

FREE

School News

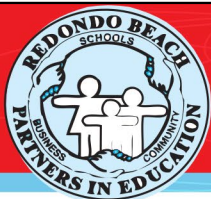
Education + Communication = A Better Nation

Covering the Redondo Beach Unified School District



Volume 9, Issue 81

September 2015



Redondo Beach Partners in Education present...

State of Education 2015

Are You Connected?



School Participation Raffle

Child Care Provided
Ages 3 and Up

Door Prizes

Beach Cities Health District
presents
Healthy Bites from
Blue Zones Restaurants

R.B. Council PTA
presents
School Dessert Contest
Vote for Your Favorite

October 7, 2015

5:30pm Meet and Greet

6:30pm Program Starts

Adams Middle School
2600 Ripley, R.B.



**Education Advocate of
the Year Announced**

Redondo Beach Unified School District

www.SchoolNewsRollCall.com



For those **U**
care about most

Same-day appointments now available

When you, or a loved one, need to see your doctor, the last thing you want to do is wait around. At UCLA Health, we want to ensure all of our patients receive the best care in the timeliest manner possible. That's why we now offer same-day appointments in 27 specialties.

Call us before noon and we'll schedule you for that day. Call us in the afternoon and we'll schedule you for the next day. At UCLA, it begins with you. And now it begins today.

Manhattan Beach

- Family Medicine
- Internal Medicine
- Pediatrics
- Radiology

Palos Verdes

- Family Medicine
- Internal Medicine
- Cardiology
- Dermatology
- Pediatrics

Redondo Beach

- Family Medicine
- Internal Medicine
- Cardiology
- Dermatology
- Digestive Diseases
- Nephrology
- Rheumatology

Torrance

- Internal Medicine
- Allergy & Immunology
- East-West Medicine
- Endocrinology
- Hematology/Oncology
- Nephrology
- Obstetrics/Gynecology
- Pediatrics
- Pulmonary Medicine



it begins with U

1-800-UCLA-MD1 (1-800-825-2631) uclahealth.org/sameday



uclahealth.org/getsocial

Superintendent



Realizing Greatness

Great news! The Redondo Beach Unified School District (RBUSD) is thriving. Please allow me to share some of the evidence:

Congratulations to our recent California Department of Education Gold Ribbon School recipients—Adams Middle School, Parras Middle School, and the finest high school in the South Bay, Redondo Union High School.

Dr. Steven Keller

This honor is bestowed upon high-achieving schools, and this year all of our secondary schools earned recognition. Also, Alta Vista Elementary School is a finalist for the National Blue Ribbon Award. We will keep our fingers crossed for Alta Vista.

Thank you to the Redondo Beach residents for passing Measure Q in 2012. Our students finished their first year with one-to-one technology, and, by all measurements, it was a success. What we learned is that our students are ready for technology starting in kindergarten. Additionally, our teachers indeed embraced this new learning tool. The days of students and staff having one hour of computer-lab learning are long gone. Welcome to the 21st century.

Redondo Union High School (RUHS) continues its excellence as our marquee school. At the helm of this school is Dr. Nicole Wesley, who continues to lead by example with an eye on the future. By the way, congratulations to our state CIF champions, the RUHS girls volleyball team. Hats off as well to the RUHS girls basketball team for their CIF championship.

Thank you to Redondo Beach Council PTA President Lisa Christensen for her two years of leadership. Ms. Christensen is constant in her deeds for the betterment of RBUSD students. Also, thanks to Ted Craddock, the Redondo Beach Educational Foundation President. He and his team raised over \$1 million dollars this year!

Coming soon—new artificial turf at Adams Middle School and Alta Vista Elementary School. Again, thank you to the Redondo Beach residents for your support.

Redondo continues with its “green” focus in spite of the fact our favorite color is red—Redondo Union red. It's not exclusively the solar panels at every school site that exhibit this fact; there are too many other details to share here. Please trust us when we say that RBUSD is minimizing its carbon footprint.

As for 2015—2016, the Board of Education will continue to lead the way in the South Bay. RBUSD will begin construction on new classrooms at Parras Middle School. Also, the Board of Education will continue to ensure that our ongoing state funding and RBUSD reserve provide for adequate maintenance of our facilities for decades to come. The community has been quite generous in supporting RBUSD schools and students. In return, we owe it to our taxpayers to maintain our facilities on a daily basis; we must protect this investment and honor your support.

Students graduating from RBUSD will make the world a

Board of Education



Michael R. Christensen
President

Making a Difference Together

Wow! It seems in our household that summer went by in a flash. Lazy days, summer camps, and vacation adventures are behind us. Here we are, back to school again for another year. It promises to be a great year in Redondo Beach, and our district is ready! We're finishing up the last of our summer construction projects to be sure our facilities are in tip-top shape, thanks to the support of our fantastic community in passing Measure Q. The South Bay's best and most experienced and caring staff and teachers are in place, though some have moved around to different locations within the district, and we have a sprinkling of wonderful new faces. Welcome to our new teachers and staff!

And to our fantastic students and their families, our purpose for being here is you. You're experiencing new teachers, new friends, new ideas, and new routines, all very exciting. But there is an established, time-honored routine and tradition here in the district that we're also experiencing, the Redondo Beach spirit of volunteerism. In the dozen or so places I've called home over the years, I've never lived in a location where so many are willing to give so much of their time and resources for the good of their children and the community. I want to give you my heartfelt thanks for all you do for our children and for your support of the individual school sites along with the district as a whole. Whether it's volunteering for the PTA or contributing to the Redondo Beach Education Foundation, whether you're supporting our best-in-class extracurricular activities or helping in a classroom, your contributions of time and resources are making a difference.

I am honored to be able to serve you on the Board of Education of the Redondo Beach Unified School District, which has provided and continues to provide my children and yours with an outstanding education, not only academically but one geared to the whole child. Please continue volunteering and contributing, for the sake of our children. You're the best! Together we are making a difference that will last for generations.

better place. Our staff members and parents have worked tirelessly for these students to thrive, whether it's in college or in the workplace. I've been in public education for 30 years now. This is what I've learned working in impoverished communities, middle- and upper-income communities, and various spots in between: School District A is better than School District B, not because of the students but because of the adults in that community. In this case, the adults are comprised of parents, staff members, community leaders, and residents. The adults in Redondo Beach make a genuine difference in the lives of its youth. The Board of Education and I thank you for your relentless care and support. Redondo Beach Unified School District is indeed reaching and realizing greatness, thanks to you.



Kay Coop
Founder/Publisher



As summer comes to a close and classroom doors are again open to welcome students we look forward to publishing the happenings. We appreciate you continuing to include *School News* among your reading choices. If you would like digital copies emailed to you, simply go to our web site and sign up.

You have emailed your requests for specific topics to be included by our columnists and we will do our best to do so. We are delighted to introduce our newest columnist, Lucy Davis. She will be reviewing books and giving them her bookworm rating from 1—5 (her first review is on page 17).

