

**FREE**

# School News

*Education + Communication = A Better Nation*

**Covering the Redondo Beach Unified School District**



Volume 10, Issue 92

November 2016

## Team Jefferson at the Pier to Pier Walk



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## Superintendent



### Attending College

**Dr. Steven Keller**

There is an expectation in our home that our nearly six-year-old daughter, Sloan, will go to college. Just ask her, and she'll tell you without blinking an eye—this has always been the expectation. I feel this same way about the 9,500 students in the Redondo Beach Unified School District (RBUSD). All students should have the right, be prepared,

and feel the support to attend college or university and to continue their education. RBUSD believes this is the right of each child, though we realize some parents may feel differently.

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

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

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

## Board of Education



**Madison Laster**

*Student Member*

### Celebrating the Arts

Redondo Union High School (RUHS) offers an extensive and impressive range of art programs. RUHS has an inspiring Visual and Performing Arts Department, including jazz band, wind ensemble, marching band, choir, ceramics, media art, and photography. The Drama Department also presents an annual play and an annual musical. In addition to our curriculum-based programs in the arts, RUHS has plentiful student-run art outlets on campus.

Currently, our Drama Department is in full preparation for the upcoming productions! This fall the Drama Department is producing "The Dining Room" by A.R. Gurney, under the direction of our new drama teacher, Melissa Staab. Tickets for the fall production go on sale soon, so make sure to get your tickets! "The Dining Room" will have showings on December 8, 9 and 10 at 7 p.m. and December 10 at 2 p.m. Our Drama Department also has a Comedy Sportz Team, that competes in improvisation-based comedy competitions throughout the year. Look out for their upcoming competitions, because these hilarious evenings are full of unexpected skits, special guest involvement, and crowd suggestions!

The band and color guard are off to an tremendous start to their competition season! The band earned first place for band and first place for percussion and even earned the highest scores of the night to earn the Sweepstakes Award in general and visual effect! If you haven't already seen the band and guard's amazing halftime show, check it out at our next football game in the Sea Hawk Bowl!

RUHS's art classes include ceramics, media arts, and visual art courses. The hallways in the Science and Art Building actually have shelving units to display all the wonderful artwork produced by our very own RUHS students. The Art Department usually hosts an annual showcase presenting all of the students' hard work. Our art classes incorporate professional topics, including surrealism and linear perspective. Our art students are so impressive, they even win contests, including the Rotary Art Contest and the PTSA Reflections Contest!

RUHS has over 100 clubs, many in the art field, such as the Fashion Club. Our dance clubs on campus perform at school events and all-school rallies! Last week we had an amazing performance at the fall rally by all three dance clubs: B Boy, New Era Kidz, and Salsa.

Student involvement, the arts, and RUHS have a strong connection and continue to thrive! Support the art programs by attending their events and spread the word to keep the arts alive at our school and in our community.



**Kay Coop**  
Founder/Publisher



*Netragrednik*

After reading this issue you will definitely feel the need to go for a jog, brisk walk, read a book or volunteer. As Dr. Keller writes about in his article on page 3 students need to be socially, emotionally, academically and physically prepared for college. I might add that includes life in general. Today's world is fast-paced and far different than it was even last year. You will enjoy articles in this issue about being Fit for Life, Developing Good Sleep Habits, Classroom Activities Break and Brain Breaks. If you have ever sat at a computer for several hours, you know how difficult it is to have the same concentration that you started

with. A simple walk around the block, breathing some fresh air or just moving will help concentration. It is wonderful the teachers know this and include fitness as part of the classroom routine.

In this issue you will read about coding in kindergarten...it makes you want to go enroll now! Technology in the classroom and in life is a reality. I am hopeful our young scientists will discover a way to disconnect cell phones when a car engine is running. I can certainly remember the inconvenience of stopping at a pay phone to make a call, but there must be a happy medium (Topic for another time). Happy Thanksgiving!

# School News

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Covering the  
**REDONDO BEACH UNIFIED SCHOOL DISTRICT**

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## ECC INVITES YOU TO COLLEGE NIGHT!

Please join us anytime  
between 5:30 and 8:30 p.m.  
**Wednesday, November 16**

- Learn About ECC Programs and Resources
- Tour the Campus
- Attend Workshops:  
Financial Aid, Honors Transfer Program,  
Student Life, Athletics, and Career Planning

RSVP: [www.elcamino.edu/collegenight](http://www.elcamino.edu/collegenight)



# EL CAMINO COLLEGE



16007 Crenshaw Boulevard, Torrance, CA 90506

## 'Walking School Bus' Steps Out for Sixth Year

By Kerianne Lawson, BCHD Director of Lifespan Services

On October 5, mayors, police officers, city council members and school officials laced up their sneakers and hopped aboard dozens of walking school buses to help escort hundreds of local elementary school students to class. These early morning jaunts marked the sixth annual launch of the "Walking School Bus," a program started by Beach Cities Health District in 2011 to increase physical activity and lower childhood obesity in grades K-5.

