

**FREE**

# School News

*Education + Communication = A Better Nation*

**Covering the Redondo Beach Unified School District**



**Volume 12, Issue 110**

**November 2018**



**Redondo Beach Chief of Police, Keith Kauffman, and his family at the 2018 State of Education where he received the 2018 Education Advocate of the Year award.**

## **Board of Education**



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## From the District

### Safer Schools

Redondo Beach Police Department Chief Keith Kauffman received Partners in Education 2018 Education Advocate of the Year award on October 3, 2018. Chief Kauffman has led RBPD for three years and created a strong synergy between his department and the Redondo Beach Unified School District. As Dr. Steven Keller, RBUSD's Superintendent stated: "Chief Kauffman is

progressive in his thinking. He has transformed RBPD in a short period of time. Our schools are safer because of his leadership. RBPD has a stronger presence on campuses and the relationships the officers have created are positive and lasting. Our students, staff, and parents applaud the Chief and his team's dedication, diligence, and care. Our kids are indeed safer thanks to Chief Kauffman."

## Board of Education

### Our Outstanding Community



**Brad Serkin**  
*Presiding Officer*

Welcome back! We hope that all of the students, teachers, staff, and administrators of our exceptional district had a happy and healthy summer. As we move forward into this new school year, we continue to look at a bright and positive future for our district. We are excited to welcome to our district all of our new teachers, principals, and staff members at all sites throughout the district. This year continues one of growth, in both student and staff populations, and this brings lots of new and excited faces to our Redondo Beach Unified School District family.

Our school campuses continue to be improved, most notably the new classrooms being constructed at the high school, as well as campus improvements and fresh paint at some of our school sites. Classroom cooling has been completed at our elementary level and is partially completed at the middle schools and the high school. It is the Board's three-year targeted goal to implement classroom cooling throughout the district, though this is funding dependent. Bringing our temperatures down fosters a much better environment for our students. Last year and in years past, we have had 25 or more school days where temperatures have created an environment that made it difficult for students to learn. Feedback from the schools completed this summer has been nothing short of amazing!

Our schools continue to win awards for both academics and environmental awareness. Our solar project continues to yield tremendous benefits to our general budget as well as being more environmentally friendly. Our new Next Generation Science Standards (NGSS) roll-out is beginning, and our overall test scores continue to propel us in the right direction. We ARE a destination district, and we should all be very proud of our achievements as well as our beautiful campuses. Our district continues to thrive, and I believe the best from our district is yet to come.

A huge THANK YOU to all of our staff members for all of their HARD work and leadership, for doing whatever it takes to make our school district the BEST that we can be, and for their tremendous support over these past few years. The district is only as good as its staff, and I know we have one of the best groups of teachers, staff members, and administrators around. To our community, your generosity with the bonds that have been passed is greatly appreciated and is being put to great use! To our parents, your time and continued efforts to ensure your child's success have not gone unnoticed, and we THANK YOU for your time and support.

I am proud to be a parent and serve our community and this GREAT school district! Please volunteer and support your PTAs, donate to Redondo Beach Educational Foundation (RBEF), as they are the single biggest fundraiser and private outside supporter of our district. Most importantly, stay involved and volunteer in your child's classroom or at sporting or community events. As busy as all of our lives are, a few hours really do 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 Meeting Dates

##### 2018

**November 13\***

**December 11\***

##### 2019

**January 22 \***

**April 23\*\***

**February 12**

**May 14**

**February 26**

**May 28**

**March 12**

**June 11**

**March 26**

**June 25**

**\*Due to holiday/local holiday schedule, only one Board meeting in November, December, and April.  
(4/23/2019 – Organizational Meeting)**

**Redondo Beach Unified School District**

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





**Kay Coop**  
Founder/Publisher



# School News

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

**Covering the  
REDONDO BEACH UNIFIED SCHOOL DISTRICT**

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As the leaves turn with arrival of autumn and holidays are just around

the corner, we want to express how thankful we are for you, our readers, and the RBUSD dedicated educators.



We are also mindful of our men and women in the armed services and thankful for their service.

This issue

Thank you for your wonderful comments when you email your answers to our contests. (In February I'll surprise you with a new contest idea.) In the meantime, you still have time to enter the October word search and the November contest is on page 16.

Have a Happy Thanksgiving!

Our next issue is December 5, 2018.

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# El Camino College

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# Beach Cities Health District

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**Ali Steward, MPH**  
*Director  
Youth Services*

## Anxiety: Let's Talk About It

Being “stressed out” is part of our Beach Cities lexicon.

Sometimes, we wear it as a badge of honor, thinking it denotes productivity.

Sometimes, it does: “eustress” is the good kind of stress, which allows us to finish a challenging work project or complete an extra set of burpees.

But too much stress is hard on our bodies. This “distress” can cause physical problems like headaches, stomach problems and sleep problems.

It can also lead to anxiety, a feeling of worry or unease, typically about an imminent event or something with an uncertain outcome. Anxiety is the most prevalent mental health diagnosis among adolescents in the U.S.