We are also introducing our office tortoise, Cheeseball. Who knew tortoises could be so entertaining? See if you can find Cheeseball hidden in this issue and enter our contest on page 19.

More and more it seems texting is becoming an epidemic. Parents are texting while driving, at restaurants, in the line at the bank...everywhere! Since children mimic behavior, it is the responsibility of parents and adults to set an example. There are many foundations doing their part to educate students, but parents must lead by example. At the very least **please don't text and drive.**

Our next issue is October 7th.

School News

Education + Communication = A Better Nation

www.schoolnewsrollcall.com

Covering the

REDONDO BEACH UNIFIED SCHOOL DISTRICT

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Redondo Beach Educational Foundation



Ted Craddock
President

Raising the Tide

RBEF is excited to welcome you back to school, and we look forward to a successful year for you and your families!



Thanks to your generous donation earlier this calendar year and our corporate partners, this year RBEF has been able to pay for:

- Teacher Grants for innovative approaches to promote and enhance learning
- 1100+ students having the opportunity to visit a college campus
- 1200+ Sophomores and Juniors at the high school taking the PSAT
- 400+ middle school and high school students participating in AVID will be better prepared for college
- 300+ middle school students competing in intramural sports
- Credentialed Elementary Science Teachers
- MATLAB Program at the high school
- Arts Education in Elementary Band and Music

These programs couldn't be possible without your support. In order to improve our communications, RBEF will be contacting you periodically throughout the school year to let you know about upcoming events, and programs we support on your school campus.

We will have a table at each school registration event and ice cream social this month, please come by to meet the team of RBEF Advocates at your school, and learn how your time and donations are making a difference.

Please consider a pledge to repeat your generous monetary donation to RBEF this school year. You can give at our events, or online at RBEF.org. As always, every dollar counts when you are Raising the Tide. And we couldn't raise anything without you.

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



Redondo Beach Council PTA

By Raymur Sweeney, President

On behalf of Redondo Beach Council PTA it is my pleasure to welcome you back to school.

I want to encourage you please take the first and most important step you can take to support your child and join your school's PTA. As a PTA member, you're a part of the largest children's advocacy group in the country that is a powerful voice for all children, a relevant resource for families and communities, and a strong advocate for public education. You're also part of a nationwide network with millions of families, students, teachers, administrators and community leaders devoted to the educational success of children and the promotion of family engagement in schools.

With your PTA membership:

- **You show** your children that school matters, and that you are invested in their success.
- **You demonstrate** to your child that success in school is the pathway to college, a career and a productive life.
- **You partner** with the principal, teachers and staff to make your child's school safe, welcoming, a hub of learning, and a fun place to be.
- **You share** in campus events and experiences that make your child's school days more memorable.
- **You connect** with other parents, and become part of California State PTA and National PTA, the largest and most powerful children's advocacy organization in the country.
- **You help** make sure parents and family members voices are heard when important decisions that affect your school are made.

Students are also encouraged to join PTA. In fact, PTA offers scholarships to high school students who are members of PTA. Friends, grandparents and neighbors, all are encouraged to join. There are also perks to PTA membership including discounts to the Aquarium of the Pacific, Legoland and more.

Together we will continue to work to make our schools the best they can be for our students. Thank you for your continued support and have a wonderful school year!

1401 Inglewood Ave., Redondo Beach, CA 90278 • www.rbusd.org



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State of Education 2015

October 7, 2015
5:30pm Meet and Greet
6:30pm Program Starts
Adams Middle School
2600 Ripley, R.B.

Please see the cover for more information.

Redondo Beach Unified School District



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appointment for today:
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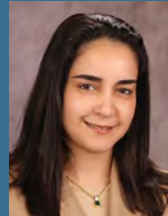
Dr. Teresa Miller
Pediatrician

705 Pier Avenue
Hermosa Beach



Dr. Wayley Louie
Pediatrician

855 Manhattan Beach Blvd., Suite 103
Manhattan Beach



Dr. Soha Elgharib
OB/GYN

510 N. Prospect Avenue, Suite 320
Redondo Beach



Dr. Cheryl Sanders
OB/GYN

510 N. Prospect Avenue, Suite 320
Redondo Beach

Appointments scheduled M-F 7:30 a.m. – 4 p.m.

For more details visit
TMPhysicianNetwork.org/sameday

TORRANCE • CARSON • REDONDO BEACH
MANHATTAN BEACH • HERMOSA BEACH



Dr. Denise Bevly
Youth Services
Senior Manager

5 Ways to Stay Healthy at School

Classes are once again back in session throughout the Beach Cities. For parents, this means it's time to make sure that our kids have the tools and support necessary to thrive academically and socially at school. Beach Cities Health District (BCHD) knows that health and academic success go hand in hand, so we support parents and children through many programs designed to keep kids happy, healthy and learning. Here are just a few examples.

- 1. Exercise.** There are a variety of ways for kids to stay physically active during the school year, including joining running clubs or participating in 8-minute exercises every morning before class. Remember, it's recommended that school-aged children get 60 minutes of exercise each day.
- 2. Nutrition.** Well-rounded meals and proper nutrition keep kids healthy, energized and ready to learn. BCHD's LiveWell Kids program leads in-class nutrition lessons that help kids make healthy choices, reject unhealthy marketing ploys and better understand where their food comes from. We even send home fun recipes for kids and parents to try together.
- 3. Stress Reduction.** Kids also learn to practice mindful breathing and meditation exercises through LiveWell Kids and MindUP programs. These exercises help students manage stress, reduce anger and sharpen decision making skills.
- 4. Walking School Bus.** Parents and kids can catch the Walking School Bus throughout the Beach Cities and skip the congested vehicle drop-off lines. More importantly, walking your child to school is healthy for them physically, socially and academically.



Students at Alta Vista Elementary School help harvest vegetables from their school garden.

- 5. Gardens.** Each elementary school has a school garden that is maintained by students and BCHD volunteers, also known as Garden Angels. Kids help with planting, harvesting and also sample the organic fruits and vegetables during their LiveWell Kids nutrition lessons. Most importantly, you can support your child's health by making sure your choices reflect a positive lifestyle. We know children learn by example, so be sure to model healthy behaviors year-round at home.

For more information on healthy programming at your child's school or to get involved, please visit bchd.org.

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

Board of Education



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Vice President



Brad Serkin
Presiding Officer



Brad Waller
Member



David Witkin
Member



Chris Paludi
Student Member

We'll watch the kids!

Drop the kids off for hours of fun and games during Parents' Night Out or Parents' Day Out

During the evening

Every Friday and Saturday you can drop the kids off for a night of fun and enjoy an adult night out. Your children will have as much fun as you learning a new activity from an AdventurePlex class instructor, creating arts and crafts, playing games, challenging themselves in sports and, of course, exploring all five levels of the famed play structure. Dinner by Fresh Brothers is provided too!

When: Every Friday & Saturday, 5:30 – 9pm
Extended Care available until 10pm for an additional \$10 per child (snack will be provided)

Cost: \$25 first child, \$15 for siblings

Ages: 3+

During the day

Every Saturday and Sunday you can drop off the kids for an afternoon for yourself. We know checking everything off your list can be more difficult with children in tow, so bring them by AdventurePlex for an afternoon of fun!

