

FREE

School News

Education + Communication = A Better Nation

Covering the Redondo Beach Unified School District



Volume 10, Issue 90

September 2016



Redondo Beach Partners in Education Presents

State of Education 2016



COLLEGE FOR ALL

It's never too early to find the right fit



OCTOBER 5, 2016

RUHS Auditorium on Vincent and PCH

5pm — Meet and Greet

Healthy Bites from Blue Zones Restaurants from Beach Cities Health District

6:30pm — Program Starts

Childcare provided for ages 4 and up starting at 6pm



Rob Franek is Princeton Review's chief expert on education and college issues. He has served as a college admissions administrator, test prep teacher, author and lecturer. He is lead author of the Princeton Review's annual "Best Colleges" series.

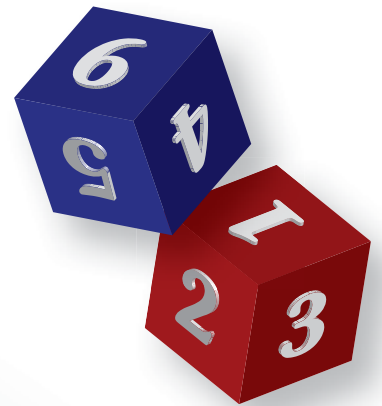
Recently featured on the Today Show, watch Rob Franek's interview at www.princetonreview.com/college-rankings/best-colleges

Educational Advocate of the Year Announced

www.SchoolNewsRollCall.com

2 Games in 1!

Kids
Teens
Adults!



SumDiceyFun.com
info@sumdiceyfun.com

Superintendent



Dr. Steven Keller

Hello Parents/Guardians:

The 2016-2017 school year is soon to begin, hence this topic. We hope you are smiling and counting the days. We are!

Summer construction continues with various modifications and upgrades to Parras Middle School. Quite frankly, Parras is looking pretty awesome. If your child attends school there, I'm confident you will be impressed with the last two months of

progress. Alta Vista and Tulita received new exterior painting as well. In a few months, we will add a turf field at Birney Elementary. Thank you to the Birney learning community for your patience.

We have some new administrator changes to share:

- Dr. Nicole Wesley, Director of Student Services (former RUHS Principal)
- Mr. Jens Brandt, RUHS Principal (former RUHS Assistant Principal)
- Mr. Bill Dargen, RUHS Assistant Principal (former RUHS teacher)
- Dr. Jonathan Erickson, RUHS Assistant Principal (former Ingenium Schools Administrator)
- Ms. Nancy Ruvalcaba, Washington/Alta Vista Assistant Principal (former Parras teacher)

As a reminder, the first day of school for students is Wednesday, August 31, 2016.

The Board of Education (Anita Avrick, David Witkin, Brad Waller, Brad Serkin, and Michael Christensen) and I welcome you to what is sure to be another highly successful year in the finest school district in the South Bay, Redondo Beach Unified School District.

Thank you for your continued support of our RBEF and PTA. You will hear more about both in the weeks ahead.

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

Board of Education



Anita Avrick
President



David Witkin
Vice President



Brad Serkin
Presiding Officer



Michael R. Christensen
Member



Brad Waller
Member

Board of Education

Making a Difference

Belmont, Massachusetts, just before 8 a.m. on a balmy, early September day in 1990. My first day of seventh grade at a new school. Coat and tie.

As I walked into Latin class, the teacher was already standing erect facing the blackboard, clouds of chalk dust wafting down beneath the elbow patch on his own blazer, the tack-tack-tack of his chalk scratching out words I'll never forget:

ABHOR APATHY—HATE INDIFFERENCE.

Later that morning, Eddie Gallagher introduced us to Latin declensions, but his first five-minute lesson was about one's mentality toward life: caring about your friends, your family, your work, your world. Making an impact.

Mr. Gallagher was one of a kind. As much as I loved him and his class, I learned I was better off sitting in the second or third row, lest I be hit with the spittle that came flying out when he got excited about verb conjugations, or the Boston Bruins, or how his dad, Lefty Gallagher of the Red Sox (for one year), once struck out Babe Ruth.

