. Our students will run through several obstacle courses with their classes, and each student will be given a special recognition.

Our Beryl motto is to strive to be the best that we can be; to put forth our best effort in all that we do; and to become successful. Beryl students are now learning how lifelong fitness, physical activity, and nutritional choices will impact their future.

Our Beryl motto is

to strive to be the best that we can be;

to put forth our best effort in all that we do;

and to become successful.

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Birney Elementary (K-5)

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



Mira Baskaron
Principal

Pathways through Technology

Birney students are continuing to grow in 21st century computer skills. Students use their Chromebooks and tablets daily to expand their learning and encompass a world that will allow them many more opportunities.

Our kindergarten and first-grade students are using tablets daily to reinforce skills that have been taught. Walk into a second-, third-,



5th grade students in Mrs. McGrath's class are all smiles about accessing their digital mathematics book.

fourth- or fifth-grade classroom, and you'll experience quite a sight at Birney. One is sure to observe students actively engaged in lessons using various components within their Chromebooks: Google Classroom, Google Drive, mathematics textbook, Google slides and many other technology-embedded lessons.

Additionally, teachers have embedded a culture in which digital citizenship is taught on an ongoing basis. Students get the opportunity to comment on other students' work in a positive manner. Teachers can comment on assignments received from students and assign them a grade on an assignment through Google Classroom. In an effort to connect parents to the technology being used at Birney, parent-education nights are planned. Our expert staff members as well as some fourth- and fifth-grade students will guide the presentations to keep parents well informed. These parent workshops will help parents get acquainted with what is being used in the classroom.

Birney students and staff are grateful for what Measure Q has provided in the classroom. Birney students are 21st century learners that embrace change and continue to grow in all areas, including technology proficiency and acceleration. I couldn't be prouder of the dedication and determination of our students and staff with embracing 21st century learning with innovative ideas.

Jefferson Elementary (K-6)

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



Jeff Winckler
Principal

All In for Arts

Having a well-articulated arts program for all students is a significant part of Jefferson's commitment to whole child development. From fine arts to visual arts to performing arts, Jefferson students have a variety of opportunities to increase their knowledge and develop skills in all areas of arts education. These opportunities are made possible through the combined efforts of several supportive groups and organizations.

Starting in kindergarten, students receive ongoing art instruction in the classroom setting throughout the school year. In-class instruction continues in all classrooms through the fifth grade. In addition to classroom-based lessons, our PTA provides the Hands-On Art program to all students by taking them through six fine arts lessons throughout the year.

Thanks to the Redondo Beach Educational Foundation, two of our primary grades receive a multi-week arts education program. This program provides dance and theater to students in the first and second grades. Additionally, RBEF provides all third- and fourth-grade students with a district-wide vocal music program. Fifth-graders have the option to participate in beginning band, which runs all year. The band program continues on into Perras Middle School and Redondo Union High School.

There is no question that art education is valued at Jefferson, and is representative of our balanced approach to education. The strength of this offering of the programs that we provide to our students is a credit to the combined commitment that our teachers, parent volunteers, PTA, Educational Foundation, and board of education have made to enrich the lives of our students.



Jefferson students with Hands on Art Projects.

Lincoln Elementary (K-5)

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



Jane Tasker
Principal

Math Involves Thinking

The most common question I get regarding curriculum and instruction is *Why is math so different now?* Many parents were brought up in the age of teaching standard algorithms that allowed for maximum efficiency in computation and problem solving. We now have decades of research showing that memorizing standard algorithms and executing procedures have only worked for a small group of people.

Most people struggle with math or think that math is difficult because they don't understand the *why* behind it. The shift in education now is to teach children to think and understand that there are many ways to solve a problem. This is where the philosophy of Cognitively Guided Instruction (CGI) comes in.

RBUSD teachers, including every K-5 teacher at Lincoln Elementary, have been trained in CGI, which is an approach that builds on children's natural problem-solving strategies. Over 20 years of research in CGI has consistently indicated that the more teachers know about and understand their students' mathematical thinking, the greater is student learning. Ask any teacher that has taught with CGI strategies, and he or she will tell you that elementary-age students sometimes amaze them with innovative ways to solve problems. When mathematics teachers link their classroom instruction to students' intuitive knowledge and ingenuity, students can take learning much deeper. Implementing CGI takes time, and parents are sometimes confused by the differences they see when helping children with homework.