In November, Beach Cities Health District (BCHD) and Redondo Beach Unified School District, alongside Hermosa Beach City School District and Manhattan Beach Unified School District, will screen the documentary “Angst” – a conversation about anxiety and normalizing this common struggle – part of the Families Connected Speaker Series. The screening will take place on Tuesday, Nov. 13 at Mira Costa High School Auditorium from 6:30- 8 p.m. Register at [southbayfamiliesconnected.org](http://southbayfamiliesconnected.org).

Licensed clinicians specializing in anxiety and depression will also be available after the screening to provide support to students and families. “Angst” is recommended for teens and adults, but may be too intense for younger viewers.

Also in November, BCHD’s Youth Advisory Council will host a Teen Mental Health Awareness Week (Nov. 13-16) at Redondo Union and Mira Costa high schools. During the week, students and school staff will be encouraged to wear purple as a sign of solidarity and pass out custom “snap bracelets” inked with an uplifting message of support for teen mental health. Student-led assemblies, resource booths, an art display and short video contest aimed at removing stigma are also in the works.

The council, which meets monthly at BCHD to brainstorm and pitch ideas around social-emotional wellness, is a key component of the Beach Cities Partnership for Youth – a growing coalition of more than 100 local health officials, educators, parent groups, civic organizations and law enforcement working together to improve mental health and reduce substance use in the Beach Cities.

For more information and links to resources and healthy parenting tips, go to [bchd.org/talk](http://bchd.org/talk).

## Redondo Beach Educational Foundation

409 N. P.C.H., #310, Redondo Beach, CA 90277 • 310/954-2004 • [www.rbef.org](http://www.rbef.org)



**Hanh Archer**  
*President*

## November is a Time of Gratitude

The Redondo Beach Educational Foundation is immensely grateful for the support the community has shown our schools.

This has been a record-breaking year for our Investor Drive. In our 30 day push we raised over \$601,000. THANK YOU! We are extremely grateful for the generosity of all our donors and the commitment of our dedicated volunteers. The real winners here are our RBUSD students who all benefit from this effort.

This year’s trophy for elementary schools went to Lincoln Elementary for highest participation among families and most dollars raised. Parras Middle School was awarded a trophy for most dollars raised and Adams Middle School was awarded the trophy for highest participation.

While the internal contest may have concluded, the fundraising efforts continue. You can donate through the end of the year and your name will included on the RBEF Investor Drive Walls: <https://rbef.org/annual-investor-drive/>. If you have already donated, you can still apply for a company gift-match. Details can be found on our website.

Our work is far from over and your support is always needed. The next RBEF Spring Gala will take place on Saturday, April 27, 2019 at the same location, the beautiful Portofino.

If you or your company would like to support the Gala by donating an item for the Silent and Live Auction, please contact [gala@rbef.org](mailto:gala@rbef.org).

Thank you for your support and participation!

**Say goodbye to acne.**

**Sheila Hedlund, The Skin Fairy**  
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# Redondo Beach Council PTA

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



**Patricia  
Harris DiLeva**  
*President*

## PTA: Advocacy is the Answer

There are many reasons why you should join PTA. Your membership dues help to fund the various school programs that PTA supports, such as Hands on Art, cultural assemblies, school buses for field trips and family engagement nights. And it's a great way to be kept up to date and informed on issues pertaining to your particular school site. These are all very good reasons to join, but the most important reason is: Advocacy.

Each and every PTA membership represents another vote, and this vote is not just for events happening at your school, but represents a voice and a vote for issues that affect all children, both here in California and, in some instances, across the country.

PTA is the oldest and largest volunteer child advocacy association in the United States. From universal kindergarten, to a juvenile justice system, to school lunch programs, national PTA advocates have been at the heart of the nation's greatest legislative advances for our youth. Founded in 1897, National PTA continues this legacy today by fighting for change in many areas, including:

- Family Engagement in Education
- Quality Education for ALL Children
- Adequate Funding for Education
- Child Health and Nutrition
- Safe Schools and Communities
- Fair Juvenile Justice Laws



But it's not just on a national level. In the state of California and right here in Redondo Beach, your state and local PTA are here to ensure that our voices are heard by the people in a position to make a difference.

Because each membership makes a difference, we encourage you to reach out and ask others to join as well. You don't have to have to be actively involved in a school in order to be a PTA member. Ask your neighbors and friends, grandparents, aunts and uncles to join. And parents of middle and high school students, encourage your kids to join the PTSA. More members mean more voices and the louder the chorus the more effective the change. Our new electronic membership makes it easier than ever to join. Visit <https://jointotem.com/ca/redondo-beach>. It'll take less than five minutes.

Remember, advocacy is the answer. Join PTA today.

## RBUSD Alternative Education

1000 Del Amo St., Redondo Beach, CA 90277 • 310/798-8690 • [rsrs.rbusd.org](mailto:rsrs.rbusd.org)



**Anthony Bridi**  
*Principal*

## WASC Accreditation

Every six years, accredited public school campuses are obligated to reflect and refine past practices to promote student learning and stay current with the educational needs of a global society. Redondo Shores High School has been going through the Western Association of Schools and Colleges (WASC) Accreditation process, and is aiming for another 6 year accreditation. Since the last

accreditation cycle in 2013, Redondo Shores has made some notable gains: consistent enrollment, expansion of programs and resources, and has continued to embed technology in course offerings for today's 21st century learners. The mission of Redondo Shores High School is to provide opportunities for ALL students to achieve their academic and career aspirations, and become successful and productive citizens. Our students are encouraged to tackle current and future challenges and to develop social and global awareness, civic responsibility, and personal growth so they will be active and informed members in the 21st century and beyond. We achieve this through our Schoolwide Learner Outcomes (SLOs) which are as follows:

Students: Demonstrate critical thinking skills in reading, writing, math, and technology and apply them in all subject

areas. Generate new ideas, processes, and products. Read, write, speak, and listen with organization, focus, and coherence.