This year, the Walking School Bus program includes more than 30 routes to nine elementary schools, eight of which are in Redondo Beach. The routes are carefully mapped by a committee that includes law enforcement representatives and are staffed by trained parent coordinators and BCHD volunteers who ensure the students arrive safely and on time each morning.



The Walking School Bus is open to all students currently enrolled at participating schools, and registration is required. To sign up, volunteer or learn more, visit [bchd.org/walkingschoolbus](http://bchd.org/walkingschoolbus).

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## Upcoming Golf Fundraiser



**Ted Craddock**  
President

Please join Redondo Beach Mayor Steve Aspel on Monday, November 14th at Skylinks Golf Course in Long Beach, California for a superb day of golf and camaraderie in support of public education. All proceeds directly benefit RBEF and RBUSD. The proceeds will be used to fund and sustain programs that were implemented back in the 2011-12 school year, as well as for new programs brought on by the changing curriculum that continue to bring value to the education of Redondo Beach students. RBEF is rooted in the belief that the best opportunities come from creating the most well-rounded children, therefore providing the foundation and support for the whole child.



The tournament is for all levels of golfers alike. There will be an opportunity to win a car at a Hole In One; Best the Mayor shot and other on-course challenges.

Reserve your spot today!

Contact [david@rbef.org](mailto:david@rbef.org) for registration.

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## RBUSD Alternative Education



**Sue Hall**  
Principal

### Realizing Greatness: College for All

Our Redondo Shores and Independent Study students are realizing their greatness and getting ahead by attending college courses. This school year, El Camino College (ECC) is offering two classes on the Redondo Shores campus: public speaking and administration of justice.

When we asked our students about their experience, the response was overwhelmingly favorable. Dylan U. commented, "This class has given me a new perspective on the way we communicate." Maraya H. said, "I love that I have found more confidence within myself." And as Austin G. summed it up, "It is harder, but that's the point, right?"

Our strong alliance with El Camino College benefits our students in many ways. An educational advisor from ECC assists students with enrollment, reviews entrance exam scores, and offers course recommendations. ECC finances campus tours, provides concurrent enrollment, and grants our seniors priority registration.

In addition, ECC generously awards a Shores graduate with a \$2,000 scholarship. We encourage our students to take advantage of these unique opportunities.

To further assist our students with college and career readiness, we are also offering a new Academic Scholar's Workshop course. This class is designed to develop strengths, help create and maintain academic goals, and



**Redondo Shores and Independent Study students attending an El Camino College course on the RSHS campus**

guide exploration of college and career pathways via online learning. Students produce a Transition Portfolio and will experience filling out job applications, generating a resume, and participating in job interviews.

Anthony S. comments, "The class is helpful, as I get different career perspectives. It also teaches me how to find the perfect college." Daisy A. states, "Academic Workshop allows me to set goals for possible school and career pathways; it's good guidance." We know that if we build up their skills and develop their confidence, our students are more likely to succeed in college. Every year our goal is to better facilitate this transition.

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

## RBUSD Child Development



**Theresa Van Dusen**  
Director

### What's Cooking?

*By Lila Osipov,  
Site Supervisor*

Introducing cooking at a young age has many benefits. Teaching students to cook gives them a boost in confidence, exposes them to healthier foods, provides the curiosity and motivation needed to explore different concepts, and can assist in developing crucial math skills. Students get to see how math has a practical application in the real world by engaging in authentic tasks such as counting, measuring, weighing and keeping track of time.

At Birney Child Development Center, our third- through fifth-graders engage in a variety of fun cooking lessons. Mrs. Dessert, the CDC teacher for that age group, provides monthly cooking lessons for our students, and it is amazing how quickly a classroom can turn into a kitchen lab! Students are quickly and readily engaged by kneading, tossing, pouring, smelling, cutting and feeling foods. During their time at CDC, students have created some very delicious food items like turkey wraps, sweet corn, and enchiladas de pollo con salsa verde. Yummy!