Lincoln 1st grade teacher, Amy Robinson, supports students' use of manipulatives in her CGI instruction.

Math-Learning Tips

So what can you do to help your child learn math? Here are some tips and tricks for parents to try at home:

Listen to your child's thinking and ask questions such as *Why do you think that? Can you explain how you got that? How do you know? Does your answer make sense? Can you solve it a different way?*

Practice/reinforce strategies used at school. Try not to *tell* your child a strategy. The strategy will come with understanding and practice. If your child is stuck, try to help him or her make sense of the problem by asking questions. Give your child word problems as they come up in everyday life.

And always ask, "Why?"

Madison Elementary (K-5)

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



Drew Gamet
Principal

Music, Too

This year everyone is hearing about how our classroom teachers are implementing the Common Core State Standards. Most of the time, such as at Back to School Night, you hear about how teachers change the way they teach English, mathematics, social studies, and science. However, you may not realize that our district music teachers are now also teaching the Common Core Standards in their classroom.

Here are a few examples.

Students are required to work in collaborative groups and engage in discussions to solve problems within their musical section or ensemble. They also perform similarly to giving a report, as well as take musical ideas and emphasize the primary musical themes at a clear and understandable pace. The students also have to find patterns in harmonic and melodic sequences, all of which occur in mathematical sequences, in order to clearly perform a piece of music.

This is obviously just a small sample of how our music curriculum is a vibrant part of the Common Core. This change also recognizes the reality that our music students are more highly engaged in school, and as a whole perform better academically.

None of this would be possible without support from the Redondo Beach Education Foundation. The RBEF funds our music program in multiple ways. First, they ensure that – unlike some of the surrounding school districts – our music program is taught entirely by credentialed music teachers. This ensures that the program is always being taught by a teacher who has gone through the rigors of the regular credentialing process.

Additionally, the RBEF also continues to provide funding for those district students who are unable to rent instruments from an outside source, but can always have access to the tools they need to participate.

Please continue to watch our website for more information about student performance this year. You won't be disappointed!

Parras Middle School (6–8)

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



Dr. Lars Nygren
Principal

Funding at Work

You may have seen some construction happening at Parras Middle School over the summer. These are Measure C funds at work! We've begun to prepare for the arrival of an increased student body!

Four portable classrooms were placed on the upper basketball courts to accommodate students during the school year while construction occurs on the north side of campus. The building that houses our band classroom and two other classrooms will undergo extensive rehab, and a row of four additional classrooms will be rebuilt. To blend in with our campus, these new classrooms and buildings will be designed to resemble our other wings of classrooms.

Our students will benefit greatly from the new classrooms and renovated band room. Our band teacher, Mr. Erskine, worked closely with the district's architect to design the band classroom to be practical and serve the needs of the band students.

"I am really excited about the new layout and additional storage space we will have." Mr. Erskine said. "I think once it's all done, the band kids are going to have a great place to work and have fun!"



The number of students at Parras Middle School is growing.

We are thankful for the community of Redondo Beach for supporting Measure C and our schools!



Eight grade students train to mentor new sixth graders.

Tulita Elementary (K–5)

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



Dr. Tanaz Farzad
Principal

A Healthier Generation

Tulita Elementary School was the proud recipient of silver recognition by the Alliance for a Healthier Generation. Tulita has worked hard over the course of the last few years to transform our campus environment into a healthier and more active place. As principal, I was honored to receive this award in person at the Alliance's 2015 Leaders' Summit in Washington, D.C.



Tulita students leading healthy, active lives!

This achievement was the result of the collective leadership, partnership, and hard work that exists in the Tulita community. Our partnership with the Beach Cities Health District and our Wellness Council, which

is comprised of parent volunteers, our students, and staff members, are the key ingredients in this recipe for success. Ultimately, our students are the beneficiaries.

To earn the National Healthy Schools Award, Tulita was recognized for having improved nutrition and wellness services and providing physical activity programs that meet or exceed stringent standards set by the Alliance for a Healthier Generation's Healthy Schools Program.