Healthy: Demonstrate a sense of personal and social responsibility through positive decision making. Demonstrate awareness of a healthy lifestyle. Learn the importance of not only intelligence, but character as well.

Optimistic: Establish a positive outlook towards school, career, and life goals. Exercise rights and privileges of citizenship.

Responsible: Make decisions based on an examination of the situation and the alternatives. Peacefully resolve conflicts. Prioritize, monitor, and evaluate attendance and progress towards goals and objectives.

Effective: Establish and apply criteria to support judgments and opinions. Work in collaborative groups to achieve common goals.

Self-Directed: Explore educational opportunities after high school, while working towards meeting graduation requirements. Apply standards based learned concepts to everyday situations.

During the last WASC review in March, 2016, we have continued to integrate instructional strategies and assessments to further engage our learners, in addition to finding supports that assist our students to master standards based curriculum. We are looking forward to hosting the WASC Committee March 17-20, 2019.

## Jammed Finger. Could It Be Serious?



**Anna Acosta  
M.D.**  
*pediatric hand  
and upper  
extremity surgeon,  
Orthopedic Center,  
MemorialCare  
Miller Children's &  
Women's Hospital  
Long Beach*

Your child just smashed their finger in the door. Or maybe they caught a ball the wrong way. Now their finger is swollen and painful to move. These could be signs of a jammed finger, a condition that occurs when the finger is bent back or compressed at the joint.

As our kids become more active in sports and activities, jammed fingers become more common. When a jammed finger occurs, it can stretch or even tear the tissues around the finger joint, which can cause a sprain. However, if the impact on the finger is great enough, it can cause tendon damage or a bone fracture. Although the bones in the hand are small, a broken (fractured) finger is not a minor injury.

Signs of a finger fracture include:

- Swelling
- Tenderness
- Bruising
- Difficulty moving the finger
- Deformity of the finger

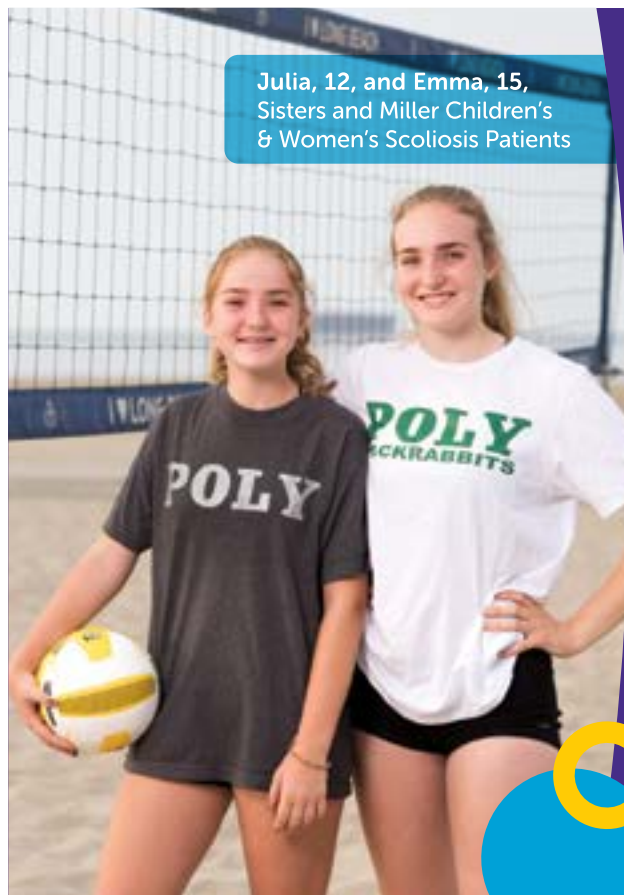
If you see any of these signs in your child, it's important to seek medical treatment to prevent permanent damage. Untreated sprains and fractures in the hand can cause long-term stiffness, loss of motion and arthritis.

There are several treatment options for fractured fingers depending on the severity, including splinting, casting, surgery and rehabilitation.

To determine if your child's finger is fractured, they will need an x-ray. Because a child's bones are smaller and still growing, they will look very different than adult bones. It's important to find a children's hospital and pediatric specialists, such as a pediatric hand surgeons, who are experts in treating kids with conditions affecting the hand, wrist, arm and shoulder.



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## RBUSD Educational Services

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

### School Connectedness. Why it Matters.

Young people who feel connected to school are less likely to engage in risky behaviors, including early sexual activity, alcohol, tobacco, and other drug use. Students who feel connected to school are also more likely to have better academic achievement, including higher grades and test scores, have better school attendance, and stay in school longer.

