

FREE

School News

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Covering the Redondo Beach Unified School District

Volume 14, Issue 121

November 2020–January 2021

RBUSD was named a top school district in the state of California RBUSD is ranked 7th in Los Angeles County RBUSD is ranked 17th in California out of 440 districts in the “2021 Best School Districts in California” RBUSD is ranked 10th in having the best teachers RBUSD is ranked 12th best place to teach in the state of California RUHS, among several other RBUSD schools, was awarded an A+ by Niche for their educational outcomes RBUSD was named a top school district in the state of California RBUSD is ranked 7th in Los Angeles County RBUSD is ranked 17th in California out of 440 districts in the “2021 Best School Districts in California” RBUSD is ranked 10th in having the best teachers RBUSD is ranked 12th best place to teach in the state of California RUHS, among several other RBUSD schools, was awarded an A+ by Niche for their educational outcomes RBUSD was named a top school district in the state of California RBUSD is ranked 7th in Los Angeles County RBUSD is ranked 17th in California out of 440 districts in the “2021 Best School Districts in California” the best teachers RBUSD is in the state of California RUHS, schools, was awarded an A+ outcomes RBUSD was named a California RBUSD is ranked 7th is ranked 17th in California out School Districts in California” the best teachers RBUSD is ranked

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REDONDO BEACH
UNIFIED SCHOOL DISTRICT

Named a Top School District in CA!

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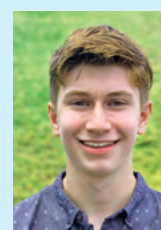
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Dr. Steven Keller

RBUSD Named a Top School District in CA!

Team RBUSD is proud to report that the Redondo Beach Unified School District was named a top school district in the state of California last week. RBUSD is ranked 7th in Los Angeles County and 17th in California out of 440 districts in the “2021 Best School Districts in California” category by a national academic ranking service, Niche.

RBUSD is also ranked 10th in having the best teachers and the 12th best place to teach in the state of California. Rankings are based on rigorous analysis of key statistics and millions of student and parent reviews using data from the U.S. Department of Education.

Redondo Union High School, among several other RBUSD schools, was awarded an A+ by Niche for their educational outcomes.

Congratulations to our students, staff, and community for making RBUSD a great place to be!

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

Redondo Beach Educational Foundation

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



Hanh Archer
President

Just Be Kind

When our children are at a young age, we teach them to say please and thank you, to share, to play nice. We encourage them to smile and say hello when we are greeted by others, to be gentle. We do a pretty good job at this, and so it's no surprise that young children are kind little human beings.

As they get older, we tend to forget to remind them of these pleasantries. Instead, children learn about being kind from watching our actions. Our children are excellent learners. Today, there are T-shirts, coffee mugs, artwork and trucker hats that remind us, as adults, to be kind because somewhere along the way, we may have forgotten the lessons that our parents taught us. In these unprecedented and frustrating times, it can be so easy to be unkind. It's just so much better for all of us if we choose to act kindly and to use kind words toward others. After all, it's so easy that 2-year-olds have mastered the art of kindness!

On behalf of the RBEF Board of Trustees, an immense thank-you to our parent community for all of your kindness and generosity during our Annual Investor Drive. #RBUSDWeGotYou.

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Board of Education

Be Kind, Be Thankful...2020 is Almost Over



Michael R. Christensen
Presiding Officer

A friend posed an interesting question a few days ago. What if we were told last year that in 2020 the following would happen:

- There will be a worldwide pandemic with over 357 million people worldwide infected, 1+ million people will die worldwide with over 211,000 of those in the U.S.;
- The stock market will plunge over 30% in a week, unemployment will skyrocket, most offices will be closed, many employees will start working from home, supply chains will be disrupted, food and essential supplies will be scarce, and store shelves will be barren;
- People will be quarantined to their homes, travel will grind to a halt, vacation plans will be cancelled, everyone will have to wear masks and be asked to “socially distance” 6 feet, and most weddings, family reunions, and funerals will be cancelled;
- Schools will be closed, students will have to participate in “distance learning” and will miss out on graduations, athletics, and most other school events;
- Social unrest and racial injustice will lead to rioting in most large cities and demonstrations throughout the country; and
- The Western U.S. will be devastated by wildfires.