For comic relief, Mr. Gallagher would remove his dentures, made necessary by an errant hockey puck to the mouth in college before helmets were mandatory. Later on, when he coached me in freshman baseball, he forbade us to wear athletic cups in practice, the better for us to play "guts ball"—throwing one-hoppers to one another, moving closer and closer. If we flinched, we were out. Don't tell anyone, but I now play guts ball with my seven-year-old son (with a tennis ball, mostly), more to honor Mr. Gallagher than for any practical benefit to my son's career as a shortstop.

Even after I graduated and moved away, I stayed in touch with Mr. Gallagher. We still e-mail from time to time, reporting about my children and his grandchildren. This was a man who most definitely was not apathetic. He cared about life, and this rubbed off on his students.

As we begin a new school year, my most ardent wish for our students in Redondo Beach Unified School District is that they would find their own Mr. Gallagher, if they haven't already. One perk of being on the Board is the time

I can spend with principals and teachers—and I can promise you, they are special people. These are men and women who could have succeeded at any number of professions, but who chose education because of the difference they can make in young minds and lives.

This year, take an extra five minutes once in a while to chat with your child's teacher or principal. If we're doing our jobs correctly, we won't just be giving our students a formal education; we'll be impacting them for life, just as Mr. Gallagher did for me.



Kay Coop
Founder/Publisher



School News Roll Call

Education + Communication = A Better Nation
www.schoolnewsrollcall.com
Covering the
REDONDO BEACH UNIFIED SCHOOL DISTRICT

FOUNDER/PUBLISHER: Kay Coop
562/493-3193 • kay@schoolnewsrollcall.com
ADVERTISING SALES: Valerie Reid • 310/874-2716
valerie.schoolnewsrollcall@gmail.com
CONTENT COORDINATOR: Barbra Longiny
GRAPHIC DESIGNER: Tim DeLacy
COPY EDITORS:
Lisa Brock, Kate Karp & Anna Zappia
Netragrednik by Neta Madison



SCHOOL NEWS ROLL CALL, LLC
P.O. Box 728, Seal Beach, CA 90740
562/493-3193
www.schoolnewsrollcall.com
Copyright © 2006, School News Roll Call, LLC
Reproduction in whole or in part without written permission is strictly prohibited unless otherwise stated.
Opinions expressed by contributing writers and guest columnists are their views and not necessarily those of *School News Roll Call*. This publication is privately owned and the right is reserved to select and edit content. The school district does not endorse the advertisers in this publication.

Welcome back to another school year. New beginnings are always exciting and particularly for students. It is a time of anticipation of seeing old friends, making new friends, meeting teachers, learning where the classrooms are and getting used to a schedule after summer break. Thank you for including *School News* among your reading choices.

On the school pages the principal's share their vision for this school year.

I know you read every single word in this publication, but just in case you missed it, go back and read the article by Brad Whitkin, Board of Education Vice President, on page 3. I was disappointed when his article

ended as I wanted to know more about Mr. Gallagher. I hope each of your children have a Mr. Gallagher during their years at RBUSD.

The Redondo Beach community is so supportive of education, which is evident in your generosity contributing to the Education Foundation. Their article is on page 5.

The PTA is asking you to join and in so doing students benefit. Information is in their article below.

Of course, don't forget to enter our contest on page 17. I enjoy all of your comments when you email the answers. Remember all ages may enter.

Our next issue is October 5.

Redondo Beach Council PTA



Raymur Sweeney
President

Your Seat at the Table

Welcome back to school. As you start planning your year, please remember to join your school's PTA.

PTA membership is open to everybody – whether you're a parent, student, educator, business leader or community member. PTA believes family is the basic unit of society responsible for the support and nurturing of all children, and we recognize that "the

family" is defined in many ways. So no matter who is in your family or how you define it, your family is part of the diverse national family of the millions of members strong – PTA!