In addition to this recognition, Tulita was also recognized by First Lady Michelle Obama for receiving the Let's Move! Active Schools National Recognition Award. The Let's Move! Active Schools program recognizes schools for finding innovative solutions to the challenge of providing students with 60 minutes of active play every day. Through regular physical education, morning exercises, recess, and classroom brain breaks, the Tulita Tidalwaves are sure to get the physical activity their bodies need in order to be prepared to learn during a full school day.

In addition, the Tulita Wellness Council has promoted healthy eating habits throughout campus. By cutting back on sweets used for celebrations and encouraging healthy choices in our cafeteria, Tulita sends the message that making healthy choices leads to greater quality of life. We thank our entire community for supporting us in this movement!

Redondo Union *High School*

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



Dr. Nicole Wesley
Principal

Students Scrub the Sea

By Stella Gianoukakis

RUHS students have taken on the challenge of reducing plastic waste in the ocean. This project has several parts: the first is raising student and community awareness.

“APES students put their classroom learning to work to make a difference in the world,” said Advanced Placement Environmental Science teacher (APES) Gillian Moberg. “Plastic pollution

is one of many challenges facing our local environment but one which every individual has the power to positively change.”

The first step is to educate students and then get them involved. Nearly 70 students from this year’s APES classes attended the International Coastal Cleanup in September, where a total of 548,450 pounds of trash, much of it plastic debris, was removed by volunteers.

Sourcing Storm Water

Last year’s APES class installed a drought-resistant rain garden on campus to capture storm-water runoff and

reduce the amount of pollutants into the storm drain. The garden provides a permeable surface for water to infiltrate and recharge the groundwater below and also serves to collect plastic and other debris that would otherwise flow into storm drains and out to the local beaches. This year’s class will design interpretive signs to educate the student body about the benefits of garden-storm-water capture.

“The best thing about the rain garden is that it was a collaborative student effort, from selecting plants to prepping the soil and hand-watering for the first few months,” Ms. Moberg said. “It became a growing legacy for APES students.”

Step two involves reducing disposable water bottles used on campus, thus decreasing the amount of plastic used. The goal is to provide each RUHS student with a free metal water bottle.

Current APES students shared their plan with the school board in October and hope to present at the Algalita Foundation’s International Youth Summit in Long Beach next spring to garner interest from the community.



RUHS Environmental Science students participated in the International Coastal Cleanup and collected 548,450 pounds of trash and plastic debris.

Washington Elementary (K-5)

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



Kristen Holm
Principal

Healthy Bodies and Minds

The Washington Elementary School Explorers are healthy inside and out. Students start each morning getting physically fit, whether it's participating in the Washington Running Club three days a week, joining one of the four routes of our Walking School Bus, or playing a game of handball or basketball, all before the first bell rings.

Many of our students in the running club have completed their first marathon and are working on number two. It is fun to see healthy students running and playing early in the morning with their families.

Once the bell rings, the entire school lines up on the blacktop to do crazy jacks, windmills, and steam engines. After getting their heart rates up, they cool down with yoga and head off to their classrooms to start exercising their minds. Classrooms are filled with great teachers, who provide a challenging and interesting curriculum. Students work in the classroom to be academically and emotionally healthy. Our staff is dedicated to helping every child be successful in school by incorporating the Mind-Up Curriculum into the daily schedule. Students learn to self-regulate behavior and mindfully engage in the focused

concentration required for academic success.

During the day, classes come outside for physical education with their teachers and also take part in a standards-based physical education, which is taught once a week by certificated teachers. They work with students in first through fifth grades on teamwork, cooperation, and physical activity.

Students have the opportunity to continue exercising their bodies and minds after school by participating in enrichment classes, such as a dancing, basketball, soccer, Spanish, and healthy cooking. Students in third through fifth grades enjoy participating in the annual Battle of the Books competition, working collaboratively with their peers on Washington's Battle Botz Lego Team, or challenging friends to games in the chess club.

As you can see, the Explorers understand the importance of living a healthy lifestyle every day. Because of their efforts this year, Washington received the Alliance for a Healthier Generation 2015 Silver School Award. Washington students and their families are making wise lifestyle choices that promote healthy living, thanks to the help of the Washington staff, PTA, Redondo Beach Educational Foundation, Beach Cities Health District, and our surrounding school community.

Healthy bodies plus healthy minds equal great students at Washington Elementary School. Go, Explorers!