How would we have reacted? Certainly, we would have been anxious and fearful, possibly bordering on panic. Anticipation of these events would have been brutal. Kindly, we didn't know what was going to happen. The fact is that we have now all experienced these events, to one extent or another. And some very interesting things have happened, some small and some not so small. I've compiled a list of things I've observed over the past few months, and it goes something like this:

- There has been an outpouring of appreciation for the things that ordinary “essential workers” do for us and our community, from our healthcare workers and first responders to those who keep the grocery stores, restaurants, roads, transit, air- and sea- ports, and other essential functions open, appreciation that is long overdue;

- After seeing a downturn in 2019, charitable giving is now “off the charts” according to the *L.A. Times*, and I've seen so many open up their hearts and their pocketbooks to others;
- I've seen neighbors walking and riding bikes through my neighborhood and enjoying our community far more than ever before;
- The pace of our lives has slowed down and we're spending time together, having meals together, reconnecting and communicating with each other, and improving the places we live in;
- There are millions of very happy pets who see much more of us than they ever dreamed possible; and
- We have a much greater understanding and appreciation of the value of our schools and educational systems, the importance of our kids interacting with each other, and the true heroes who are our teachers, administrators, and staff who provide quality education for our children and have proven to be unbelievably adaptable to the most challenging educational conditions we've ever seen.

So, what's the take-away from all of this? How about let's focus on Thankfulness and Kindness. Being thankful for what we have now will sustain us, and being thankful for what we get back in the months ahead will enrich us for years to come. I believe thankfulness involves looking around and counting the blessings we have and the great lessons we've learned. And one of the greatest of these lessons should be the value of kindness, tolerance, and understanding toward all those around us. One of the things my wife and I talk about almost everyday is “what can we do for someone we know in need...we are so blessed and need to help any way we can.” The times we've followed through on this have been the high points for the past few months. Kindness, coupled with thankfulness/gratitude, will go a long way, not only in helping those around us but in making us...and our community...better and stronger. And when 2020 and our current situation(s) come to an end, whenever that might be, we can look back and say something like, “we can do hard things, and we can do them with kindness and gratitude.” I wish you and all your loved one's health and well-being. Quoting anchorman Lester Holt, “take care, and take care of each other.”

Board of Education Meeting Dates

2020

November 10*

December 8*

2021

January 12
January 26
February 9
February 23

March 9
March 23
April 27*
May 11

May 25
June 8
June 22

***Due to holiday/local holiday schedule, only one Board meeting in November, December, and April (4/27/2021 – Organizational Meeting)**

Beach Cities Health District

514 N. Prospect Ave., Redondo Beach, CA 90277 • 310/374-3426 • www.bchd.org



Ali Steward, MPH

*Director
Youth Services*

LiveWell During COVID-19

Just like that, the holidays are around the corner and the rollercoaster of 2020 is cruising downhill.

Life has certainly happened while we've been busy making plans for what the world – and closer to home, our family – will look like on the other side of a global pandemic. While we've been engrossed in our day-to-day existence, which has required more than a little persistence, we are also undoubtedly experiencing one of the monumental shifts in our lifetime. In how we work, how we go to school and how we interact when socializing is relegated to screens or through plexiglass partitions.

For my great uncle, a veteran of WWII, every November was busy as he imparted the history of a cataclysmic world event to a new generation marking Veterans Day. Indicative of the time we're living through now, in the year 2100, your kindergartener might be invited to the local Kiwanis club to tell the story of the COVID-19 pandemic of the 2020s.

In the meantime, let Beach Cities Health District support your family in pursuing health and happiness through these virtual programs for the entire family.

School Well-Being Line: Give us a call if you have questions about health and safety during COVID-19, or if you need information about mental health support available in the Beach Cities. Call BCHD's newly launched School Well-Being Line at 310-374-3426, ext. 256 on school days between 7:30 a.m. - 4 p.m.

Virtual Health Programming: Tune in to one of our virtual lessons for MindUP or LiveWell Kids garden and nutrition. The videos include activities for the entire family to practice mindfulness, try healthy recipes and grow a home garden. Brain breaks and 8-minute exercise videos are also available to make it easy to integrate physical activity throughout the virtual school day. Find lessons at bchd.org/schools.



To stay updated on the latest school health news from BCHD and to see the COVID-19 health campaign from BCHD's Youth Advisory Council, go to www.bchd.org/covid-schools.