In addition to joining the largest children's advocacy group in the nation, PTA membership allows you to:

Get Connected. There's no better way to know what's happening in your school, or to develop a relationship with your child's teacher and principal.

Discover Great Resources. The PTA offers a variety of programs and materials for students, parents, families, schools and communities.

Speak Up – PTA membership gives you a "seat at the table" when important school decisions are being made.

Be a Role Model. By becoming a PTA member, you'll be demonstrating to your child the importance you place on education.

Enjoy Substantial Benefits. PTA members enjoy exclusive member perks including discounts on school supplies, rental cars, wireless services and more.

Earn a Scholarship. Students are encouraged to join PTA. Students at the high school have the opportunity to apply for scholarships from their elementary, middle and high school PTA's as well as Redondo Beach Council PTA. Membership in PTA is a requirement, so be sure to have your students join.

Make a Difference. By working together, PTA members have helped advance local, state and national laws and policies to improve the education, health and safety of all children.

You can join at your individual school or become a member of all 11 PTA's in Redondo Beach for one price. Go to www.rbpta.org to become a community member of every PTA. Individual site memberships will be solicited at registration and back to school events.

PTA membership does not obligate you to volunteer, but it gives you a seat at the table. Do good things for kids – join PTA.

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

Redondo Beach Educational Foundation



Ted Craddock
President

An Investment in RBEF is An Investment in Our Children

While summer is usually a time to get away from school, those of us at RBEF have been dedicated to evolving our brand and better communicating our mission. We are proud to introduce our new logo and tagline, "RBEF. Our Kids. Our Community. Our Legacy."

Our purpose has not changed. We believe more than ever that the children we support will be running the cities, businesses, and world one day, and so we are obligated to provide them with the best and most creative well-rounded preparation and curriculum.

But we can't accomplish this without your help. Last year your generosity, and our local business partners, helped contribute approximately \$850,000 to the Redondo Beach



Our Kids.
Our Community.
Our Legacy.

School District. Our fund-raising efforts, coupled with your investments, helped to support the district by providing opportunities for students in science, music, arts, sports, math, and college preparation. We need to make sure that these educational programs continue to evolve.

Together, we are all RBEF: the community that surrounds our children. We share the belief that when children are stronger, smarter, and achieve more, all of us do. If you believe in this vision of building a legacy for

Redondo Beach through a well-rounded education for your children, we ask you to support the RBEF's annual investor drive, which will be held from September 14–30. You can make an investment in your child's future at any school office, or if more convenient, online at www.rbef.org.

After all, while it may be our hopes that we are trying to fulfill in our children, it is truly their dreams that the RBEF seeks to fulfill. Remember: Our Kids, Our Community, Our Legacy!

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

Need to See a Doctor?



TORRANCE MEMORIAL
PHYSICIAN NETWORK

Torrance Memorial Physician Network offers same day appointments.

Call now and schedule an appointment: 310-891-6717



Dr. Keith Chumley
Primary Care

3701 Skypark Drive
Suite 100
Torrance



Dr. Kristin Gutermuth
Primary Care

2900 Lomita Boulevard
Torrance



Dr. Sunil Hebbar
Primary Care

705 Pier Avenue
Hermosa Beach



Dr. Kate Niehoff
Primary Care

3701 Skypark Drive
Suite 100
Torrance

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

For more details visit TMPhysicianNetwork.org/sameday

TORRANCE • CARSON • REDONDO BEACH • HERMOSA BEACH • MANHATTAN BEACH • SAN PEDRO

TIRED OF BEING SNEEZY STUFFY ITCHY?

IF YOU SUFFER FROM AN ITCHY AND RUNNY NOSE, NASAL CONGESTION, SNEEZING, ITCHY EYES AND THROAT, IT MAY BE TIME TO TRY OUR EFFICIENT NEEDLE-FREE, HASSLE-FREE AND PAIN-FREE TREATMENT TO RELIEVE YOUR ALLERGY SYMPTOMS.