**Boston Baked Beans, Yumm**

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310/798-8683x1312, 1321 • [www.rbusd.org](http://www.rbusd.org)

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

## Telemedicine...Virtually Bringing Pediatric Experts to You



**Steven Jensen, M.D.**  
*Medical Director,  
General Pediatrics,  
Miller Children's &  
Women's Hospital  
Long Beach*

Children and adults are different and so are their health care needs. Many children's illnesses are rarely seen in adults or affect kids differently. That's why children need access to Miller Children's & Women's Hospital Long Beach — a hospital with pediatric specialists dedicated exclusively to the quality and compassionate care of kids.

Only five percent of all hospitals are children's hospitals, making them unique not only to children's health care needs in the community, but across the region.

Miller Children's has embraced new technology to help close the gap in access to pediatric specialty care. Telemedicine is the use of medical information exchanged from one site to another via electronic communications to assess and treat patients. Telemedicine includes a variety of applications and services using two-way video, wireless tools and other forms of technology.

Miller Children's is virtually connected with two other MemorialCare Health System hospitals in Orange County – Orange Coast Memorial and Saddleback Memorial.

Through telemedicine, emergency department physicians at Orange Coast Memorial and Saddleback Memorial can now contact the pediatric specialists at Miller Children's for consultation at the push of a button.

The telemedicine console features advanced video teleconferencing technology, just like Skype™, that allows Miller Children's specialists to have a two-way conversation with patients and the physicians who are miles away. The console also give specialists access to diagnostic capabilities, such as x-rays and blood work.

Telemedicine results in faster access to medical management, creating better outcomes and convenience for patients and their families without a children's hospital in their community.

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## RBUSD Educational Services



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

### The Power of Choice

The secondary years can be daunting. If you are the parent of a middle or high school student, you have likely wondered what kind of peer, academic, or emotional pressure your child will encounter. How will he or she respond to such pressures, or cope when things don't go his or her way? What kind of choices will he or she make when you're not around?

Making choices is powerful, yet can be intimidating. The Power of Choice is a workshop designed for all secondary parents and students. Come learn strategies to help your child navigate the secondary years and make positive and healthy choices. Speakers will include former Redondo Union High School Principal Dr. Nicole Wesley; RUHS counselor Aaron Schonberg; marriage and family therapist Greg Allen; and our Redondo Beach Police Chief Keith Kaufman, who will speak from the perspective of a RUHS parent. They will share the different types of pressures our students

encounter, warning signs to look for, and effective ways to support students together.

More importantly, our parents can walk away with ideas and strategies that will help keep the lines of communication open with your students through high school and beyond. Learn about the common characteristics of students who do make positive and healthy choices, despite the pressures they encounter day to day. Let's also talk about why students adamantly say "no" to negative situations and "yes" to healthy peer relationships when others struggle with such choices.

This event is just as much for you as it is for your student, so bring him or her along. They will also have the opportunity to hear from their own peers who conscientiously stayed on the road to success, albeit a bumpy one at times.

We hope to see you on Thursday, November 3 at 6 p.m. in the Perras Middle School cafeteria. Refreshments will be served.

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

## South Bay Adult School



**Dr. Anthony  
Taranto**  
*Director*

### Art and Music

At South Bay Adult School (SBAS), we believe that continual learning is essential to fulfilling human potential. To that end, we strive to create a customer-centered environment for meaningful, enjoyable, and affordable classes that reflect the ever-changing goals and interests of our community. Therefore, SBAS is committed to offering community-based classes designed to promote learning and social

development as well as to improve the quality of life for students of all ages. We offer a wide-range of workshops and classes designed for personal enrichment, professional development, and increasing body and mind health.

Our art classes are ideal for both beginners and more experienced art students. In our basic techniques class, students learn to use drawing and colored pencils, pen and ink, and blending tools. In basic step-by-step techniques, students explore color blending and mixing paints with acrylic paints. Shading, blending, highlights, shadows, still life, atmospheric perspective, one-point perspective,

and composition are the focus in intermediate drawing. Students learn different techniques and methods of drawing with pastels and the theory of application and color. Additionally, we offer a youth drawing and painting class for seven- to 12-year-olds. Students use their imaginations while learning basic drawing techniques to create cartoons and other drawings with pencils.

Musicians of all skill levels can experience a variety of inspiring and fun programs. Using the classical style, beginning guitar teaches students guitar techniques, how to read guitar music, and hand positioning to play pieces, chords, scales, and arpeggios. In intermediate guitar, students work on sight-reading skills and finger-picking styles with songs of their choice. At SBAS, you can also learn how to play the ukulele by ear. Students learn the basics listening and strumming techniques as well as notes.

Registration for classes is easy and convenient. Visit us at [www.southbayadult.org](http://www.southbayadult.org) and sign-up today.

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# Happy Thanksgiving!