When: Every Saturday & Sunday, 11am – 3pm

Cost: \$25 first child, \$15 for siblings

Ages: 3+

Reservations required. Please call 310-546-7708 at least 24 hours in advance to reserve your child's place.

ROCK WALL

ARTS & CRAFTS

COOPERATIVE GAMES

5-LEVEL PLAY STRUCTURE

and more!



A Beach Cities Health District Program



RBUSD Alternative Education



Sue Hall
Principal

Back in Action

Redondo Shores High School, Redondo Beach Learning Academy, and our Independent Study programs are back in action! We hope everyone had an adventurous summer, and we look forward to another great year. We have had some staff changes, but we continue our focus on teaching the state standards, integrating technology, and supporting our students

in their transitions to college and career. We want all of our students to enter the world of work or take college or Southern California Regional Occupational Center (SoCal ROC) courses, and we will support them to concurrently enroll or find a job in the community.

This year we are sad to say goodbye to a few of our staff members. Mr. Jeff Baumbach, who taught physical education, health, and electives, has moved to a full-time physical education position at Perras Middle School. These courses will now be taught by Malcohm Heron. In addition, Kelly Six, our school psychologist, has moved out of the area to be closer to her family. To fill her position, we welcome Chelsea Galucci from Hermosa Beach Unified School District. Chelsea previously worked for Redondo Beach Unified School District, so we already know she is

excellent, and we look forward to working with her again. Finally, Mr. Keith Ellison, the Redondo Beach Learning Academy teacher, has moved to a new position, so we welcome Alexandra Arellano. Alexandra comes to us from Los Angeles County Office of Education, where she earned the Teacher of the Year Award working as an alternative education teacher. Three of our Independent Study teachers, Susan Stewart, Jim Ball, and Kathy Zimmerman, have moved on as well, but we are lucky to have them subbing for our teachers when they are out.

We are fortunate to have active parents on our School Site Council, and this year we hope to have higher attendance at our parent nights and fund-raising events. We intend to maintain our Model Continuation High School status and Western Association of Schools and Colleges (WASC) accreditation, both awarded in 2013, and we need your input. We have completed our Model School application and are planning for our Model School and WASC mid-cycle visits. We strive to always improve our programs, so please check our Web site and read our e-mails to find out how to be a part of the process, including submitting your ideas and suggestions. We highly value your contributions, so please get involved.

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

RBUSD Child Development



Theresa Van Dusen
Director

Hearty Welcome Back!

The Child Development Center would like to welcome back all of the families who were not with us for the fun summer months filled with sensational field trips and engaging activities. We are looking forward to another great year!

Since 2008, our program has continued to grow, and this year, our enrollment is at an all-time high of almost 1,600 students districtwide. We have preschool programs at four sites, before- and after-school programs at all elementary

schools, and The Zone at both middle schools. Our preschool teachers offer a curriculum-rich experience for their students, and our school-age teachers provide homework time as part of their daily schedules in order to offer assistance to the children and at the same time offer support to our working parents.

This year, we are taking a huge step forward along with the districtwide initiative toward introducing and sustaining technology-rich instructional practices in our kindergarten and school-age classrooms while encouraging safe and healthy electronics practices.

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



CDC students with their Chromebooks.



Getting homework done.

Preparing Your Child for Surgery



Rita Goshert
Manager,
Child Life Program,
Miller Children's &
Women's Hospital
Long Beach

The thought of surgery can be worrisome for children and their parents. Preparing your child for any surgical procedure can make your child less anxious and help them tolerate surgery and anesthesia better.

Tips to Help Prepare Yourself and Your Child

- Participate with your child in a pre-surgical tour and discuss what happened on the tour later.
- Ask questions of your child's surgeon, anesthesiologist and nursing team in order to better understand what your child will experience. This will give you confidence and enable you to talk calmly to your child.
- Speak honestly with your child about what will happen.
- Listen to your child's concerns about surgery.
- Encourage your child to participate in medical play (Child Life Specialists are prepared to help young patients through this experience).
- Use a play medical kit at home to familiarize your child with tools the care team may use, such as a stethoscope.
- Include siblings in preparation and encourage them to ask questions too.

- Remind your child that they will return home soon.
- Read books about children being hospitalized. Children can often relate better to characters.



The more you help prepare your child for surgery, the more they will understand what is going to happen and reduce their anxiety about surgery.

To give you an idea of what to expect and help lessen any fears you and your family may have about surgery, Miller Children's & Women's Hospital Long Beach has a virtual tour of its Pediatric Surgical Center. Take the tour at MillerChildrens.org/SurgeryTour.

2801 Atlantic Ave., Long Beach, CA 90806
800-MEMORIAL • MillerChildrens.org



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

On a hectic afternoon, the Ramirez family was fixing a clogged sink when Perla's mother heard her then 3-year-old scream out in pain. A curious Perla had swallowed drain clog remover. She was rushed to Miller Children's with severe burns from mouth to stomach. After initial treatment, Perla was unable to eat or drink due to scar tissue buildup, so Perla underwent state-of-the-art minimally invasive surgery to remove her esophagus. Today, nothing can hold Perla back as she soars for the sky!

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

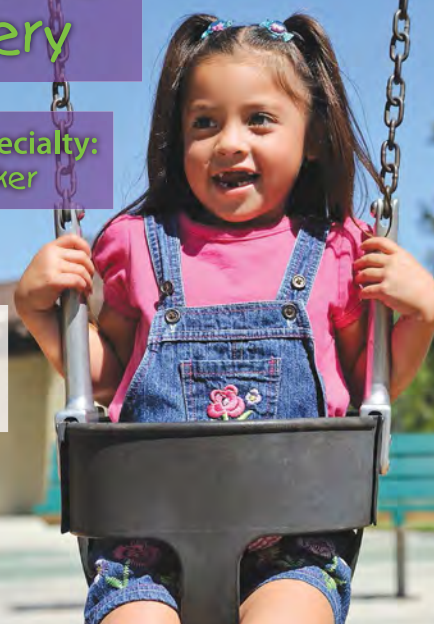
Follow the leader to Miller Children's.

MillerChildrens.org/Surgery 800-MEMORIAL

Our specialty:
Minimally Invasive Surgery

Perla's specialty:
Thrill Seeker

Perla, 5-years-old,
Miller Children's
Minimally Invasive
Surgery Patient



RBUSD Educational Services



Dr. Annette Alpern
Deputy
Superintendent,
Educational
Services

Change is Mandatory, Growth is Optional

Although you will be reading this in September, your teachers, principals, and other staff members have already been hard at work making sure that they are well prepared for the arrival of each and every one of our more than 9,500 students this year.

One of the many exciting things about working in a 21st-century school is that each year is guaranteed to bring innovation and change into the learning environment. And while one occasionally feels or hears much uncertainty about what the future will hold for today's youth, I prefer to adopt the philosophy of well-respected educator Dr. Michael Fullan: "Change is mandatory. Growth is optional." If we stay alert and anticipate change, we will be better able to embrace and accept it, and thus ultimately grow and thrive.