TAKE A DEEP
BREATH



BREATHE CLEAR
INSTITUTE

FOR SINUS AND ALLERGY RELIEF

310.372.0700

20911 EARL ST, SUITE 470, TORRANCE, CA 90503

WWW.BREATHECLEARINSTITUTE.COM

Join Us in Creating Safe 'Streets for All'



Kerianne Lawson
*Director of
Lifespan Services*

Redondo Beach schools will soon be back in session and that means thousands of tiny feet will again take to the sidewalks on early mornings as part of the Walking School Bus program. As a parent, the safety of my kids is always my top priority – which is why I'm excited to announce Beach Cities Health District (BCHD) is launching a campaign to educate the community on creating safe "Streets for All": pedestrians, bicyclists, drivers, strollers and skateboarders.

"Streets for All" will focus on distributing public education messages about creating safe streets in community, especially along high-traffic corridors like Prospect Avenue – which passes through six school zones and impacts more than 5,500 Redondo Beach students.

Here's how parents can get involved:

- Participate in Community Door-knocking Day on Oct. 1. Help distribute lawn signs and campaign materials to residents along Prospect Avenue.
- Pick up a "Streets for All" lawn sign from your child's school Sept. 26-30.
- Enroll your child in the Walking School Bus program.

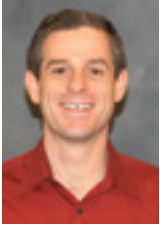


Support active living by walking your child to class on International Walk to School Day, Oct. 5.

For more information, contact Tessa Dent at tessa.dent@bhcd.org or 310.374.3426, ext. 124.

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

Healthy Eating On the Go



Barry Steinmetz, M.D.
Associate Medical Director, Pediatric Gastroenterology, Hepatology & Nutrition Center, Miller Children's & Women's Hospital Long Beach

Getting your child to eat healthy can be a challenge, especially with busy schedules. Avoiding junk food can sometimes seem impossible. However, a well-balanced diet along with plenty of rest and exercise will help your child's immune system continue to function properly – reducing the risk of illness.

A healthy diet also is necessary for brain growth and development. In the first five years of life, 90 percent of a child's brain develops.

Here are some easy meal and snack ideas that are both delicious and healthy:

- Peel a banana and dip it in low-fat yogurt. Roll in crushed cereal and freeze.
- Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins. Enjoy your "ants on a log."
- Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.

- Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a sandwich.
- Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.
- Make snack kabobs; put cubes of low-fat cheese and grapes on pretzel sticks.
- Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
- Spread peanut butter on apple slices.
- Blend low-fat milk, frozen strawberries and a banana for 30 seconds for a delicious smoothie.
- Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.

Maintaining a well-balanced diet early in development will help promote a life-long habit of healthy eating for your child.



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

Miller Children's & Women's Hospital Long Beach
MEMORIALCARE HEALTH SYSTEM

**Miller Children's...
Long Beach's
Children's
Hospital**

750
pediatric physicians,
including pediatric
specialists,
sub-specialists,
hospitalists and
intensivists

1,000
high-risk babies
treated each
year

6,000
births each
year

4,500
surgeries performed,
including
congenital heart

**Treating your children's unique
health needs for 40+ years!**

MillerChildrens.org 800-MEMORIAL

RBUSD Child Development



Theresa Van Dusen
Director

Shift into First!

Welcome to a new year at the Redondo Beach Child Development Center (CDC)! Everyone at the CDC is looking forward to meeting all of our new families and welcoming back our old friends. It is hard to believe that summer is already over, since CDC has been in full swing all summer with our amazing summer program in which our students were actively engaging in fun—and educational—activities.



Excavating dinosaur bones

We are now shifting gears and focusing on having a fun and successful school year with continued collaboration between the school-age CDC teachers and the primary school teachers so that we can build upon the instruction of the regular classrooms. Our teachers also provide activities that not only enrich a child's school experience but also allow them to have a fun time.