## Adams Middle School (6–8)

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



**Lisa Veal**  
Principal

### Greatness Realized

Adams Middle School has a well-earned reputation for being a diverse, inclusive campus whose school community is achieving greatness on a daily basis. Recognition as a California Gold Ribbon School, a California Business for

Education Excellence (CBEE) Honor Roll School, an Alliance for a Healthier Generation Bronze Award recipient, and a SoCal Environmental Excellence Development (SEED) Award winner are just a few examples of the recognition our students, teachers, staff, and parent community have received. These accolades honor the exceptional work our school community has accomplished as we achieve greatness.

Adams services a diverse group of high-achieving learners, including English language learners, students with special needs, and economically disadvantaged learners. Our work begins with recognizing the importance of making positive connections and developing personal relationships with each and every student. Students are seen as individuals, and we pride ourselves on the open



**Two students collaborating on a math presentation**

and welcoming school community we have established. We truly value the “whole child,” and much thought and effort have gone into developing programs that support students’ social, emotional, and physical wellbeing.

Adams is also proud of the high-caliber, engaging teaching that is occurring daily. Our teaching staff is collaborative in nature and works

incredibly hard to design learning experiences that will both challenge and enrich our students. Data analysis and ongoing communication have become the norm as our teachers strive to differentiate instruction to ensure students’ individual needs are met.

Technology plays a key role in the quality program we offer. Our school community has embraced 21st-century learning and the district’s one-to-one netbook program. As you enter our classrooms, you will see countless examples of purposeful, relevant technology use to enhance instruction.

Adams realizes greatness daily by embracing inclusion, by focusing on the whole child, and by designing an educational program that is second to none!



**Adams students showing their school pride**

## Alta Vista *Elementary* (K–5)

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



**Susan Wildes**  
Principal

### Coding in Kindergarten?

When walking into a roomful of kindergarteners, there are a few things you automatically expect to see: students attentively listening to the teacher in a semicircle, the teacher leading the class in song, students working in collaborative groups to illustrate the plot of their latest family adventure. These are all great fundamental

activities that set the tone for learning in the primary level. However, when you walk into Alta Vista's kindergarten classrooms, be prepared to witness something a bit different.

Though you might see students grouped into traditional collaborative groups illustrating and engaged in conversation, you also might see five-year-olds walking about holding tablets, scanning QR (quick response) codes, and listening to their story while also watching it on their tablets. This actually can be seen in classrooms throughout



**Austin and Brady use the QR codes to listen to books online on their handheld tablets.**

RBUSD, and it didn't happen overnight. It was made possible by the 2012 local Measure Q, a general obligation bond that has made technology in the classroom a reality. This push toward a 21st-century classroom has been a collaborative effort between Redondo Beach residents, the school board, the administrators and the educators.

Teachers on special assignment (TOSA) continue to develop ways to implement the use of classroom

technology, like QR codes, which provide access to audiobooks and instructional materials. According to Kari Hammerschmitt, a TOSA for RBUSD, these QR codes are an excellent way to enhance your Daily 5 instruction, literacy stations and reading centers. Codes include worksheets for students to complete once they have finished listening to the story. Teachers can cut the QR codes and place them on a ring, post them on a bulletin board, or project them for students to scan.

It was evident when walking into Alta Vista's classrooms that local Measure Q continues to clear the path to the development of the 21st-century classroom in Redondo Beach.

## Beryl Heights *Elementary* (K–5)

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



**Karen Mohr**  
Principal

### Continual Commitment to Excellence

The last few months have been busy around Beryl. Our partnership with our PTA has been a key element in our daily focus to learn and become model citizens. They provide field trips, great assemblies that emphasize good character, and fun family nights for our students and families. Our Redondo Beach Education Foundation is a key resource for our schools, as they

have provided many opportunities for our students in our college-going culture, science and band.

Thanks to Beach Cities Health District, Beryl students thrive in our Live Well Kids program, where exercise, gardening and nutrition are a part of our routine throughout the grade levels. Students have the opportunity to learn about new foods and work with parent docents who teach students about the components for a healthy lifestyle. BCHD has also supported our Walking School Bus, which includes three routes to our campus to encourage children to walk to school during the week. Thanks to the support of great partners and our PTA, Beryl reached the Gold level and is now one of the healthiest schools in the nation.

In order to keep our parents and community informed of important events at Beryl, our website continues to be



**Beryl students and principal showing off their college wear.**

a wealth of knowledge. It contains our yearly calendar, teacher information, important links to grade-level standards, nutrition information, lunch menus, handbooks for the district and the school, and pictures that bring a smile to your face, and it also brings the experiences and opportunities of being part of the Beryl Bunch to life. Check out our website and click on our schools to access Beryl, or come by and visit if you can—we would love to see you.