With this in mind, be prepared for another year of change and growth within RBUSD. We will continue to teach California's State Content Standards, but for the first time our new math curriculum will be primarily paperless. The "textbook" is finally moving to the student Chromebook and tablet! We believe that next year the same will be true for our Language Arts/English textbooks. This year our youngest students in the primary grades will also

join the rest of our technology rich student community with 1:1 handheld tablets in each classroom.

RBUSD continues to embrace whole child education, cultivating the academic, social, emotional, and physical well-being of our students, while also preparing every student to be college and career ready upon high school graduation. Please do come out and hear what is happening at your school and classroom by attending Back to School Nights scheduled for September 9 (elementary schools), September 16 (middle schools), and September 30 (RUHS). Welcome to the 2015–2016 school year!

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



RBUSD Elementary teachers preparing this summer for Cognitively Guided Instruction in math.

South Bay Adult School



Dr. Anthony Taranto
Director

Welcome Back to Fall!

Lifelong learning is recognized as one of the most important competencies a person can process. As we enter our 97th fall term, South Bay Adult School (SBAS) has something for everyone. SBAS offers English as a Second Language (ESL) classes in the morning and evening. All classes include accent reduction and will help students develop important English language skills needed to communicate. We have caring,

experience and dedicated teachers who teach English in a friendly and safe learning environment. Our Parent Education programs teach parenting to over 1500 families annually in the South Bay. Our State Preschool provides a pre-school experience for children ages 3 – 5 of our

ESL adults. Come learn something new, meet and learn with and from new people, challenge yourself, refine your skills, and develop your strengths in one of our Community Education classes.

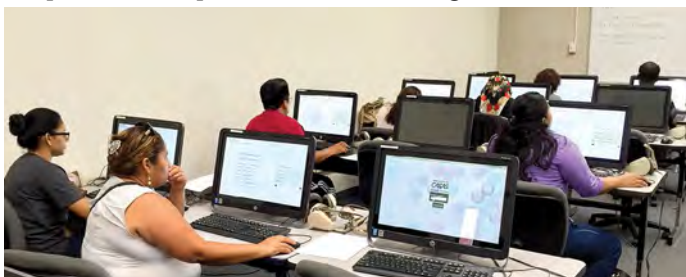
The KEY is: Keep Educating Yourself! Education is a never ending process. Make the effort to keep learning, keep changing, and keep improving. The reward is worth the investment (Hurley, 2014).

Registration for classes is easy and convenient. Visit us at www.southbayadult.org and sign-up today. May the Course Be With You!

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



Light weightlifting and stretching class at RUHS as part of SBAS Community Ed programs.



ESL CASAS testing.

Adams *Middle School (6–8)*

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



Lisa Veal
Principal

Recipe for Success

Welcome back to an exciting year at Adams Middle School! It is my hope that you have enjoyed a restful summer break and are eagerly anticipating what I know will be an incredible 2015–16 school year.

It is with great enthusiasm that I introduce myself as the new principal of Adams Middle School. As I look toward my fifth year with Redondo Beach Unified, I am both thrilled and honored at the opportunity to lead such an amazing school. Adams is well known for its welcoming and dedicated community, and I am confident that our new families will greatly enjoy being a part of the Eagle family.

I would like to extend a special welcome to our incoming sixth-grade families. I am certain that your middle school academic career will be both successful and enjoyable. Adams is an outstanding school with a staff-and-parent community that is wholly committed to academic excellence and providing a high-quality educational experience for its students.

Main Ingredient—You!

I ask that our families, both new and returning, consider their role in ensuring that their children meet academic and

social success. Transitions are difficult for many, but the transition from elementary to middle school often proves to be one of the toughest. To ease this transition for your children, we encourage you to continue to play an active role in their education. Research indicates that there is a substantial decrease in parent involvement once children reach the middle and high school levels, which is in direct conflict with studies that indicate a clear relationship between family involvement and student success.

So, what does this look like? It can begin at home. Have regular conversations with your children about their day, and take the time to really listen. Establish sound relationships with your children's teachers, and maintain ongoing communication. Use the school's resources to stay informed of what is occurring at the school and in your children's classrooms. The Parent Portal and the school's website are two quick and effective ways to support the home/school connection. Establish sound schedules and routines that allow ample time for homework and studying while still providing children time to participate in activities that will support their social development. Last, recognize that there will be struggles and possibly even failures, but with perseverance, success often follows.

Once again, welcome back, and here's to an amazing school year at Adams Middle School!

Alta Vista *Elementary (K–5)*

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



Susan Wildes
Principal

Welcome Back!

Welcome to the 2015-16 school year! Whether you are returning to Alta Vista Elementary, starting your child's first year in Kindergarten, or new to the Redondo Beach area, we are delighted to welcome you to the new school year.

We all have beginning of the school year traditions with our children; school supplies shopping, buying new shoes, or even picking out that new lunchbox and backpack. As exciting as these activities are, starting a new school year can be stressful and for many children, scary.

This year, I want to challenge our families to incorporate a few new traditions to help set the tone for a successful transition to a new grade or school and provide your child with a "toolkit" to use when they find themselves in a stressful moment.

- Practice a social story. Social stories help teach students routines, expectations and behavioral standards. Develop a narrative together that meets your child's interests and needs that will help to provide them insight into stressful social situations they may encounter (i.e. how to find a person to play with you, how to ask someone to sit with you at lunch)

- **Teach relaxation skills.** Many students can get overwhelmed easily when they encounter a new situation. Talk with your child about how their body feels when they get overwhelmed and plan out times when relaxation can be helpful. Practice strategies together such as sun breathing, counting to 10, visualization and/or stretching.
- **Create a visual reminder (with pictures) for the morning routine.** Ask your child to help visualize how getting ready for school should look, sound like and feel. Rehearse the routine, taking pictures as they go. Next, help your child create a chart that utilizes the pictures to help guide them in the mornings. "Debriefs" on the way to school will help your child to reflect on whether they were able to follow through with their plan.
- **Teach conflict resolution strategy.** Often times, we tell children to "use their words" without actually coaching them on what those words could be. Help your child rehearse strategies for resolving conflict such as "I feel...when you...because...I would like you to..."
- **Plan out homework area and routine.** Set up a study area at home, just as you would at school with all the necessary materials. Include an organizational checklist for completing work and repacking the backpack for the next day.

Beryl Heights *Elementary (K–5)*

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



Karen Mohr
Principal

The Best Year Yet!

Are you gearing up for another wonderful year at Beryl Heights Elementary School? The Beryl staff is excited and ready to partner with all of our students and families for the 2015–2016 school year! Teachers have been preparing to make this the best year yet, with rigorous academic standards taught at every grade level and our Character Counts recognition program embedded

within our daily activities. As a learning community, we welcome your questions and ask that you become an active participant in your student's education.