Winter Words 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 November 13, 2015.

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

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GINGERBREAD	SNOWFLAKE
HOLIDAYS	SNOWMAN
HOT CHOCOLATE	SOLSTICE
ICE SKATES	SOUP
ICICLE	TOBOGGAN
MARSHMALLOW	UMBRELLA
MITTENS	VACATION



Lucy's Book Review



Lucy Davis

Interesting!

Finally

Author: Wendy Mass
Rory begins getting rid of the things that remind her of being a kid. She throws out her stuffed bear,



Throckmorton, tears down Snoopy posters from her walls, and other things all because she can't wait until she's twelve. She has a list of exactly what she wants to do when she is twelve. Ride an upside down roller coaster, wear makeup, get a cell phone, and the list goes on and on. But everything changes when she is saved from a drain pipe.

This is a story about a girl that wants to grow up too fast. Throughout the story she experiences things that help her realize that maybe being a kid a little longer isn't such a bad thing after all.

I give this book four bookworms out of five. It's a good book. However, I wasn't rushing home to read it every day.

Lucy Davis is a 4th grade student at Beryl Elementary in Redondo Beach. Besides reading, she enjoys riding her bike, theatre, and playing guitar. Lucy will rate the books 1 to 5 bookworms with 5 being the best.



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Contest!!

Our office tortoise, Cheeseball, is celebrating Thanksgiving. When you find him in this issue, email the **page number** to:

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Parent To Parent



Jodie Lynn

Difficulty Reading and Comprehending

What is the best way, teaching tools or system to teach our five-year-old twins how to read, understand what they've read and be able to share the information with others? They both stutter a little and are aware that they are slightly different from their friends, which we are assuming is part of the problem.
—Concerned Parent

From Jodie:

Your twins are at an age that most experts say is a good starting point for developing reading and comprehension skills. Prior to age five or six, there are specific neural connections that are not formed that allow children to decode printed letters and remember them later. For those that do actually read, retain and communicate what they've read before this age, it's usually done on their own with a little help from mom or dad. For example, reading to children is still one of the very best ways to get kids interested in reading, inspire their imaginations and establish a love in them for books. The perfect place to start is with alphabet books, songs, videos, CD's and DVD's.

Start the process as early as possible. With the stuttering challenge, check with the school speech pathologist to see what may be available or have a private one check them out. Two Web sites you might want to check out are stutteringtreatment.org and www.stutteringhelp.org.

To share parenting tips or submit questions, write to: Parent to Parent, 2464 Taylor Road, Suite 131, Wildwood, MO 63040. Email direct2contact@parenttoparent.com, or go to www.parenttoparent.com which provides a secure and easy way to submit tips or questions. All tips must have city, state and first and last name or initials to be included in the column.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. Her column Parent to Parent™ (www.ParentToParent.com) has been successful for more than 15 years. She is a regular contributor to several sites and has written four books and contributed to three others, one of which was featured on the Oprah Winfrey Show. She has authored several 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 for details on new radio talk show, *Inside Parenting Success*.

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Note-ables



Kate Karp

A Real Treat!

Oh, I have a treat for you.

Her name's Ashli Christoval, and she grew up in a household a-rock with New Orleans jazz and Caribbean rhythms. Christoval's voice rings with the clarity of Ella Fitzgerald and the genial delivery of Ella Jenkins, the "First Lady of Children's Folk Songs." With Ella everywhere, this CD got it good, and that isn't bad.

Bon Voyage is one of the most listenable children's collections—or collections, period—that I've heard. The songs may be child themed, but the music itself could check in at Jazz Fest. I listened to it three times—once to get the gist and twice more just to dig it. Choosing highlights was next to impossible.

In the Jenkins spirit, "Hop to School" demands classroom or group pantomime, but it's also Fitzgerald in every way with New Orleans backup brass played by the band and Jazzy Ash herself. Every song has something to offer and a style to expose a child to without being deliberate about it. Zydeco? "Leap Frog" is all that. Muted horns? "Bubbles" floats on them. "Firefly" evokes Cab Calloway and "Minnie the Moocher," and "Tandem Bike" takes a concept and runs—or pedals real fast—with it.