## Birney Elementary (K-5)

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



**Mira Baskaron**  
Principal

### A Physical Fitness Journey

One thing is for sure: Birney Elementary School students are on a continuous journey to physical fitness. Daily, students can be observed engaging in activities that they enjoy and that are good for their health. Here at Birney, and across the district, we are on the journey to teach the whole child. Physical activity and wellness are important components in making sure our students

learn to take care of their health.

One way that we promote health at Birney is by having a yearly jog-a-thon. Birney students look forward to this annual event. Birney students attended a kick-off meeting in October, where they learned what the jog-a-thon is all about and were introduced to our goal and the timeline of events. The jog-a-thon is scheduled for Wednesday, November 9.

This important event not only raises money for enrichment programs and opportunities across campus, but it also promotes healthy habits. This wonderful event is organized by Birney's amazing PTA and run by many volunteers.

Also as part of our continued effort to promote health,

we will incorporate activity breaks in our classrooms. Beach Cities Health District is training the staff to facilitate this practice. Students need activity breaks at various times within the instructional day to allow them to be engaged in their optimal learning zone. We are excited to support their physical and academic growth.



**Birney students participating in the 2015 Jog-a-thon.**

**SumDiceyFun.com**  
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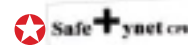
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**WHEN:** Thursday, November 10, 2016  
4:00 p.m. to 5:00 p.m.

**WHERE:** South Bay Adult School  
3401 Inglewood Avenue  
Conference Room A  
Redondo Beach, CA 90278

**FEE:** \$40.00 (register at [www.southbayadult.org](http://www.southbayadult.org))



**SBAS ADULT EDUCATION**  
Redondo & Manhattan Beach Unified School Districts

## Jefferson *Elementary* (K-5)

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



**Jeff Winckler**  
*Principal*

### Reaching for Greatness

We're proudly reaching for and achieving greatness at Jefferson! Thanks to lots of hard work and focus last year, our Dolphin students achieved awesome CAASPP scores! Each grade level that took the state test experienced growth from the previous year in math and English

language arts. Our students are scholars who learn all day, every day, and we're certain they'll make great gains again this year.

The Jefferson staff, students and parents are also committed to achieving greatness as a community. We embrace a family approach at our school, and we all work together to give whatever it takes to make every day great for our students and families. This is also evident in many special events that Jefferson holds, such as the Pier to Pier Walk and our Dining with Dolphins Nights.

If you'd like to participate in one of our upcoming events, visit the Jefferson website to see what's happening next.



**Jefferson's Dining with Dolphins**

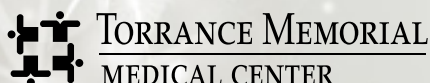
**Festival Trees  
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## Holiday Festival

**NOV. 29 - DEC. 4, 2016**

(Located in the white tent at Skypark Drive and Medical Center Drive)

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### PUBLIC EXHIBIT • BOUTIQUE SHOPPING

Tuesday, November 29.....1:30 - 3:30 p.m.  
Wednesday, November 30.....10 a.m. - 9 p.m.  
Thursday, December 1.....10 a.m. - 9 p.m.  
Friday, December 2 ..... Closed to Public  
Saturday, December 3 .....10 a.m. - 9 p.m.  
Sunday, December 4 .....10 a.m. - 4 p.m.

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## Lincoln *Elementary* (K–5)

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



**Jane Tasker**  
*Principal*

### Lincoln Lions are Physically Fit!

This summer I received a letter from the White House and Michelle Obama. The First Lady was writing to congratulate Lincoln on our 2016 “Let’s Move! Active Schools National Award.”

This accolade comes as no surprise, seeing that Lincoln School continues to maintain a strong physical fitness program as part of our whole-child education curriculum. We

understand that when young people are active they perform better in school, show increased focus, and demonstrate higher confidence. Our commitment is shown through the experiences that our students have on a daily and weekly basis, as well as in the number of activities that take place on our campus throughout the school year.

Each morning at the 8:10 bell, students participate in eight minutes of exercises to start the school day. With the help of some student leaders (and enjoyable music) these exercises are intended to get our students moving prior to the first few hours of in-class instruction. Also on a daily basis, our teachers are providing Classroom Activity Breaks as part of a pilot program by the Beach Cities Health

District. “Brain Breaks” (as we call them) offer a chance to get the wiggles out after periods of direct instruction and sedentary learning.