We can help students support their feelings of connectedness by doing the following:

- Convincing students they can succeed by giving specific examples of what success looks like, providing models with timely and constructive feedback to students as they work toward achieving goals.
- Arousing curiosity. We must capitalize on human beings' inherent sense of curiosity within our classrooms and our families.
- Encouraging originality. We must encourage, embrace, and celebrate originality and the unique characteristics that each student brings to our world.



**Middle School Students Engaged in Science Phenomena.**

- Fostering peer relationships. Having just one friend can be all the difference a student needs.

## RBUSD Child Development

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



**Theresa Van Dusen**  
Director

### Transition Tips

Transitions happen when children are asked to change from one activity or location to another, and they happen so often in the classroom that teachers are trained on how to best manage that time and prepare students in such a way that the process becomes less burdensome. Here are a few tips I've learned while working with children.

Tip 1: Take some time to understand what is happening when a child is asked to transition. In the bustle of our busy lives as we scamper between play dates, appointments, extracurricular activities, it becomes easy to forget that we need to spend the time to help children understand what it is they are doing, where they are going, and why. From the lens of a small child being whisked from one location to the other it can be a very confusing experience. After all, at each location there are new rules, different expectations for interactions with others, and - sometimes - no real sense of when a visit might end. All of these might cause a child (and many adults) to be reluctant and provide for a difficult transition.

Tip 2: Practice providing a framework for understanding or motivation. For example, it can be tremendously helpful to simply let children know what is happening next: "Andy, after we are done going to the store, why don't we go home and play a game?" There is a good chance we were going home anyways, but by framing it as a question and adding a dash of motivation, it gives Andy something to look forward to and may make the transition into the store and out of the store a bit easier. Maybe while we are walking down the aisles, we can extend this further by having a conversation about which game to keep him engaged.

Tip 3: Provide as much consistency as possible. Children can predict and remember routines very well if they are consistent. You can tell how consistent your routine is if your child notices a deviation and reminds you. If they can predict, then they can mentally prepare for it.



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# South Bay Adult School

3401 Inglewood Ave., Redondo Beach, CA 90278 • 310/937-3340 • [www.southbayadult.org](http://www.southbayadult.org)



**Dr. Anthony Taranto**  
*Director*

## Community Education

At South Bay Adult School (SBAS), we are committed to offering community-based classes that are designed to promote learning and social development as well as improve the quality of life for students of all ages. Our adult education fee-based classes in community education offer personal enrichment in the areas of art, music, foreign language, and health and wellness.

With classes at Redondo Union High School, Mira Costa High School, and the Jocelyn Center in Hermosa Beach, we have created a customer-centered environment for meaningful, enjoyable, and affordable classes that reflect the ever-changing goals and interests of our community.

In our art classes, students learn different techniques and methods in drawing with pastels, and the theory and application of color. In digital photography, students can gain the basics of understanding their digital camera and also strengthen their technical and creative skills in both fine art and commercial photography.

Are you looking for a dynamic way to end the day? Then explore Hathau. Students can unwind while learning mindful synchronized movement as they increase their



**Quilting at South Bay Adult School**

strength, flexibility, balance, and endurance. Beginning quilters can learn the terms and techniques used in traditional and modern quilting while completing their first quilts. Returning quilters can advance their skills by completing table runners, ornaments, purses, tote bags, etc.

Are you interested in teaching in community education? If so, SBAS is always looking for new and interesting classes to offer the South Bay Community. For more information, please visit [www.southbayadult.org](http://www.southbayadult.org) and click on About Us/Teaching Opportunities.

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# Holiday Festival

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## Adams *Middle School (6–8)*

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



**Lisa Veal**  
*Principal*

### **The ASB has Spirit**

The Associated Student Body (ASB) is well known for being a student organization whose primary purpose is to represent the goals and interests of the student population.

However, many people do not realize just how instrumental it is in establishing a positive school climate and culture. Our Adams Associated Student Body not only leads philanthropic efforts, it also develops student programs such as lunch clubs, encourages a great sense of school spirit, and acts as a voice of the student population.

The ASB is a vital component of the Adams community. In addition to encouraging academic success, we want to ensure that our students feel welcome, safe, and possess a sense of belonging. The ASB promotes programs like lunchtime clubs that allow the students to connect with peers with similar interests. It also supports other programs on campus, like intramural sports. Everyone is encouraged to find their niche.



**Sixth grade students excitedly line up  
for the ASB's Welcome to Adams Beach Bash.**

The ASB promotes school spirit through its many spirit rallies, school dances, friendly competitions, and more. Our students have a strong sense of pride in their school and want to promote the same in others. In short, they enjoy their peers, their school, and their community. When our students leave Adams Middle School they want to reflect back upon their middle school years with fond memories and know that they were a part of something special.

The ASB is also a service learning organization, and leads our school in several philanthropic events each year. It believes in giving back to others, and is a positive role model for our students as we strive to promote empathetic and charitable human beings. From organizing food drives to adopting shelters during the holidays, to partnering with outside organizations to collect much-needed funds to support their efforts, the ASB ensures that our school community will leave a lasting and caring impression on others.

We are proud of the ASB, and appreciate all that they do to help make Adams a welcoming, highly-spirited campus!