Remember to take time to meet your child's teacher during the first month of school. When your child comes home after school, talk with him or her about the day and ask what he or she has learned. Devote 30 to 60 minutes a night to discussing school work, homework, and the other activities at school. Read together every night to make reading a priority in your child's life. Take an active part in your child's learning by keeping open communication with your child's teacher.

Attendance is key to your student's success. A child who misses a day of school misses a day of learning. Research shows that children who are in school do better in their academics and on tests. We can't do our job of educating your child if he or she is absent. Being late for school hurts a child's learning too, so make sure to have your child here at 8 a.m. on the big playground when supervision begins. A student who is consistently late every day could miss up to 30 hours of instruction during the year. Your child's success in school depends on having a solid educational background—one that can only be gained through regular school attendance. Please make sure your child attends school regularly and on time!

Please attend Back-to-School Night on September 9 to listen to your child's teacher carefully outline the school year and expectations. Our PTA meeting will begin at 5:30 p.m. in the cafeteria, followed by a presentation and staff introductions. Afterwards, classroom presentations will be held from 6:15 to 7:15 p.m. Behind our school is a dedicated team ready to help your student excel and have an amazing educational year. The Beryl staff is looking forward to the best school year yet!

Our *School News* tortoise, Cheeseball, is off to the first day of school! (you'll need this page number for the contest on page 19)

Birney *Elementary (K–5)*

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



Mira Baskaron
Principal

Starting Off Right

Welcome back, Bobcats! I am thrilled to be the new principal of Birney Elementary School. It was wonderful meeting many Birney families during our meet-and-greet event that was held at the beginning of August at Perry Park, followed by a frozen yogurt fund-raiser. It was a nice opportunity to meet families and students for the first time. Many families shared how they have

enjoyed spending the summer doing a variety of activities. In speaking with students, I was pleasantly surprised that they are anxiously awaiting the start of a new school year.

Another school year of new beginnings can be scary: new grade, teacher, routines, curriculum, homework and expectations. This is a great time to establish new routines at home that can help the transition of a new school year become more successful. Some ideas include limiting television time, family dinner together, meaningful conversations, designated homework procedures and location, clear communication of expectations, and allowing children the flexibility to enjoy being a child.

It is no surprise that we all lead busy lives. The pressures of balancing the various components of life can be more manageable if routines are established and operate on a continual basis. Establishing routines helps keep order and structure in your home, which can lead to children thriving in many areas of their lives. This can be just as meaningful and crucial for adults.

If you have routines in place, that is wonderful—keep going! If you do not have routines in place, now is a good time to begin. If you are interested in pursuing a routine, a morning routine is a good start. Mornings can be hectic but really are the catalyst for starting your day off right. Here are some steps to follow to begin a morning routine:

Get everything ready the night before: clothes selected, backpack packed, lunch decided, and so on.

Decide what time your family will wake up and how that will occur, whether it's with an alarm clock or another device.

Establish what needs to happen in the morning: get dressed, brush teeth and hair, eat breakfast, and so on. You may need a chart so that your child can remember all that needs to be done.

Decide what time you will leave from the house. and give your family hugs and kisses before you go.

Here's to a wonderful start to an amazing school year!



Jefferson *Elementary (K-6)*

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



Jeff Winckler
Principal

Our Great Year Ahead

Welcome to the 2015–2016 school year! I hope that summer was enjoyable for all and that everyone is ready to begin an excellent school year together. It is an absolute joy to be writing to you as the new principal of Jefferson Elementary School. We have an outstanding school with a dedicated and hardworking staff as well as a very caring and involved community of students and

parents. I am looking forward to getting to know you, and I am excited about the work we have ahead.

Education is a partnership between students, parents, and school staff. Good communication is vital to a healthy and productive partnership. As school starts, parents should talk with their children about “back to school” and do so in a manner that is positive and supportive. Take time to discuss appropriate behavior and academic expectations. This should not be a pressure-filled or stress-inducing conversation; instead, it should be aimed at expressing that we simply expect their best effort.

Parents are also encouraged to communicate with teachers during the first two weeks of school. Parents should share any important information that will benefit

the teacher in his or her relationship with the student or information that might mitigate a potential problem before it happens. Parents can also use this time to find out how they can contribute in the classroom.

Establishing a routine is one of the most important things we can do to ensure a successful school experience. There should be a healthy transition from the freedom of summer to the more regimented school schedule. Bed times should be appropriately adjusted, breakfast should be a regular part of every morning, and students should arrive on time every day. Students should have a regular location at home where they can study and do homework. A quiet, well-stocked work area, along with a routine time to study, is also vital to a successful academic year.

I truly believe that it takes a village to ensure the success of our students. I encourage everyone to please be active and appropriately involved members of our school community. Both the school and the PTA need your help to provide all of the wonderful opportunities our children have at Jefferson. Also, please mark your calendars and plan to attend our Back-to-School Night on September 9. It should be a great night.

Again, welcome back! I look forward to sharing a fantastic year with you at Jefferson.

Lincoln *Elementary (K-5)*

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



Jane Tasker
Principal

Steps to a Great Year Ahead

Welcome to the 2015–2016 school year! It is an honor and a privilege to be kicking off the year as the new principal of Lincoln Elementary.

Originally from Springfield, Missouri, I relocated to California just after college, and have been a South Bay resident ever since. I come to Lincoln with 17 years of experience in education, including roles as a teacher and

principal at the elementary level. I also have a passion for inspiring and guiding both students and teachers, and I love being an elementary principal! I am beyond proud to call myself a Lincoln Lion, and am confident that we have a great year ahead of us.

As a child growing up in Missouri, I was fortunate enough to live close to my elementary school, and I walked to school almost every day. I have fond memories of those walks, and believe that they provided me with the boost I needed to concentrate on my studies once I entered the schoolhouse doors.

Now there is plenty of research to support how exercise before school can improve cognitive function and academic performance. The positive impact of physical activity increases when it becomes a habit, which is why the start of the school year is the perfect time to get moving. So I strongly encourage our Lincoln families to consider enrolling as a Walking School Bus participant and/or volunteer. Through this program we can maximize the achievement of our students and have a lot of fun along the way!

The success of our students relies upon a partnership between home and school. I encourage everyone to become an active member of our school community by joining the PTA during its membership drive this month and next. Also, please mark your calendars and plan to attend our Back to School Night on Wednesday, September 9. It should be an informative and enjoyable evening for all.

Again, welcome back, and I look forward to a great year ahead.

Please Drive Safely...Children are Back in School!

Madison *Elementary (K-5)*

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



Drew Gamet
Principal

Creating Great Experiences

Welcome to the 2015–2016 school year! We have such an incredible year planned.

Along with our new facilities and no construction, we also have some wonderful programs. Thanks to the passage of Measure Q, all students this year will have 1:1 technology, which includes our kindergarteners and first- and second-graders.

As a result, we have removed our computer lab (you don't need a lab when everyone has their own), and converted the room into a place where science, music classes, Live-Well Kids classes, and Hands-on-Art lessons can take place. A special thank-you goes to the Redondo Beach Education Foundation and the Beach Cities Health District for their support in making these classes happen!