BEACH CITIES SCHOOL WELL-BEING LINE

Information, Support and Referrals for Families and School Staff

Call Beach Cities Health District's School Well-Being Line for School Families at **310-374-3426, ext. 256 and press option 1** on school days between 7:30 a.m. – 4 p.m.

For more information visit bchd.org/schoolwellbeingline





Kay Coop
Founder/Publisher



School News

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Covering the

REDONDO BEACH UNIFIED SCHOOL DISTRICT

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SCHOOL NEWS ROLL CALL, LLC

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endorse the advertisers in this publication.

Although it has been a challenging year we have many reasons to be thankful. We have dedicated educators, who are making the best of this situation and continue to focus on academics. As Viviana Garcia, Senior Office Assistant at RBUSD Child Development, states in her article on page 8, "The global pandemic has forced everyone to create their own definition of their 'new normal.'" We have come to appreciate so

many things we may have taken for granted.

We are thankful for all of you, our readers, for continuing to include *School News* among your reading choice as we transitioned from print to only digital. We are thankful for the collaboration between educators and parents.

Happy Holidays and Merry Christmas to all of you. Our next issue is February 10, 2021.

Happy Thanksgiving from the *School News* staff!



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What Makes A Pregnancy High Risk?



Jennifer McNulty, M.D.,
maternal-fetal
medicine
specialist,
Cherese Mari
Laulhere
BirthCare Center,
MemorialCare
Miller Children's &
Women's Hospital
Long Beach

Most women experience routine pregnancies. However, some women experience medical difficulties, making their pregnancy high-risk. High-risk pregnancies can put mom and baby at an increased risk for complications. Factors that increase a woman's chance of having a high-risk pregnancy, include:

- Pre-existing health problems, such as diabetes, obesity or high blood pressure.
- Use of alcohol, illegal drugs or tobacco.
- The mother's age (younger than 17 or over 35).
- Multiple babies (i.e., twins or triplets).
- Multiple prior miscarriages.
- The baby being diagnosed with a genetic condition, poor growth or a physical malformation.
- Development of preterm labor or pre-eclampsia.
- Abnormal location of the placenta, especially with a previous cesarean section delivery.
- Problems during a previous pregnancy.

When a woman is diagnosed with a high-risk pregnancy, she'll need to see a physician with special training, like a maternal-fetal medicine specialist. Maternal-fetal medicine specialists are obstetricians that complete three additional years of training to care for high-risk pregnancies.

At the Cherese Mari Laulhere BirthCare Center at MemorialCare Miller Children's & Women's Hospital Long Beach, maternal-fetal medicine specialists are available in the hospital 24/7 to manage complex maternity and fetal care. Just down the hall from the delivery suites is a level IV Neonatal Intensive Care Unit. The expert team is available to provide specialized care to fit the unique needs of new mothers and their newborns – under one roof.

For more information about why women with high-risk pregnancies should choose Miller Children's & Women's, visit millerchildrens.org/Firsts.



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South Bay Hands On Art

Turtle Alley

By Co-Chairs Caasi Copp and Buffy Soule

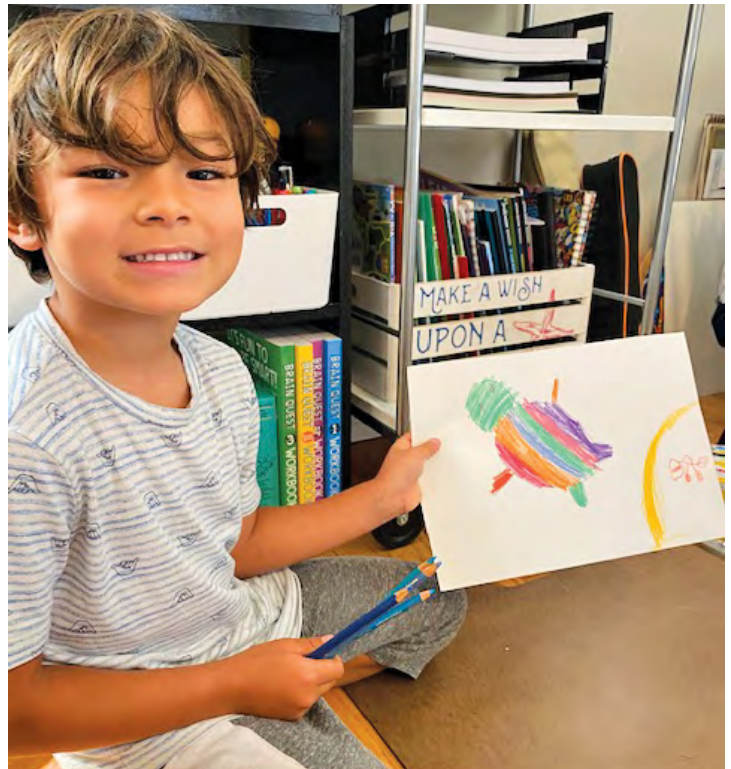


Turtles have come ashore in Redondo! The first HOA project of the year introduced students to Turtle Alley, a special place in Malaysia. It is an alley that raises awareness of endangered turtles through art.