## Alta Vista *Elementary (K–5)*

815 Knob Ave., Redondo Beach, CA 90277 • 310/798-8650 • [altavista.rbusd.org](http://altavista.rbusd.org)



**Susan Wildes**  
*Principal*

### **Wellness at Alta Vista**

*By Andrew Estrada, Assistant Principal*

At Alta Vista Elementary School, when someone asks our students, staff, and parents “How are you doing?” you will often hear, “I am doing well.” This isn’t just a polite response. We really mean it!

In collaboration with our Wellness Council, Beach Cities PTA, Beach Cities Health District (BCHD), and our counselor, Dr. Stout, Alta Vista emphasizes the wellness of our students, staff, and parents. Extensive research has shown the positive effects of physical and mental health in developing children’s cognitive functioning and enhancing their ability to learn. From the BCHD-sponsored Walk to School Day to mindful lessons for students, it truly is a team effort to create a culture of healthy living to support our students’ success.

The Alta Vista Wellness Council has continued to strengthen its influence on the wellness of the students at Alta Vista. The Wellness Council provides room parents with healthy snack and party guidelines and parent education on health issues and continues to plan healthy and fun Field Days at Alta Vista. The council and

BCHD also select and recommend Blue Zones-approved restaurants within the community that offer healthy food choices when dining out.

To engage the community in wellness, BCHD completed its annual Walk to School Day on October 10. Parents, volunteers, BCHD staff, and local officials all laced up their sneakers to walk to school to promote healthy hearts and reduce the carbon footprint for one morning.

To address the mental well-being of our students, Redondo Beach Unified School District’s elementary counselors lead guidance lessons utilizing the MindUp curriculum. MindUp is a classroom-tested, evidence-based curriculum that fosters social and emotional awareness, while enhancing psychological well-being and promoting academic success. Dr. Stout leads these guidance lessons, which include topics such as how the brain works, mindful awareness, and mindful listening. The lessons help students to become resilient, focused, and mindful learners.

Finally, don’t forget to look for the weekly Wellness Wednesday newsletter. The newsletter contains community events, physical activities, effective parenting strategies, and healthy-eating choices.





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

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



**Karen Mohr**  
*Principal*

### Celebrating Gold

Every year the Alliance for a Healthier Generation analyzes the wellness and nutrition initiatives that our public schools across the nation are pioneering. The goal is for our schools to focus on reducing childhood obesity and bolster youth health education.

The 13 healthiest schools in the nation were recently announced, and Beryl Heights is one of them! We have implemented programs to make healthier food available, and have also worked hard to create spaces where both our students and staff members are encouraged to be active. We are also so fortunate to be partnering with the Beach Cities Health District. Because of our partnership, this is the second time in four years that Beryl Heights has received this prestigious award.

Our staff and students are committed to diligently preparing their minds and bodies through daily exercise, standards-based education, nutrition lessons, and Mindful

Breathing exercises and lessons. Our California physical fitness testing for the fifth-graders will also be taking place in March. They prepare throughout the year with all of the wonderful programs we have here at Beryl.

Through hard work and determination, it is evident that our students are both learning about fitness and keeping their bodies in good physical condition, especially because we exercise for eight minutes every morning! Our students are also learning the value of good nutrition and how it affects their minds and bodies, and helps them be successful in school and life. This year our Race to the Finish event, which is one of the big PTA fundraisers, will be taking place on December 7th. It showcases several obstacle courses for our students to complete.

At Beryl, our motto is to strive to be the best that we can be, to put forth our best efforts in all that we do, and to be successful in our endeavors. Our students are learning how life-long fitness, activity, and nutritional choices will impact their futures and help them become productive citizens.

## Birney *Elementary (K-5)*

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



**Mira Baskaron**  
*Principal*

### Developing Leaders

There is no doubt that there are many leaders among us in any school setting. Students thrive in an environment that supports them within their current capacity while helping them develop into leaders among their peers and the entire Birney Community.

Birney's Student Council campaign began in October with students in grades three through five attending an assembly where they learned all about the expectations for the various open positions within the school. The leadership positions included president, vice president, treasurer, secretary and public-relations officer. Students will be led through this journey by our student-council advisors Mrs. Hertz and Mrs. Cholakian.

Birney's student council representatives will be part of the Birney community in various ways, including planning special days for our school, philanthropy, promoting school spirit and unity, helping others who are in need, and serving as positive role models. Students will also be able to

share their ideas and understand all the components that come with leading their school into continued positive change. The president, vice president, secretary, public relations officer and treasurer will also be part of Birney's Wellness Council, where they will get to share ideas about the school's continued path in making healthy choices through food selection and exercise.

As Birney students embark on this journey of student leaders on campus, we must acknowledge all the students who ran for a student-council office or room-representative position. These candidates exhibited a great deal of courage by deciding they want to take on such a challenge. These students continued to work hard by writing speeches

and presenting in front of their class or in front of the student body. I am very proud of each student who was a candidate in this process.

Birney Bobcat students are not afraid to try challenging endeavors while giving their very best. Whether students were elected for a position, I am certain they have learned a valuable lesson of trying their very best despite the outcome.