We won't be waiting long to get the activities started, because we will soon have Back to School Night on Wednesday, September 9. This is a chance to meet with your teachers, find out what is expected of your students, and ask any questions you may have.

We will have two local holidays on September 14 and 23 where there are no classes. Fall pictures will be on September 18. Looking forward into the next month, we will have the Great California Shakeout on October 15, the Halloween Carnival on October 23, and the Sketchers Friendship Walk on October 25.

None of this would be possible without Kari Chatterji, our new PTA president. She wants to get everyone enthusiastically involved in helping to create great experiences for all our students.

To keep up to date on the latest at Madison, please visit our improved and streamlined webpage. Just scan the Madison QR code below. You can sign up to receive weekly eblasts, download the ParentLink communication app, and see the latest maps on parking and student pickup around the school.



Parras *Middle School (6-8)*

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



Dr. Lars Nygren
Principal

Welcome Back Panthers!

Our teachers and staff are excited to be starting another outstanding school year. We have developed many different academic and social programs to help our students have a fantastic year and we can't wait to get started!

Once again, our entire student body will have chromebooks to use daily. Last year we rolled out our one-to-one chromebook program school wide and it was a success. We are thrilled for the educational opportunities these provide for our students and we will build upon what we learned from last year. Teachers saw an increase in personalized learning, as well as more efficient testing, and an overall excitement for learning through the use of technology. We look forward to the positive changes Chromebooks will provide.

As the school year comes to a start, we have put together a few simple ways to support your child in their middle school education:

- Frequent Parras Middle School's website: www.parrasmiddle.org for the latest information about our school.
- Purchase school supplies (the Parras School Supply list is available on our website).
- Access our Parent Portal and teacher websites to help your child monitor grades and due dates.
- Attend Back-to-School night on September 16th.
- Get involved with the PTSA.
- Talk with your child about his/her school day.
- Establish routines for morning and homework.
- Maintain contact with your child's teachers.
- Encourage your child to get involved in our clubs and/or intermural sports.



Parras Middle School opens its doors for the 2015-2016 school year!

Through the collaboration of the Redondo Beach community, families, students, and our staff, Parras has been recognized as one of the highest achieving South Bay middle schools. At Parras, we are committed to providing students the best education possible. We look forward to yet another successful school year!

Redondo Union *High School*

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



Dr. Nicole Wesley
Principal

"RU" Purposeful?

When summer began, did you have a list of goals you wanted to complete? Did you get a summer job? Attend a sports camp? Take a class?

Take a moment to reflect on your summer and your accomplishments. Now, let's talk about your upcoming school year at RUHS. What are your goals? Are you taking an honors or AP class? Are you applying

to your target colleges? Are you trying a new sport or extracurricular activity? Do you have any personal goals, such as arriving to school on time, being focused in class, or completing your assignments in a timely manner?

Students, take a moment to write down at least one or two goals you plan on completing by June of 2016. Now, as you pursue your goals, realize that the most important trait of your journey is "grit." Grit is the unwavering pursuit of success no matter what obstacles may attempt to interrupt your path. Abraham Lincoln once said, "You can have anything you want, if you want it badly enough. You can be anything you want to be, do anything you set out to accomplish if you hold to that desire with singleness of purpose."

As you pursue your goals with great purpose, relish those moments when you can pause and reflect on your journey thus far. Never fail to be conscious of your actions and opportunities to refine your practices and habits.

Finally Sea Hawks, always be aware of your strengths and sense of courage when it comes to self-advocacy. As young adults, the high school setting provides many opportunities for you to communicate with your peers, teachers, counselors, and administrators. The ability to speak up for yourself, without the involvement of your parents, is a skill you will certainly use and appreciate all of your life!



RUHS students solving challenging science problems with partners.

Tulita *Elementary (K-5)*

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



Dr. Tanaz Farzad
Principal

Riding the Wave!

Every year, summer vacation brings the opportunity to spend extra time with our families and friends. Without the demands of the school day, homework and busy extracurricular activities, we get to reconnect, unwind, and revive ourselves.

Whether you and your family spent time traveling, at the pool or beach, or just relaxing together at home enjoying the

summer, I hope your summer was filled with sunshine, laughter and joy.

As summer ended, we found ourselves ready to kick off the 2015-16 school year. The teachers and staff have worked hard and couldn't wait for the start of school when we got to meet our students and gear up for an amazing year. We are dedicated to making sure that each of our students has an enjoyable, rewarding and successful school year, and we hope that you will make a family commitment to join our learning team!

There are several ways families can support school success and help their children as they start the school year. Continue to work on getting back into your school-year schedule with bedtimes and morning routines, get

school supplies organized, watch for information from PTA about back-to-school events, and most importantly, build enthusiasm about their classes. For information about recommended reading to gear up for a new school year, visit our Tulita website to see what books your child can begin to read to prepare for his or her new grade level.

We are going to have an awesome ride on the Tulita wave of learning in 2015-16! We hope that you all enjoyed the PTA Ice Cream Social in August as well as the first day of school!



Future 3rd grade Tulita student taking time to do some summer reading!

Washington *Elementary* (K–5)

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



Kristen Holm
Principal

Welcome Back!

Welcome back, Explorer families, to an exciting 2015–2016 school year! The Washington Elementary School staff is thrilled that you have entrusted your child's education to us. It is our goal this year to continue to create an enriched learning environment that engages each child.

Every new school year welcomes changes and additions, and this year is no exception. Over the summer, Washington's turf field was replaced, and the entire school was painted. We also have several new staff members to introduce. They are: Mrs. Pilar DeNardo, a third-grade Dual Immersion teacher; Ms. Adrienne Soto, a third-grade Dual Immersion teacher; and Mrs. Brittany Ambriz, our school psychologist.

Reach for the STARS

In an effort to continually improve our school culture, Washington is implementing a school-wide Positive Behavioral Interventions and Supports Program (PBIS). What is PBIS? It is a program that was founded on the belief that we can explicitly teach and model appropriate behaviors for our students early and then continuously identify, intervene, and ultimately reward those wanted

behaviors. This school year, Explorers will reach for the STARS! Smart choices, Take responsibility, Awesome attitude, Respectful, and Stand-up citizen (STARS) is the motto that will drive our students and teaching. Get ready to see our Explorers STARS used to reward your child, and be ready to celebrate their success as they collect these STARS and redeem them for a variety of non-food prizes.

Parents: An Important Component

At Washington, we sincerely believe in a school environment that is collaborative in nature and draws on the strengths of all stakeholders as we strive to improve student outcomes. We need and welcome your support and cooperation. Parents are encouraged to communicate with teachers, participate in activities, and share important information that is relevant to the benefit of the school relationship. Additionally, we encourage you to become active in our PTA. We have many events planned during the year for families to get together and celebrate being part of Washington School. If you are interested in joining the PTA or volunteering at a school, stop by our front office for more information.