They learned about

mosaics, community beautification, and a bit about sea turtles. Did you know California's sea turtles need protecting too? After learning about turtle alley, students created their own turtle artwork at home. Many shared pictures of their work with their classes or schools so others can celebrate their turtle creations. We hope students enjoyed their creative time, and the artwork brings smiles to our community!

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



RBUSD Child Development

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



Theresa Van Dusen
Director

Creating Unexpected Memories

By Viviana Garcia, Senior Office Assistant

The global pandemic has forced everyone to create their own definition of their "new normal." At Washington CDC, my new normal has made me feel thankful and more connected to those around me. My relationship with my colleagues has flourished, as I've had the opportunity to support them with distance learning. In

addition, having parents drive through our valet system allows me to create a more personal rapport with them. It's refreshing to banter about football and get destination ideas for my honeymoon.

I've also spent more quality time with students, helping to complete assignments and playing sports all while physical distancing. Students have been resilient and positive throughout this challenging time, which has led me to follow in their footsteps.

Everyone is navigating their new norm differently, but by being kind and thankful, together we can get through this! This pandemic is not forever, but the memories we create are.



Physical distance soccer with Ms. Viviana and Johnny.

South Bay Adult School

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



Drew Gamet
Director

Pathways Transition Specialists

Now more than ever, our community needs to support adults that have lost their jobs, been partially laid off, or who have been furloughed but whose job will not be returning. Often, this can mean that these adults may need to be retrained so that they can enter into a career that is in high demand. However, it can be difficult for an adult that might be 10, 20 or even 30 years out of school. To help make sure that students that have been away from the classroom for so long are successful, we have our Pathways transition specialists, Maria Recarte and Megan Ruane. Their job is to make sure that every student is connected with a support teacher, receives critical job skills as a part of their academic experience, and, at the



**South Bay Adult School Pathways Transition Specialists,
Maria Recarte and Megan Ruane.**

end of the program, supports students moving back into the job market or are connected with additional learning opportunities in college. This is just another way that SBAS is making sure that *all* students are able to achieve their goals.

RBUSD Alternative Education

1000 Del Amo St., Redondo Beach, CA 90277 • 310/798-8690 • rshs.rbusd.org



Anthony Bridi
Principal

Be Kind, Be Thankful

Breakers, 2020 is a year for the record books. Our alternative-education staff has been working tirelessly to engage and connect our students in learning. Every day is an opportunity for each of us to embrace new ways of thinking, experience and understand the richness in our differences, and challenge traditional methods of life we once were accustomed to. Together, we are driven to achieve at the highest level possible within the plethora of virtual educational tools we have at our fingertips.

Our teachers have been dominant figures in creating new norms for instructionally leading our school community toward academic growth. No doubt there has been change this year in our instructional delivery. However, our purpose continues to be the same and unwavering. Students will break cycles by practicing personal and social responsibility and will break molds by weighing alternatives and exercising problem-solving skills. Last, students will break ground by preparing for college and career.



Ms. Unique Campa instructs her art students from her virtual classroom environment.

Be kind and thankful to all of our teachers and staff as they lead from their virtual environments. Their dedication and willingness to tackle new challenges are admirable and need to be acknowledged.

Go Breakers!

Adams *Middle School (6–8)*

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



Lisa Veal
Principal

What Have We Learned?

We will likely never see a year similar to 2020 again in our lifetime. And although we might be quick to bemoan the many negatives the year has brought, I would like to take a moment to highlight some of the positive takeaways to consider bringing forth into the 2021 year.

Soccer practice, swim lessons, band rehearsal ... as parents of middle school children, you are part parent, part coach, part chauffeur and so much more. The slowing of our daily lives has brought a quiet respite that many are enjoying, as it has allowed families time to simply relax and enjoy one another.