**Courtney and Calum pose for a picture during the student council campaign.**



## Jefferson *Elementary* (K–5)

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



**Jeff Winckler**  
*Principal*

### Looking Good in the Neighborhood

Having a clean and well-maintained school campus is an essential factor in establishing a strong learning environment for students. When a school looks good on the outside, teachers and staff can get to the business of developing and growing students on the inside.

While the Jefferson campus has always looked good and been well taken care of, we had a number of school-improvement projects during this past summer that made our campus look even more amazing. Thanks to our school board and Maintenance and Operations Department, Jefferson was the beneficiary this summer of new exterior paint, classroom cooling systems, tree trimming across campus and power washing to many of our roofs.

We are grateful for the collective efforts of the many hands that helped make Jefferson look even better this fall and for years to come!



**Trimmed trees at Jefferson**



**Pressure washed roofs**



**New classroom cooling at Jefferson**

## Lincoln *Elementary* (K–5)

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



**Jason Johnson**  
*Principal*

### The Friendship Club

The Friendship Foundation helps children with special needs create and build bonds with their peers. Lincoln Elementary held their first Friendship Club in 2013, and it has been a signature program ever since. Students in upper grades volunteer during lunchtime to join students with special needs for games, activities and recess. Teachers and students work together to provide

support, encouragement and friendship to one another.

The aspect I enjoy most about Friendship Club is how it affects everyone involved. While our students with disabilities are learning things like conversation skills, turn taking and how to play basketball, our typical developing students are learning sign language, developing leadership skills and understanding that difference among human beings cannot be measured on a greater-than-or-less-than scale. With over 50 general-education and 20 special-education participants, the Friendship Club is by far the most popular club on campus.



**Lincoln Friendship Club students having fun!**



## Madison *Elementary (K-5)*

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



**Drew Gamet**  
*Principal*

### Healthy Lifestyles

Physical education is one of the most important things that 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 also need to be taught the importance of healthy eating habits.

Our partnership with Beach Cities Health District and all of the docent volunteers who teach nutrition lessons as a part of the LiveWell Kids and garden programs help to make sure that students get those important lessons. Our students also have the opportunity to learn about mindfulness as a part of the Mind-Up program. However, even after all of these lessons and programs, there is one important wellness lesson that can only be taught at home: sleep!

Sleep has been shown to be one of the important factors in determining a person's overall health and sense of well-being. 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.

One important factor that can reduce the amount of sleep students get is whether or not they have televisions or other electronic devices in their rooms that may distract them from getting to sleep on time. Students who don't get enough sleep may have difficulty concentrating, remembering material, performing required tasks, and collaborating in groups as a part of their school work. Poor sleep habits 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!

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

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



**Jonathan Erickson**  
*Principal*

### Students Doing Science

As curricula become more digitized every year, it is important to ensure that certain learning experiences remain hands-on. Such is the case with our new science curriculum, which has online, print and fully interactive lab components.

In class, Parras students are using modeling software on their Chromebooks and working in interactive notebooks. They are also doing lab activities such as simulating erosion by running water through a bin full of sand, called a stream table, and setting up real electrical circuits to investigate energy.

All of this aligns with the new Next Generation Science Standards (NGSS) that have been adopted by California and other states. NGSS emphasizes three dimensions of learning: crosscutting concepts such as cause-and-effect across science, science and engineering

practices, and disciplinary core ideas.

You can learn more about NGSS and the three dimensions at <http://www.nextgenscience.org/>.



**Students Lauren Storey and Lydia Roberts using a scope, information cards, and Chromebook to investigate minerals.**



**Students Lyla Fedio and May Le also investigating minerals, using a magnifying glass.**

# Redondo Union *High School*

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



**Jens Brandt**  
*Principal*

## RU Connected?

As we like to say, “Redondo Union High School (RUHS) has something for everyone!” From Reserve Officers Training Corps and athletics to robotics, theatre arts and more than 80 different clubs to our award winning band and yearbook programs, RUHS has so much to offer! We encourage our Sea Hawks to get involved, make a difference, overcome adversity, stretch themselves beyond their comfort zones, and actively participate in their school experiences.

Believe it or not, research shows that achievement in school activities is a greater predictor of success in life than grade-point average and ACT scores. In fact, students who are involved in extracurricular activities, including athletics, clubs, the arts, and academic programs, are more likely to develop leadership traits, coping skills, persistence, and the ability to self-advocate. In addition to enhanced academic achievement and useful life skills, RUHS students who are connected to school report a greater level of engagement.

We know that four key factors can increase school connectedness: adult support, such as that offered by our

coaches and club sponsors; belonging to a positive peer group, such as a team or club; commitment to education, which results from the engagement between students and teachers; and a positive school environment, which is the result of student involvement and school pride. Whether you lead your peers in Associated Student Body, participate in Teen Court, show your school pride as part of an athletic team, join our nationally recognized High Tide staff, enjoy a club or two, or choose to get involved in a school program that connects to your passion and purpose, such as band, advanced ceramics, engineering or biomedical science, you are on the road to success!

Students who are connected to their school, peers and teachers are happier, healthier, and more successful! So, Sea Hawks, “How RU connected?”