These breaks are short (five to 10 minutes), but they offer benefits that include increased productivity, energy, speed and accuracy, positive behavior, and academic performance. On a weekly basis, students also engage in standards-based physical education taught by credentialed P.E. specialists.

There are several special programs and events which take place during the school year that promote physical fitness. The Lincoln Running Club is now in its third year, and offers before-school running to students in grades one to five on Tuesdays and Thursdays. This provides good training for one of our most beloved PTA events, the Lincoln Jog-a-thon. Students in all grades proudly wear Jog-a-thon t-shirts and run laps to raise money for field trips.

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 is a fun-filled morning of physical activity, and an opportunity for students to receive fitness information as well as help a worthy cause. We are proud to promote physical activity at Lincoln!

## Madison *Elementary* (K–5)

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



**Drew Gamet**  
*Principal*

### Developing Good Sleep Habits

Physical education is one of the most important things we can teach our students in elementary school. In light of the current crisis that we have in childhood obesity, it is so important that our students’ education include teaching them how to fully enjoy an active lifestyle. Students need also need to be taught the importance of healthy eating habits.

Our partnership with Beach Cities Health District and all of the docent volunteers that teacher nutrition lessons as a part of the LiveWell Kids and garden programs help to make sure that students get these important lessons. Our students also have the opportunity to learn about mindfulness as a part of the lessons that their teachers employ from the Mind-Up program. However, even after

all of these lessons and programs, there is one important wellness lesson that only you can teach at home.

Sleep is one of the important factors that determines a person’s overall health and sense of wellbeing. The average elementary school student in the U.S. gets approximately 9.5 hours of sleep a night. However, experts recommend 10–11 hours per night. Having a television or other electronic devices in their bedrooms often distracts students from getting to sleep on time, reducing the total amount of sleep they get. Students who don’t get enough sleep often have difficulty concentrating, remembering material, performing tasks, or collaborating in groups as a part of their school work. Lack of sleep can also contribute to childhood obesity.

Please take the time to make sure that your child is getting plenty of sleep. It is one of the best life skills you can teach!

## Our next issue is December 7.

## Parras Middle School (6–8)

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



**Dr. Lars Nygren**  
Principal

### Fit for Life!

By Robby Jurafsky

Sun's up in Redondo. Bodies are in motion everywhere. Lacrosse is played on a freshly minted turf athletic field. There's a melodious clank of sticks from an intense round of street hockey. A basketball tournament takes place in a sparkling new gymnasium. Nearby, others cruise on elliptical machines, climb a rotating rock wall, and toss medicine balls in a state-of-the-art fitness center.

ESPN highlight film? Nope. These vignettes depict Parras Middle School students' daily activity of moving and benefitting from a structured program that promotes healthy living from middle school through adulthood. Research indicates that athletic participation directly links to greater self-confidence, promotion of natural resiliency, group problem solving, strategy building and higher academic achievement. At Parras, our dedicated team of PE professionals has developed a strong program that offers students regular access to all of this.

A mix of sixth-, seventh- and eighth graders in each class allows emphasis on peer support and modeling of skills as well as the State fitness standards. Students are introduced to a mix of both traditional—volleyball and

soccer—and non-traditional—over-the-line and paddle ball—sports in team and individual settings that are gender alike as well as co-ed.

Our annual March Madness tournament is a three-on-three basketball event. Each team features one sixth-, seventh-, and eighth-grader. Names are selected for the teams, which are placed in a bracket for pool play. Final rounds take place at lunch. This year's championship will be hosted in the gymnasium.

In our fitness center, the Panther Pit, music blares in the background as students seamlessly move through circuits that include weight stacks, dumbbells, a rotating rock wall, boxing, cardiovascular machines, and functional training with medicine balls, a slide board and balance equipment.

Students are assessed early in the school year to establish benchmarks and areas of growth based on criteria from State-mandated fitness standards. Individual goals are set, with all students held accountable for measurable improvement. FitnessGram's published results indicate that most of our students meet all six standards by year-end, more than double the percentage found throughout the state.

Whether students' future pursuits include participating in high school sports, being a weekend warrior, or simply going on laid-back outings with friends and family, they leave Parras prepared for a lifetime of active, fit living.

## Redondo Union High School

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



**Jens Brandt**  
Principal

### Ready for Anything

RU ready for the 21st century? This is actually a very difficult question to answer because it is not totally clear what the rest of the century will look like. However, there are certain learning and innovation skills that researchers agree are more important than ever before. Nonprofits like Partnership for 21st Century Learning are committed to supporting schools in creating programs that

develop these skills, which are commonly referred to as the 4Cs: critical thinking, communication, collaboration and creativity.