Once again, on behalf of the entire Washington staff, welcome back! We look forward to an awesome year working with all of the wonderful students, parents, and stakeholders of Washington Elementary School. Go, Explorers!

Los Angeles County Office of Education



Arturo Delgado, Ed.D.
Superintendent

Educators Meet On the Road to Success

Word is spreading across California and the nation about the Los Angeles County Office of Education's award-winning Road To Success Academies (RTSA) model of instruction for incarcerated and at-risk students.

Our first RTSA symposium, held recently in Burbank, drew more than 100 participants and representatives from 12 county offices of education, four school districts and two state agencies.

The day-long symposium featured presentations, student testimonials, an expert panel and interactive displays of LACOE's RTSA programs.

I closed the symposium with a discussion of the core values essential to implementing the RTSA approach. I also shared information on the three-year process of support and monitoring offered by LACOE for a school to be officially certified as a Road To Success Academy.

Forty participants visited program sites at Camps Gonzales in Calabasas and Miller in Malibu.

The RTSA program features interdisciplinary, project-based learning focused on themes that address students' academic and mental health needs. It incorporates activities to promote self-esteem and empower students to make positive choices and behavior change.

We have seen a huge turnaround at our program sites and improved outcomes for the students they serve.

Since I joined LACOE in 2011, I've made improving instruction in Juvenile Court Schools a top priority. Our staff worked tirelessly on a research project to find the right formula to motivate and engage our students and give them the skills to succeed in school, in the workforce and in their communities.

I'm glad that we have found this formula, and our schools are now steering students on the road to success. And I am thrilled by the overwhelmingly positive response of our education colleagues to learn about our approach and how they can replicate it.

Arturo Delgado, Ed.D., was appointed superintendent of the Los Angeles County Office of Education in July of 2011. With headquarters in Downey, the Office is the nation's largest regional educational agency, providing a range of programs and services to support the county's 80 public school districts and 2 million preschool and school-age children. 9300 Imperial Hwy., Downey, CA 90242 • 562/922-6360 • www.lacoe.edu

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Lucy's Book Review



Lucy Davis

A Page Turner!

The Mysterious Benedict Society

Author: Trenton Lee Stewart

Mr. Curtain has

created a machine to brainwash the world.

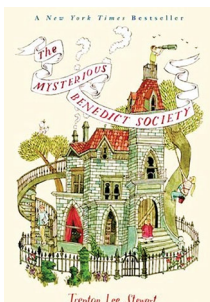
This story follows four kids that are sent on a secret mission to stop

him. Danger is everywhere, and each child has personality traits that help him or her during their adventures. Constance is my favorite character because she is funny, spunky, and fiercely independent! There are lots of twists and turns so readers must pay close attention to keep up with the story line.

This is a young adult book that I feel both boys and girls will enjoy. If you enjoy science fiction and mysteries, this is a great book for you!

I would give this book five bookworms out of five, because I really enjoyed the suspense in the story. I'm really looking forward to reading the next book in this series!

Lucy Davis is a 4th grade student at Beryl Elementary in Redondo Beach. Besides reading, she enjoys riding her bike, theatre, and playing guitar.



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**Tyler Robert
Armstrong**

Every Step – The Climb

When we got to the trail, we started our long, long journey to the summit of Mount Whitney. We started off at 2:05 a.m., in the pitch dark. Without our headlamps, we might have gone off the trail because it was so dark. I was in front, and my dad said to watch the trail carefully and stop looking around so I wouldn't get hurt. (I was looking around so much

because I was afraid we might run into a bear.) However, my dad knew I was not watching where I was going, because my headlamp kept pointing everywhere but the trail.

When I turned my head back to the trail, I saw a huge, scary creature in the dark right in front of my face. I closed my eyes and couldn't bear to look. After a terrifying moment, I had the courage to open my eyes. It was a...deer! "Really! I was scared of a deer!" I thought. My dad, the deer, and I looked each other in the eyes. Then the deer ran in one direction, and my dad and I moved up the trail in the opposite direction.

About an hour and a half up the trail through the forest, we began to see the moon clearly. We had climbed above tree line, which is around 10,000 feet in elevation. It was such a beautiful full moon. We turned off our headlamps and were able to hike in the moonlight. The rocks seemed to glow in the moon's reflection. It was so peaceful.

Around 5:30 a.m., we began to feel the warmth of the sunrise. No more darkness! Soon I could see everything clearly, and the mountains looked huge. A while later, we came to the hardest part of the hike, the dreaded 97 switchbacks—and it really was 97 switchbacks. We had

to climb 1,600 feet in elevation in about two miles. The switchbacks were very tiring, and doing 97 of them, all of which looked the same, became very boring. After two hours of pain, we reached the trail crest. But there was still much farther to go.

With much enthusiasm, I asked my dad, "How far are we from the top?" The answer surprised me. "Two and a half more miles, so about an hour." One hour? "Is it really that much?" I thought. Then I almost lost it. I wondered, "How will I ever get through an hour when it feels like every minute is as long as a full day?"

I asked my dad for a quick rest, and we stopped for a few minutes. We pulled out a few snacks, and I took a drink from my hydration pack. It all tasted delicious. We soon got up and pushed towards the top. As I looked around, I could see huge drop-offs and cliffs on my right side, and way below on my left, I saw beautiful valleys and trees and a really neat-looking lake in the distance. I asked my dad the name of the lake (because he always does research before every climb). "Guitar Lake," he said. As I looked more closely, I could see that it did look a bit like a guitar.

Now it was time for the final push to the top. I could see the trail going up. All of a sudden, I saw a little stone hut off in the distance. I could hear other climbers hooting and hollering as they celebrated reaching the top. I knew I was almost there. I was so excited. A few minutes later, I looked up...to be continued...

Publisher's note: I read an article about Tyler and immediately invited him to be a guest columnist. He is such an inspiration and I want our readers to hear his amazing stories.

If you can't wait for the next column, please enjoy Tyler's web site! www.topwithtyler.com and www.facebook.com/topwithtyler and www.youtube.com/user/TopWithTyler

Ships Word Search Contest

Rules!

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

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

Entries must be received by September 15, 2015

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

| | | |
|------------|--------------|-------------|
| BATTLESHIP | FRIGATE | SUBTENDER |
| CARGO | GUNBOAT | SUPERLINER |
| CARRIERS | ICEBREAKER | SUPERTANKER |
| CONTAINER | LANDING SHIP | TANKERS |
| CRUISER | MINE SWEEPER | TRANSPORT |
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 P 310 325 5885 • www.ymcala.org/tsb

Contest!!



Our office tortoise Cheeseball is hidden somewhere in this publication. When you find him, email the **page number** to:

Kay@schoolnewsrollcall.com
 Please put RBUSD in the subject line.

Your entry must be received by September 20, 2015
 From the correct entries, we will draw a winner to receive a Barnes and Noble \$20 gift certificate.

Congratulations Contest Winners:

April — Amy Byars
May — Kylie Thompson
June — Glendee Madden



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Remember When?