**RUHS students participating in Club Rush**

## Tulita *Elementary (K-5)*

1520 Prospect Ave., Redondo Beach, CA 90277 • 310/798-8628 • [tulita.rbusd.org](http://tulita.rbusd.org)



**Dr. Tanaz Bruna**  
*Principal*

## Flexible Learning

Teachers at Tulita Elementary School understand that our students don't all learn in the same ways. Many of our teachers have explored flexible seating redesign to gain some of the many benefits it brings to students and their learning. Some of the immediate benefits include burning more calories, increased motivation and engagement, improving core strength and overall posture, and teaching students to be active participants in their own learning. In addition, every single classroom has a stand-up desk, students who are more productive standing to work without the traditional table and chair.

These valuable changes are a mindset shift for teachers. Within a flexible seating classroom, students are often given the choice of sitting where they learn best. Flexible seating classrooms require teachers to have excellent classroom-management skills, given the free flow of a

classroom where students are constantly moving. Teachers need to get to know their students well and understand their levels of engagement at all times. Teachers have found that this helps students become more self-aware of what types of environments help them to learn best. It also empowers students with choices. Above all, our teachers understand that no matter what the seating option is in a classroom, our classrooms should be student-centered, not teacher-centered.



**Tulita's flexible seating classrooms & students using stand-up desks.**

# Washington Elementary (K-5)

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



**Andrea Bittick**  
Principal

## Seal of Biliteracy Pathway

Last school year, RBUSD introduced the Seal of Biliteracy Pathway award at the elementary level and created an opportunity for fifth-grade students to be recognized for being bilingual and biliterate. The Pathway is an award students can receive on their way to earn the Seal of Biliteracy at the culmination of their senior year in high school. Washington is home to RBUSD's dual-immersion program,

and because of this, many of our fifth-grade students earned the Pathway at the end of last school year.

In order to achieve the Pathway, students must meet the requirements for either the Seal of Biliteracy Attainment Pathway or the Seal of Biliteracy Service and Participation Pathway. Both routes are equally rigorous, and students engaged in many activities outside the school day to earn the award. For example, in order to obtain the Attainment Pathway, students must read 10 novels in the second language as well as 10 novels in English. They also must either meet or exceed grade level standards on the CAASPP standardized statewide assessments in the area of English language arts. Both Pathways require that students complete 10 hours of volunteer service in the second language. Our fifth-grade students accomplished

these requirements through service work at local schools in the community and even assisting in some of the classrooms at Washington. More information regarding the Pathway awards can be found on our website in the Parent Resources section.

The Pathway awards are not only open to students enrolled in the Dual Immersion program. Any student in RBUSD who meets the requirements is eligible to earn the award. The majority of the world's population is bilingual or multilingual, and there are many cognitive benefits to being bilingual/biliterate. Researchers have seen evidence that people who are bilingual/biliterate have better attention and task-switching capacities than those that are monolingual. Students that are bilingual/biliterate tend to be more adept at problem solving than their monolingual peers. Bilingualism also promotes the understanding and appreciation of other cultures.

The Seal of Biliteracy allows for students to celebrate their dedication to the acquisition of a second language and all of the benefits just described. The perseverance needed to master two languages will assist them in their college preparation and future career endeavors. Washington's current fifth-graders are already diligently working to meet the requirements for the Pathway this school year!

## Appliances—Word Search Contest

### Rules!

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

VACUUM	BLENDER
WASHER	COFFEE POT
DRYER	COMPACTOR
DISHWASHER	RADIO
FRIDGE	CROCKPOT
HEATER	COMPUTER
MICROWAVE	JUICER
OVEN	SKILLET
STOVE	KNIFE
FAN	CLOCK
MIXER	

**Congratulations to:**

**Rebecca Deane and Deborah Alaniz**

**Winners of Our September Contests!**

**(You still have time to enter the October contest.)**

**Entries must be received by December 15, 2018**

From the correct entries one name will be drawn to win a GAZUMP card/dice game - fun for all ages!







## South Bay Hands On Art

### Reaching Out to Even More Children

By Co-Chairs Sandi Arthur and Karen Ford Cull

Four times a year a small army of volunteers, toting tubs of "art gear" and a smile, take a bit of happiness and deliver it to classrooms in inner-city schools through Hands on Art's sister program, Reaching Out. This year, Reaching Out is growing to reach even more children.

"It is quite difficult for communities like this to start their own program like Hands on Art," said director Tracy Yagi. "Most of the parents there work multiple jobs...and not jobs that they can just ask off random days so that they can take a workshop or teach a class."

Reaching out has about 75 volunteers and serves about 1,600 children. Volunteers come on a Saturday and learn an art lesson, then bring it to the schools the following week. "The kids couldn't be any more excited when we arrive," said Yagi. If you would like to help bring art to these children, contact Tracy at southbayhandsonart@gmail.com.

2110-B Artesia Blvd., Box 805, Redondo Beach, CA 90277  
www.southbayhandsonart.com

## Sophie's Choice



**Sophie O.**

### Saving the Seven Seas

*Waterfire Saga Deep Blue* is the first book of a series that I've been wanting to read for a long time since I own the second book. The Waterfire Saga series is about a group of mermaids who are brought together by the Isle, or water witches. Sadly they are



brought together not for a good reason, someone is trying to release a monster that their ancestors had put in prison. Throughout the series, the girls try to stop the bad people from unleashing this monster, because if they don't, it will destroy what they call home, the sea.