Just as with the social-emotional learning standards—see the *School News Roll Call* article in last month's edition—we polled parents about which of the 4Cs students need the most support in, and 55 percent chose critical thinking. This fits well with our focus this year on checking for understanding and gradual release of responsibility. Teachers are asking more questions and asking higher-rigor questions. This serves both to raise student engagement and to continuously assess and adjust instruction to maximize student mastery. Teachers are also decreasing lecture time while increasing cooperative



**Students are critically thinking as they predict and explain various phenomena in a lab in Mr. Lewis's Biology class.**

group time, which gives greater ownership of learning to each student. All of these efforts increase critical-thinking abilities, which is a top priority for RUHS in preparing students for success in the 21st century.

Interested in learning more about the 4Cs and 21st century learning? In addition to Partnership for 21st Century Learning, Edutopia created a great guide for parents that can be found on its website at <https://goo.gl/c3KbS5>.

Whatever critical issues we may face this century, RUHS graduates will have the skills necessary to succeed!



## Tulita *Elementary* (K-5)

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



**Dr. Tanaz Bruna**  
*Principal*

### Take a Brain Break!

Get your body moving, get your brain re-focused! Tulita is proud to have been recognized two years in a row by the Alliance for a Healthier Generation, a national organization which recognizes schools that encourage healthy, active lifestyles.

We know that physical activity is a great way to release those endorphins and keep our minds sharp. In addition to

the 100 minutes of physical education that our students get per week, each classroom also takes time during the school day for a “brain break.”

A brain break is a short period of time, perhaps during subject transitions, when teachers can get children out of their chairs and their bodies moving. It could also be in the middle of a challenging academic task. When we take a brain break, it refreshes our thinking and helps us discover another solution to a problem, or see a situation through a different lens. During these few minutes the brain moves away from learning, memorizing, and problem solving.

The brain break actually helps to incubate and process new information. Next time you or your children

are stuck behind a desk and working hard, take a couple of minutes for a brain break. You can take a short walk, do a few jumping jacks, or perhaps dance a little. You may find that it helps to refocus you and finish the task at hand!



**Tulita classrooms take brain breaks regularly during the school day.**

## Washington *Elementary* (K-5)

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



**Kristen Holm**  
*Principal*

### Keep It Moving

Our Washington Explorers understand how important it is to keep moving every day. They are encouraged to make wise lifestyle choices with help from their Washington staff, the PTA, and the Beach Cities Health District.

Each day our students participate in eight minutes of exercise to get their day off to the right start. Once a week they learn a dance to get their hearts pumping and toes tapping. Our students have recently enjoyed dancing the Cupid Shuffle, the Cha Cha Slide, and even square dancing. Students also take part in standards-based physical education subjects taught once a week by certificated teachers. They work with students in the first through fifth grade on teamwork, cooperation, and physical activity.

Our wonderful Washington PTA also plays a part in keeping our students active. You can find them on every



**Elijah starting off his morning with a running start.**

Monday, Wednesday, and Friday out on the field with our Washington Elementary Running Club. Students, parents, teachers, and siblings run or walk as many laps as they can and earn “feet” to add to their Running Club necklace!

Students also have the opportunity to continue exercising their bodies and minds afterschool by participating in enrichment classes such as basketball, tennis, and dancing. Students enjoy participating in an annual Battle of the Books competition, Battle Botz Lego Team, Math Olympian team, and challenging a friend to a game of chess in the Chess Club.

Lastly, Washington’s Walking School Bus “runs” two times a week on four routes, saving gas and helping relieve the crowded parking lot during drop-off. The Walking School Bus is sponsored by our partners at the Beach Cities Health District, and is just one more way students and parents can stay active together.

Washington Explorers are receiving a well-balanced physical fitness education and creating healthy habits, all while having fun at the same time. Keep moving, Explorers!




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## Redondo Beach Council PTA



**Raymur Sweeney**  
President

### Reflections Art Program

"What Is Your Story?" is the theme for the 2016-17 Reflections Art Program which has been bringing the arts to life for more than 10 million students since 1969. California State PTA and its members, families and kids 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
- Receive positive recognition for their original works of art.

All students are invited to participate and submit original artwork in one of six areas:

- Dance/choreography
- Literature
- Photography
- Film production
- Music composition
- Visual arts.

Artworks are submitted first to school-level PTAs, where they are first recognized, celebrated and judged by five grade-level divisions, while a non-judged Special Artists division celebrates student artists with special needs. School PTAs then choose a selection of entries to be judged by local PTA units, which are then sent on to councils and then districts for consideration. The final artworks submitted to California State PTA by districts are then considered for Awards of Excellence or Awards of Merit. Award of Excellence entries then go on to represent California in the final National PTA judging round.