We are very excited to begin the new school year, and we look forward to another great year!

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



Mud park adventures



GET ONE FREE with this ad
when you buy one of equal or lesser value.
Can't be combined with any other offer



310-370-4888
menchies.com
2515 Artesia Blvd.

SWITCH

to one of the
BEST 529 PLANS IN THE NATION*
and
GET UP TO \$500.**

**Please See Our Ad
On the Back Cover**




SCHOLARSHARE
529 COLLEGE SAVINGS PLAN
scholarshare.com/switch

Special education programs are authorized by federal and state laws.
These laws require that a free and appropriate public education shall be offered in the least restrictive environment to all students identified as disabled. Through the District's Student Study Team process and other procedures, a continuous effort is made to locate and identify individuals who might qualify for special education services.

The law also provides that parents may initiate a request to have their child assessed to determine eligibility for special education and/or related services.
This request should be in writing and submitted to:

The Office of Special Education
1401 Inglewood Ave., Redondo Beach, CA 90278





So, you got lice!

**Don't panic,
we're here for you!**

Local Mobile Head Lice Removal Service
We Make Housecalls!

(213) 326-8897
Call or Text

\$10 Off
First Time Service
Not valid with any other offer

HAVING TROUBLE ... TRYING TO WORK FROM HOME?



**REALM
WORKSPACE**
is for you!

Call for a tour at 424-265-1920
www.realmworkspace.com
1603 Aviation Blvd., #C • Redondo Beach, CA 90278



Dr. Annette Alpern
Deputy
Superintendent,
Educational
Services

Money Isn't Everything

Money isn't everything. It's not. And, with the ever increasing costs of continuing one's education beyond high school, more and more students and families question whether going to college is "worth it."

Obviously, this is a very personal decision.

As a school district, we support providing all of our students with the necessary skills that makes college a distinct choice. The attached chart demonstrates that a college education is a long-term investment.

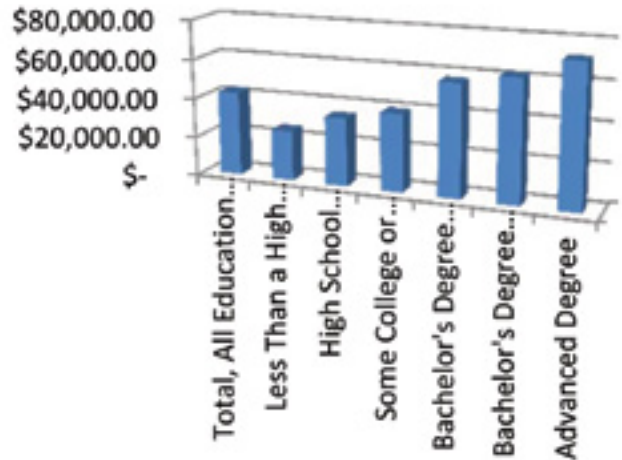
I encourage you to visit the following website, which provides "preparing for college checklists" for elementary, middle and high school students as well as parents.

<https://studentaid.ed.gov/sa/prepare-for-college/checklists>

With careful planning you can find the school and funding options that work best for your situation and put you on the path to success.

Welcome back to the 2016-2017 school year!

Median Annual Income by Educational Attainment, 2015



■ Median Annual Income

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

JOIN US FOR COLLEGE NIGHT!

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

COMING IN NOVEMBER
WATCH FOR THE DATE!



www.elcamino.edu



EL CAMINO COLLEGE

South Bay Adult School



Dr. Anthony Taranto
Director

Whatever Your Interest...

Welcome back to fall! At South Bay Adult School (SBAS), we believe that continual learning is essential to fulfilling human potential. SBAS provides people the opportunity to continue their learning, to develop as well as gain new skills and abilities, to expand their knowledge, and to improve the career prospects available to them. To that end, we strive to create a customer-centered environment for

meaningful, enjoyable and affordable classes that reflect the ever-changing goals and interests in our community.