Having time to explore hobbies has been another bonus during this time. Whether it is scrapbooking, crocheting or learning to cook a specific cuisine, we have been afforded time to delve into interests that we may not have had the time to otherwise explore.

Mealtimes have definitely changed, too, as we have the luxury of sitting down together as families to enjoy dinner. Research shows that shared family meals allow families to reconnect and bond after being somewhat disconnected at school and work, reduces the likelihood of children engaging in risk-taking behaviors like drug use, and children are more likely to have strong academic achievement. These, combined with the rich table discussions that ensue, are worth their weight in gold.

This leads me to a final positive of parents being much more knowledgeable about what their children are learning than ever before. Too, your children have risen to the challenge of learning in a different way, and they are so much stronger for it.

In short, no one can dispute how incredibly challenging this year has been for all, but let's take a moment to give thanks for the many ways our lives have been enriched and look forward to how we can continue to build on them in the year ahead.

Alta Vista *Elementary (K–5)*

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



Dr. Dale Hillyer
Principal

Focus on Kindness

A quote from His Holiness Dalai Lama has always wrung true to me, "The more you nurture a feeling of kindness, the happier and calmer you will be."

The AV Wildcats are practicing kindness during Distance Learning. It is ever more important to focus on kindness and gratitude for others as we work through the stress of this pandemic and the national economic impact to our neighbors, friends, and families.

We must remember that all current events are temporary and we have the will to choose how we react to the negativity and how we ultimately treat one another.

Here are some effective strategies to encourage positive self talk and kindness towards oneself and others:

1. Give a compliment to a peer, a friend, your teacher or family members. You never know what those of you around you are feeling so uplift them with a positive about a characteristic you like about them.
2. Give a shout out during a distance learning Zoom session with a thumbs up or a happy emoji.
3. Journal three to five events that make you very happy and why.
4. Focus on being kind to yourself.
5. Meditate and remove all negative thoughts through relaxation.

At Alta Vista, we focus on the social emotional well being of all students. Every morning we begin with a 30 minute class meeting focused on community building time. We also have many opportunities throughout the year to encourage kindness like our Kindness Campaign and Spirit Weeks among other activities.



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Beryl Heights *Elementary* (K-5)

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Karen Mohr
Principal

Kindness and Gratitude

How can we show kindness every day? Thanks to our PTA and our school community at Beryl, we have remained steady, kind and connected.

Buddy the Bulldog made a special appearance to our students who received September Student of the Month and those students who participated in our first-ever scavenger hunt! Students had fun in a safe manner while finding dog paws around the community with family members and friends. It was a highlight that kept children motivated to get out and show school pride and spirit.



PTA welcomes Beryl to the new school year!



Scavenger Hunt finding Buddy paws.

We salute our teachers, students, parents and guardians in every way as they support students online and keep them encouraged to do their best. We don't have a team without everyone being involved! Thank you, parents, for staying in touch with the teacher through email and daily communication. We are so grateful for our partnership with you!

Thank you, Beryl parents and guardians, for supporting us during this time, and congratulations to your wonderful children for persevering and remaining positive!

Birney *Elementary* (K-5)

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



Mira Baskaron
Principal

Thankful

As 2020 draws to a close, there is so much to be thankful for. Yes, it was a tough year. Yes, we experienced life-altering events. Yes, we had to adapt to a new way of life. And yes, we ended last school year and started this one online.

But yet, we are so thankful. Choose to shift your mindset to the positives happening all around. Recognizing what we allow our mind to dwell on is the first step in realizing where our attitude stems from. Shift your mindset to a positive one where you recognize that there is so much to be thankful for: health, family, shelter, food and so much more. We can

dwell on the positives or negatives—your choice. The one thing to always be mindful of is the fact that others are always watching, especially our children. Your attitudes and reactions impact others and should be carried out with care.

Ready to shift your mindset and embrace a more grateful attitude? Practicing gratitude daily is essential. Here are a few ways to begin: keep a gratitude journal; recognize five things you are grateful for every morning, and maybe even document them in your journal; send gratitude messages to three different people each week; savor the good moments; and, finally, - smile.

May the new year bring you an abundance of joy as you change your perspective to include a thankful heart and learn to be grateful for the many good things in life.

Jefferson *Elementary* (K-5)

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



Jeff Winckler
Principal

2020: ... but Not Forgotten!