OK, maybe there *is* a highlight. Put on "Heebie Jeebies," and suddenly you're in 1935, watching a grainy black-and-white movie featuring a beautiful singer backed up by Louis Armstrong and his Hot Five. And you can see it for real in Jazzy's "Heebie Jeebies" video on her website, www.jazzyash.com. Lovely little lagniappe for a boo-coo excellent CD!

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



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A Bit of History

Music in History

By D. H. Coop

I remember my first years in school with finger painting, drawing and music. The class would listen and sing songs together, playing with blocks wrapped in sandpaper and striking triangles and other instruments to accompany our songs. My teachers exposed us to classical music with the *Surprise Symphony*, explaining the story behind it. Then around third grade, the art and music stopped, the students with the best voices joined choir, and those interested in art took art classes. What I liked about the art and music were the stories behind their creation.

Later as I became an adult, I started to notice that some of the songs I sang in school were tunes that were reworked. In the 1960s, my uncle could not believe what they had done to “I’m Going to Sit Right Down and Write Myself a Letter” from the 1930s. Some of the rewrites were unknown to my generation, such as “A Paper of Pins” from the colonial days that was redone as “The Bus Stop Song” and “Mockingbird,” about the price of love. Then with rock ‘n’ roll came the civil rights movement.

Music before rock ‘n’ roll fell into groups. At the top was popular music and classical that was mainstream. All other ethnic music was called race music. Elvis changed the music world in the 1950s. Yet he was not the first. Back in the 1840s, Louis Moreau Gottschalk introduced a sound that mixed European and African slave sounds from the parks of New Orleans. “Le Banjo” is Gottschalk’s attempt to make the piano sound like the banjo, an instrument developed by slaves. That sound can be found in Scott

Joplin’s “The Entertainer,” which seems to be a favorite melody of ice cream trucks. Joplin’s sound became known as ragtime, and it turned into jazz, which spread out of the South into cities in the North after the Great War.

Aaron Copeland took the sound and introduced it into classical and big bands, which turned it into swing. After World War II, big bands fell out of popularity. Bill Haley and the Comets hit the stage with “Rock Around the Clock,” which brings us back to Elvis the King.

Elvis is not the one I want to use to demonstrate the value of music in history, although he played a major role. Instead, I want to mention Johnny Cash and his influence on country music. Country music groups before Cash did not include a drum player. Cash’s songs all sounded the same to me. Then I learned the stories behind some of his songs. “I Walk the Line” introduced the drum into country music. He made the drum sound by placing a piece of sandpaper under the strings of his guitar. Then with “Ring of Fire,” he introduced the Mexican trumpet into country music.

Rock ‘n’ roll went on to play a very important part in the civil rights movement and the Cold War. Rock ‘n’ roll went to the Soviet Union, where individuals cut tracks on x-ray plates to copy songs of the Beatles and others from the West. Then during the protests in the 1990s in China, Cui Jian sang “Yi Wu Suoyou” (“Nothing to My Name”) in rock ‘n’ roll. In this country, Billy Joel’s “Allentown” as well as his “We Didn’t Start the Fire” is an indictment against the Greatest Generation for broken promises.

So the next time you hear a song, it may not be just a tune and words. It may be social change, protest, a story, just entertainment or part of the historical picture.

College 4 Less



Susan D. Marshall

Letters of Recommendation

Things you can do to tip the scale.

When it comes to getting financial aid, scholarships, merit money you will receive some of your best offers from the more selective colleges. That being said, they also have a more rigorous application process. Getting letters of recommendation is part of the process.

Select teachers who know you over a dignitary that may not. Most likely, you will receive a stronger letter of recommendation that stands out from the rest.

Help Teachers and Counselors Help You

Make sure you arm your teachers/counselor with transcripts, a bio or brag sheet about yourself. Attach a project or some outstanding work that you did, possibly, in their class.

Make sure you are prepared in how you handle the situation.

Let them know that you don’t expect to see the letter. You need to give them the various forms they will need and envelopes already addressed to each of the schools where they are to send the letters.

You then want to make sure to follow up with thank you notes of appreciation. Teachers are not required to write letters for you. Counselors are. Both are more than worthy of the extra gratitude for their efforts.

You will shine all the more for the person you are.

Susan both educator and advisor specializes in college planning. She helps families save for and pay for college. If you have questions you would like answered in a future article contact her at Susan@College4Less.com or www.college4less.com

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