At SBAS, we offer a wide range of adult-education programs across the South Bay to fit your individual needs and interests. We have all levels of English as a second language (ESL) classes from beginning to bridge to academic and career success to preparing students for college and career success. As part of SBAS, the South Bay Family Tree Parent Education Program annually provides lasting learning experiences for families in the South Bay in a safe and fun learning environment. Our community-education-based programs include health and fitness,


foreign languages, art, music and basic computer skills such as QuickBooks, and Microsoft Excel and Word.

Join Us in Learning!

There are a number of reasons to be excited about this new school year. We have a number of new staff and programs that will help our school better prepare students for college and work transitions. Our Edison campus Learning Center will host Adult Basic Education (ABE) and Adult Second Education (ASE) classes in an enriched-virtual environment. Students in these programs will divide their time between attending classes and learning remotely, using online delivery of content and instruction that meet Common Core State Standards and A-G Requirements. We will be continuing our collaboration with El Camino College and other local community colleges to improve the educational pathways between our school and theirs.


Our teachers and staff work hard at providing relevant and enriching courses for our adults. We encourage you to take advantage of all that we offer through SBAS. Learning never stops, and neither should you! Registration for classes is easy and convenient. Sign up today on our website!

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



southbayadultschool **SBAS ADULT EDUCATION**
Classes for lifelong learning! Redondo & Manhattan Beach Unified School Districts

Take a chance on lifelong learning!



SBASONOPOLY
Where Learning Never Stops and Neither Should You!

Fall term classes start September 6, 2016

Fall 2016

www.southbayadult.org



KANGEN WATER™
Water As Nature Intended



Donald L. Outland
Molecular Hydration
562.305.6036
f:562.598.1815
doutland2@hotmail.com
patch.enagicweb.net

South Bay Driving School

Proud Sponsor of Your School for Over 20 Years!

\$20 off
One coupon per student

(310) 791-1111

3614 Pacific Coast Hwy., Torrance, CA 90505
Southbaydriving.com

Online and Classroom Available

RBUSD Alternative Education



Sue Hall
Principal

Welcome Back

This is my third year as principal of alternative education, and I am grateful to continue working with this diverse learning community.

Our primary goal in alternative education

is to help our students become responsible, informed citizens through a collaborative teacher/student environment. All of our students have unique life experiences and various needs and strengths. We work with them to create personal learning goals, while also providing continuous feedback and support. Ultimately we want our students to further develop their strengths and find their life purpose.

Our staff continues its commitment to teaching the state standards, integrating technology, and supporting our students through their transition to college and careers. We encourage them to think critically about the world and to choose their own path. Our strong partnerships with local colleges and regional occupational centers are instrumental in the successful transition of over 90 percent of our students to higher education. This year we are excited to



Alternative Education staff is ready for the new school year!

that our personal relationships make all the difference. We genuinely care about each other. Visitors to our campus often comment on the mutual respect that is shared between our staff and students.

We are thankful to the Redondo Beach community and our school district for supporting our programs, and for recognizing the need for students to have a more personalized and adaptive education. Graduates and returning students are already visiting and sharing their summer accomplishments. Many of them have started new jobs and are attending college. We love to hear their stories, and want to welcome our new students to begin their path to success!

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

be hosting an El Camino College course on our campus!

This past year marked the fifth time that Redondo Shores was recognized by the state as a Model Continuation High School. We are proud to be recognized for our curriculum, but we know

"An Ounce of prevention is worth a pound of cure."

Hillside

AUTO REPAIR

Periodic maintenance ensures that you and your passengers always travel in comfort and safety.

We offer a full range of car maintenance services, for all makes and models of cars and trucks, including:

- Oil Change
- Brake Service
- Tire Service
- Battery Service
- Engine Cooling System Repair
- Computer Diagnostics
- Hybrid Car Service
- Standard Maintenance Services
- Transmission
- Engine Services
- Heating and Air Conditioning
- Auto Electrical Services
- Fleet Services

Auto Repair Hours
8:00 AM - 5:00 PM,
Monday - Saturday



MENTION THIS AD FOR A 10% DISCOUNT ON YOUR NEXT SERVICE.