**Charlene
Ashendorf**

Two Things Off Limits

Growing up, there were two things off limits: mom's living room and dad's stereo. I was raised with the rules that the living room was exclusively reserved for adult company; and the stereo was to be operated by dad. No exceptions. By their off limits status, I'd dream and scheme of the day I would lay claim to both.

I remember when asking "why" was out of the question and "because I said so" was the only response required of a parent.

The living room was pristine. Not a doily or coaster were ever out of place. The white sofa was covered with clear plastic that crackled when an adult sat down.

The stereo was polished and its pop up lid seemed to be sealed tightly.

33 1/3 LPs were lined up like little toy soldiers. And I swear I could hear them cry out: "see me, feel me, touch me."

It was late one Saturday when temptation would face this 13 year old — an empty living room and a silenced stereo. Before my eyes, there stood the likes of Perry Como, Tony Bennett and Frank Sinatra. Wide eyed wonder, I reached for "Call me irresponsible." Yes, it's true.

And, yes, you can imagine what happened next. I placed the vinyl on the turntable and my three year old brother walked into the room and jumped on the sofa and yelled, "I'm gonna tell daddy."

Just then I dropped the arm of the stereo causing harm to Frank's flawless voice.

Mom and dad walked in and caught us red-handed. The punishment fit the crime. We did time and to this day, I never lift the arm on the stereo.

Charlene remembers growing up in Chicago with hot and humid summers, leaves that turned colors in the fall and endless winters. Active in her community and church, she advocates for seniors, affordable housing, literacy and libraries. Her hobbies include reading, writing and visiting art galleries. Charlene resides in Costa Mesa with her husband, Dennis who is a teacher in the Newport Mesa Unified School District. <http://about.me/emash>

A Bit of History

Fluoroscope

By D.H. Coop

If you lived in the United States from the 1930s to the early 1950s, shopping with your mother was not an adventure for young children. The only thing for those of us who were young was getting into trouble by asking questions or wandering off and getting lost in the store. Yet, there was that one day that the shopping trip was a step into a world of wonder and amazement, and that was the trip to the shoe store.

The salesperson would take you over to a machine that measured your feet scientifically, measuring the length and width of your foot for the perfect fit. At the huge machine, you would stick your feet into the base, look into a view port at the top of the machine, and see with Superman vision the bones in your feet. Other children would stand around the machine waiting for a turn to see their feet or each other's hands. The machine was a place of wonder and excitement, and it often turned into a fight over who would be next.

Machines like these showed up in the 1920s for a variety of medical problems. The shoe fluoroscope was advertised as visual proof that fitting your child's feet with shoes was done with scientific precision. Early in the 1920s, concerns were raised about the exposure to X-rays. Yet, real concerns only came after the atom bomb was dropped on Japan and radiation concerns became more evident. Real warnings were published in 1948. Then, in 1953, more warnings were reported, and the Food and Drug Administration placed a ban on the machines. Pennsylvania was the first state to ban the use of the machines in 1957. The one in use in the United States was in Boston in the 1970s.

I still have fond memories of visiting the shoe store and the machine that had nothing to do with the way my shoes fit. The only reason for the machine was to entice mothers and their children to the shoe store by giving us the thrill of seeing the bones in our feet, just like Superman.



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Note-ables



Kate Karp

'Glory! Glory! Hallelujah!'

This collection arrives just in time for the beginning of the school year, when teachers are scoping out their annual plans and parents are looking for some good, entertaining stuff to enhance their children's knowledge base. *Glory! Glory! Hallelujah!* is a real find—a brass-and-woodwind-heavy hail to the Civil War era.

The collection is a compilation of traditional songs, some familiar and others obscure, as well as tunes written by artist Lloyd H. Miller in the sense of the era and what came out of it for better or worse. In the CD, Miller tells the traditional story and sings the well-known tune of radical abolitionist John Brown and adds his own lyrics and music to flesh out the hero's activism and bravery. "Follow the Drinking Gourd," the hymn to Harriet Tubman's night-sky navigation to the land of freedom, is given a celebratory treatment. Another lesser-known Brown—Henry Box Brown—reached the North in another singular way: he shipped himself in a box to Philadelphia, and Miller thought he'd make a great subject for a song. He was right. Equally obscure and of note is the story of Weeksville, one of the first free black enclaves. Weeksville was established in Brooklyn in the 1830s by a former slave, and Miller graced it with a song, too.



A sequenced narration of Lincoln's Gettysburg Address squares the corners of this enlightening collection. And best of all, an online curriculum guide is in development to further link this rich era to our present.

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

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South Bay Hands On Art



Erika Snow Robinson / Gina Clancy
Co-Chairs

Get Your Art Swag On!

We have six amazing projects to teach the students this year! Starting with our Goldfish project that is going to be taught by the artist himself Rolandas Dabukas. We will also have Maritime Romanticism presented by Jake Tedesco based on the Romanticism era. Boom for Real presented by Marianne

Coble, based on the amazing art of Jean-Michel Basquiat. Pop art Pets presented by Stephanie Kohler. Giants of Earth presented by Lee-Jean Lin which will teach us about the giant Sequoia and perspective. We will end with Rothko Remix presented by Robin Sarner which will give us the amazing concept of color blending.

We are so very excited to be co-charing this year and look forward to learning and teaching all this amazing art projects. We are both local artists and have been involved with South Bay hands on Art for a combined total of over 27 years. Art is very dear to our hearts and we can't wait to get started!

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

College 4 Less



Susan D. Marshall

Test Your Financial Aid Knowledge

Financial Aid does not mean free money = never to be paid back. Instead it's a mixture of gift aid and/or loans. Grants = free; Tuition Reductions (from a school that really wants you to pick them) = Free; Loans = NOT FREE.

Loan Definitions: PLUS = parent loans for student expenses, Direct = student loans, Subsidized = Government pays interest while the student is in school, Unsubsidized = Interest Accrues while Student is in School. HINT: Paying interest while in school on Unsubsidized Student Loans will greatly reduce the overall amount of debt after graduation. This is highly recommended if you want to pay off the loans as quickly as possible and save money in the long run.

529 plans count as an income resource for your student, which could result in less "need-based aid," resulting in more money out of your pocket.

Financial Aid packages sometimes include Work-Study Aid which means the student gets a part-time job typically on campus. Receiving Work-Study Aid does not guarantee the student a job on campus, they still need to apply for the job and pass the interview.

Financial aid packages/awards require you to fill out the FAFSA – Free Application for Federal Student Aid. The application requires information from the student and the parent's taxes – however you can fill out an application with estimated amounts and amend it at a later date. January is the best time to fill out your FAFSA. Typically the earlier you file a FAFSA the more financial aid you receive.

Pat yourself on the back if you knew all of this! This is the beginning of things you need to know and understand before you can begin to successfully navigate the college financial aid process.

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

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Board of Education 2015 Regular Meeting Schedule

| | |
|--------------------|--------------------|
| September 8, 2015 | October 27, 2015 |
| September 29, 2015 | November 17, 2015* |
| October 13, 2015 | December 8, 2015* |

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

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