Sophie O. is a 6th grader who loves to play soccer and bake. She's an avid reader and writer and is working on writing her first book. She hopes to be an architect one day



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## Christina's Book Review



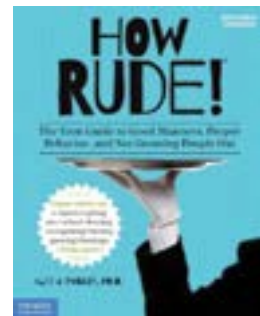
**Christina J.**

### Politely Funny

*How Rude!: The Teen Guide to Good Manners, Proper Behavior, and Not Grossing People Out* By Alex J. Packer, Ph.D

The book title is self-explanatory. Hands down, this was one of the most enjoyable,

fun, informational, entertaining, captivating book I have ever read. "Good manners don't cost anything. You can have the BEST for free." You can look up a specific topic or read the whole thing for all-around understanding of manners. So, why choose good manners? I will answer with one quote from the book: "We used to spend every Christmas with my aunt. I was always nasty, bored and annoying brat. When she died, I lost out on her \$1,000,000 will." There are manners for behaving with friends, parents, teachers, employers and much more. The best part is that the book demonstrates how good manners bring you many benefits (for instance, get you a job or get help from teaches) versus how bad manners are detrimental to your life. I give this book a 5 out of 5 stars. 465 pages, but what a worthy reading!



Christina J. is an 9th grader. Christina is an avid reader, who enjoys a good book about some great adventure, mystery or action. She is a hard-working student and a young author herself. In 5th grade she wrote a book *Melody's Stories: I Am a Spy Now*, published by Studenttreasures Publishing (PIN #3582798).





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## Lucy's Book Review



**Lucy Davis**

### Power of Poetry

*The Poet X* by Elizabeth Acevedo

How can a leather book hold your entire life? What could it be filled with to hold such power? Poetry.

Xiomara's poetry is her secret. It's where she records her observations, channels her feelings and empties her brain.

The notebook probably knows her better than she knows herself.

With every word, she pours emotion and thought from the whirring world around her.

When she first feels love, the notebook is the first person she confesses to.

When she wants to throw a broken rosary in her mother's face, the notebook burns with rage.

And that very notebook helps her find who she wants to be.

The Poet X is a beautiful, thought-provoking novel that will show readers the power of poetry and the struggle of being your authentic self. Five out of five bookworms.



Lucy is a 7th grade student. When she isn't immersed in a book, she loves musical theater, ballet, and singing. She enjoys stretching her imagination by writing short stories of her own. Lucy will rate the books 1 to 5 bookworms with 5 being the best.



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## Common Sense Media

### Social Media Can Be a Force for Good

By Caroline Knorr

For a few years now, many teens have been saying that social media — despite its flaws — is mostly positive. And new research is shedding light on the good things that can happen when kids connect, share, and learn online. You can help nurture the positive aspects by accepting how important social media is for kids and helping them find ways for it to add real value to their lives. For inspiration, here are some of the benefits of your kid being social media-savvy:

**It lets them do good.** Twitter, Facebook, and other large social networks expose kids to important issues and people from all over the world. Kids realize they have a voice they didn't have before and are doing everything from crowdfunding social justice projects to anonymously tweeting positive thoughts. Check out these sites that help kids do good.

**It strengthens friendships.** Studies, including Common Sense Media's *Social Media, Social Life: How Teens View Their Digital Lives* and the Pew Research Center's *Teens, Technology and Friendships* show that social media helps teens make friends and keep them.

**It can offer a sense of belonging.** While heavy social media use can isolate kids, a study conducted by Griffith University and the University of Queensland in Australia found that although American teens have fewer friends than their historical counterparts, they are less lonely than

teens in past decades. They report feeling less isolated and have actually become more socially adept, partly due to an increase in technology use.

**It provides genuine support.** Online acceptance — whether a kid is interested in an unusual subject that isn't considered "cool" or is grappling with sexual identity — can validate a marginalized kid. Suicidal teens can even get immediate access to quality support online. One example occurred on a *Minecraft* forum on Reddit when an entire online community used voice-conferencing software to talk a teen out of his decision to commit suicide.

**It helps them express themselves.** The popularity of fan fiction (original stories based on existing material that people write and upload online) proves how strong the desire for self-expression is. Both producers and performers can satisfy this need through social media. Digital technology allows kids to share their work with a wider audience and even collaborate with far-flung partners (an essential 21st-century skill). If they're really serious, social media can provide essential feedback for kids to hone their craft.

Common Sense Media is an independent nonprofit organization offering unbiased ratings and trusted advice to help families make smart media and technology choices. Check out our ratings and recommendations at [www.commonsensemedia.org](http://www.commonsensemedia.org)

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## Tips to Talk About **It**

It's important to talk about "it," whatever "it" may be. Remember, you are the most important influence in your child's life.



Always keep conversations open and honest



Come from a place of love, even when you're having tough conversations



Provide positive reinforcement

Find tips at [bchd.org/talk](https://bchd.org/talk).

Beach Cities Partnership For Youth