As we begin November and turn the corner toward the home stretch of the calendar year, most of us find ourselves relieved that 2020 is almost over. The past 12 months have certainly been unprecedented, and there is little doubt that we will look back at this particular year as a marker of time in our lives.

While 2021 offers the potential for change and the start of a new year, it is important to take pause and reflect on some the positive takeaways from 2020.

While the year has been complex, challenging and at times overwhelming, there certainly is also value in what some call the “plus side” of the COVID world we found ourselves living in. At Jefferson, it is our hope that before we close the books on 2020, we maintain and grow from some of the lasting lessons this year has brought, such as the greater need for social justice in our nation, the value of slowing down our often frenetic lives, and the renewed importance of family, home and togetherness. With that in mind, let’s hope that we return to “normal” in 2021, but our normal may not be quite the same.



Jefferson staff pulling together towards 2021.

Lincoln *Elementary* (K-5)

2223 Plant Ave., Redondo Beach, CA 90277 • 310/798-8646 • lincoln.rbusd.org



Brianne Nakayama
Principal

Essentially Thankful in 2020

2020 has been a lesson for learning to expect the unexpected. I know many of us never would imagined how trying navigating a pandemic this year would be. Finding a “new normal” in 2020 has been a continuous work in process for so many of us

since March.

The Lincoln staff embraced our “new normal” of distance learning this year. Whether they are in empty classrooms or a classroom created at home, the Lincoln staff continues to create engaging, virtual classroom communities for our students. Teaching every day to our students online is no easy task. I am thankful for Lincoln staff’s dedication to our students every single day, and if you have not, please take a moment to thank teachers and staff for all they do.



Mr. Johnson and Ms. Maculam providing virtually engaging lessons to 4th grade students.

Madison Elementary (K-5)

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



Dr. Heather Cash
Principal

Madison Comets SOAR Back to School!

In spite of everything, Madison Comets have demonstrated resilience and excitement to return to school! When

families and teachers share their daily experiences, it is clear that kindness and gratitude carry the day. One family welcomed a child who needed daycare to learn at their home. Another family continues to pick up meals for a family without transportation. Photos shared of students' home learning environments show images of positivity and love. A simple request for support has led to gift cards and donations for Madison families in need. Messages shared by parents are filled with gratitude for the hard work of our teachers as they work to connect with every child each day. What will be remembered of this time? I will carry with me the memory of enduring kindness and gratitude for all we have, especially each other.



Jacob celebrating his first day of first grade!

Parras Middle School (6-8)

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



Dr. Jonathan Erickson
Principal

What a Year!

Here we are, almost at the end of 2020, and what a year it has been! When we look back on this year, we will certainly remember the challenges associated with the COVID 19 pandemic. While some of us definitely suffered more than others, everyone was “pushed” in some way or another—pushed out of our comfortable zone, pushed indoors, and perhaps pushed to accomplish more despite all of the challenges.

The interesting part is that what we have, balancing our gains and losses at any moment in life, is totally relative. There is a quote that explains this so well that I have put it next to my signature in all emails: “Acknowledging the good that is already in your life is the foundation for

all abundance.” Is this true? That abundance begins by recognizing what we already have and not what we pursue and amass? I think that it is true because if we concentrate hard enough, we can always find good things to be grateful for. It is hard at times, and perhaps during the pandemic, it was the hardest it has ever been for some of us. But even in the pandemic, many of us found more time with some family members, more time to cook and eat at home, and more time to think about what is most important to us.

So, while I, like many others, will remember this year as one of the most challenging in our lives, I will also remember how it made me appreciate the good that is already in my life as well. It turns out that the abundance was always there and cannot be diminished no matter what is lost. There is always good if you look hard enough for it.

Redondo Union *High School*

One Sea Hawk Way, Redondo Beach, CA 90277 • 310/798-8665 • www.redondounion.org



Jens Brandt
Principal

Students Are Our Teachers

2020 has been a year unlike any other. Our patience and resilience have been tested time and time again. When we feel like we are hitting a stride, we find hurdles and obstacles in front of us. We may often feel frustrated, anxious, stressed, afraid, overwhelmed and angry. Sometimes, we dwell on our negative emotions, and at times, they may get the best of us.

And then we interact with our students. So many RUHS students have demonstrated gratitude and kindness and are great models for how we can respond when confronted with adversity.