State-level Award of Excellence honorees receive:

- The opportunity to showcase their artwork at the California State PTA Convention
- Prizes including an Award of Excellence medal, certificate and a \$100 savings bond presented on stage at the Convention
- An expense-paid trip for the award-winning student and one parent/guardian to the Convention.

State-level winners were recognized at the 2016 California State PTA Annual Convention and will be posted online soon. National-level Award of Excellence honorees are recognized at the National PTA Convention, plus their artworks are featured in Reflections' popular traveling national exhibit.

Please encourage your child to submit "their story" today!

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By Co-Chairs Gina Clancy &  
Erika Snow Robinson

We are so excited to be celebrating the 30th anniversary of SBHOA. Because of this amazing program our children have been able to receive art in their classrooms for 30 years! What an accomplishment, and it is all thanks to the amazing volunteers that help us run this program. Without people like you it just simply would not be possible. Thank you and let us have an incredible year celebrating! We have another 6 very colorful and fun projects for this year with works inspired by Modigliani, Hundertwasser, Metcalf, Pollack, the Eiffel Tower and even little clay monsters.

Can't wait to see with what creations our students, docents and chairs come up with this year!

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





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## Lucy's Book Review

### Sticks and Stones



Lucy Davis

Author: Abby Cooper

Elyse started middle school with her best friend Jeg, with a tiny fear. A condition that occurs whenever someone says anything about her (good or bad!) it appears on her skin.

It gets worse as Jeg is whisked away by the mean girls and she is suddenly all alone. That is, until blue notes started showing up in random places. Written by an anonymous person who wants to help, Elyse is motivated to put herself out there and try for her grade's most-wanted position, Explorer Leader; the person who is in charge of the biggest trip of the year. If she wins and the students all have fun, the compliments would look (and feel!) good, don't you think?

I give this book four and a half bookworms, because this story is really inspiring. The main character shows not only how to deal with bullies, but how to move on from mistakes.

Lucy is a fifth grade student that enjoys theater, playing guitar and singing. She's a Harry Potter fanatic and hopes to one day publish a series of her own. Lucy will rate the books 1 to 5 bookworms with 5 being the best.



## Contest!



These students are somewhere in this publication. When you find them, email the **page number** to:

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

Your entry must be received by January 15, 2017. From the correct entries, we will draw a winner to receive a \$20 gift certificate redeemable at Barnes and Noble.



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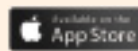
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Balance amount	Bonus	Balance amount	Bonus
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\$20,001 – \$30,000	\$200	\$50,001 +	\$500
\$30,001 – \$40,000	\$300		



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\*ScholarShare has received a Silver rating from Morningstar, making it one of the best-rated plans in the nation. In an annual review (10/20/2015) of the largest 529 college savings plans (64 total), Morningstar identified 29 plans that rose above their typical peers, awarding those plans Gold, Silver, and Bronze Morningstar Analyst Ratings for 2015. These forward-looking, qualitative ratings signal Morningstar's conviction in the plans' abilities to outperform their relevant benchmark and peer groups on a risk-adjusted basis over the long term. Morningstar evaluates college savings plans based on five key pillars — Process, Performance, People, Parent, and Price. For more information about Morningstar's overview of ScholarShare, go to [529.morningstar.com](http://529.morningstar.com). Past performance does not predict future results. Source: [529.morningstar.com](http://529.morningstar.com)



Consider the investment objectives, risks, charges and expenses before investing in the ScholarShare College Savings Plan. Visit [ScholarShare.com](http://ScholarShare.com) for a Plan Disclosure Booklet containing this and other information. Read it carefully. Investments in the Plan are neither insured nor guaranteed, and there is a risk of investment loss. TIAA-CREF Tuition Financing, Inc., Plan Manager. TIAA-CREF Individual & Institutional Services, LLC, member FINRA, distributor and underwriter for ScholarShare College Savings Plan. Taxpayers should seek advice from an independent tax advisor based on their own particular circumstances. Non-qualified withdrawals may be subject to federal and state taxes and the additional federal 10% tax. Non-qualified withdrawals may also be subject to an additional 2.5% California tax on earnings. Before investing in a 529 plan, consider whether the state where you or your Beneficiary resides has a 529 plan that offers favorable state tax benefits that are available if you invest in that state's 529 plan. Neither TIAA-CREF Tuition Financing, Inc., nor its affiliates, are responsible for the content found on any external website links referenced herein.