Be thankful: We have received many emails from students, parents and guardians thanking our teachers and staff for the hard work and consistency they have provided

with distance learning. One student said, “Our outstanding teachers have been persevering through these daunting times, and it surprises me every week how much we are accomplishing. This would not be possible if it weren’t for the hard work and dedication of our teachers, counselors and staff.” Numerous studies have found that expressing gratitude can improve overall health and well-being.

Be kind: “Kindness is caring for others, even when they may not care for you.”—Anonymous. We can be kind to one another even when we disagree. We are not a perfect school. We are always open to feedback and appreciate when families bring a kind, collaborative spirit to conversations.

It is a privilege to work with young people. They often remind us and show us the importance of being thankful and kind. Sometimes, students are the best teachers. Certainly at RUHS, we feel that way.

Tulita *Elementary (K-5)*

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



Dr. Tanaz Bruna
Principal

Lifelong Takeaways from 2020

The year 2020 has certainly been an interesting year. While our nation, our communities, and our students faced so many challenges this year, it is important

to focus on the good that came out of the struggle. We’ve read and seen a lot about the struggles of life brought by the COVID-19 pandemic, but what lessons and positives can we take away from the events of 2020?

As COVID-19 caused unprecedented havoc and emotional turmoil, it also changed the many outlooks we have on certain aspects of life. For me, it was the struggle between balancing personal and professional commitments. As educators, we had many sleepless nights, had to pivot our thinking around teaching and learning, and had to accept all the new normal that came in the ever-changing world of living through a pandemic. While for many of us our mental well-being took a hit, we also made some positive lifestyle changes and focused on things that mattered.

During the beginning phases of the stay-at-home orders, my husband and I found ourselves enjoying so much of



Tulita student taking up a driveway art project.

the outdoors that we had never made time for before. Searching for new parks, hiking trails and hidden outdoor treasures became our focus. We found peace and happiness in exploring these new areas of our community, places we had taken for granted before. Our families shared many of these same types of stories with me during the lockdown: students finding creative ways to socialize and connect and families making dinners together, tackling challenging puzzles, and dedicating time at dinners to tough conversations as a family. It is in stories such as these that we realize how resilient our community is.

When we learn that slowing down and enjoying the simple things are important, that hopefully will continue to be a priority.

As 2020 comes to a close, reflect back as a family on the lessons you learned during this time. What are the habits or practices you began incorporating during the pandemic that you will carry on in your family for years to come? We know that there is no rainbow without the rain, but perhaps as we close out 2020, we are getting closer to that rainbow and life will slowly start to feel familiar again.

Washington Elementary (K-5)

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



Andrea Bittick
Principal

Give Yourself Grace

By Sara McMaster, Assistant Principal

This one-of-a-kind school year is well underway! Our students, teachers, parents and caregivers have all risen up to keep our Explorer community strong! A common message shared by many of our teachers to our parent and caregiver community is to “give yourself grace.” We encourage our entire community to take a breath

and mindfully reflect on all the changes, challenges and successes we have encountered as a school community within the past six months.

In order to encourage reflection and mindfulness with our student body, our school counselor, Mrs. Mosqueda, is supporting our entire student body by sending weekly Motivational Monday video messages in addition to her weekly and monthly counseling lessons and student groups.

These short videos give our students an opportunity to consider their mindset toward challenge or reflect on their reactions to events in their own lives and the world around them.

At Washington, we are pushing past our previous barriers and thinking creatively about how we can reach all students. In this journey, we recognize the need for strong classroom communities where students feel connected, safe and willing to take risks. Our teachers have given themselves grace and time to establish these relationships before pushing forward with content.

We hope that parents and caregivers choose to take the time to give themselves grace and see the diverse capabilities and strengths within their learners. We are all learning how to navigate the waters of remote learning together. It will not be perfect, but we will lead with kindness to keep our community connected and our students engaged and ready to learn to their potential.

Road Trip–Word Search Contest

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

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

Entries must be received by December 15, 2020

From the correct entries one name will be drawn to win

\$20 gift card to Barnes & Noble.

MAPS	SUNGLASSES
BLANKET	WATER
GPS	SUNSCREEN
PILLOW	CLOTHING
MOTEL	CELL PHONE
HUMOR	RADIO
HOTEL	MONEY
CAMERA	FLASHLIGHT
CAR GAMES	CREDIT CAR
BOOTS	SPARE TIRE
SNACKS	

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



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