24467 Hawthorne Blvd at Newton Street • Torrance • 310.373.7676 • HillsideAutoRepair.com

Adams *Middle School (6–8)*

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



Lisa Veal
Principal

Welcome to the Middle!

Welcome back, Adams Middle School Eagles! It is my hope that you have enjoyed the summer break and are well-rested and looking as forward as I am to the 2016–2017 school year. The staff and I are excited to kick off the new year and know that it will be one of the best ones yet!

Please allow us to extend a special welcome to our new and incoming families. Adams is known for its dedicated staff, its supportive parent community, and its exemplary academic program. We are confident your years at Adams will be both enjoyable and successful.

The transition to middle school can prove to be both exciting yet anxiety-provoking for children. They look forward to the independence and maturity it signals, but they recognize that the academics and social aspect will look vastly different from the primary level. One way parents can support the transition is by staying involved in their child's education. Parent involvement often sharply decreases in secondary education, which is in opposition to studies that indicate student success is directly related to family involvement.

Staying involved can start by simply having conversations with your child about his or her day. By

inquiring and listening, you are letting your child know that you care about his or her education, success, and happiness. Familiarize yourself with the various resources available to parents in order to stay informed. Two solid ways to do so are regularly accessing the school's Web site and the Parent Portal. From the onset of the year, establish schedules and routines for studying and extracurricular activities to ensure your child starts and ends the year strong. Lastly, develop positive relationships with your child's teachers.

Adams also encourages students to get involved with campus life. With middle school comes a plethora of opportunities for students to explore their interests. Students have access to a host of programs such as Associated Student Body, clubs, and intramural sports, to name a few. I challenge all students to take time to connect with the school beyond the classroom.

Be proactive. Address the many concerns your child may have in order to reduce the fear of the unknown. Answering questions regarding opening physical education lockers, making friends, being different, and managing challenging classes and the heavier workload can go a long way toward reducing anxiety and building resiliency.

Once again, welcome back! It is a privilege to be kicking off another school year with the Adams community, and I look forward to an incredible year!

Beryl Heights *Elementary (K–5)*

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



Karen Mohr
Principal

Welcome Back!

Can you believe another school year is about to begin? The Beryl Heights Elementary School staff is excited and ready to partner with all of our students and families for another fantastic 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, which is 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.

Preparing Your Child for Success

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 their 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. 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!

Be Involved

Please attend Back-to-School Night on September 15 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. After the meeting, classroom presentations will be held from 6:30 to 7:30 p.m. Behind our school is a dedicated team that is ready to help your student excel and have an amazing educational year.

The Beryl staff is looking forward to a successful 2016–2017 school year!

Alta Vista *Elementary* (K–5)

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



Susan Wildes
Principal

Welcome Back!

On behalf of the teachers and staff of Alta Vista Elementary, I want to welcome everyone to another exciting and rich school year. My hope is that this summer has provided all of our students with opportunities to engage in activities that stimulate the imagination, exercise the body and nourish the spirit, be they vacationing with families and friends, trying out new experiences at camps, or just getting lost in a good book. Our teachers have used this time to rejuvenate themselves as well and are excited to meet new faces and try out exciting instructional techniques, project-based learning activities, and challenges.

At Alta Vista Elementary, it's important to us that our students are exposed to cultures and learnings beyond their Beach Cities community. For the fourth year in a row, we are extremely proud and honored to begin another school year as a Big Cat Initiative/Sister School with *National Geographic*. This partnership provides our students and community with philanthropic opportunities for our sister school, Remot Primary in Kenya. As residents of Redondo Beach, our students are blessed with a physical learning community and resources that are beyond compare. By learning about the daily experiences of the students of Remot and their basic needs of shelter and

materials, our students not only come to appreciate what they have but also are driven to devise ways to raise money to support them.

A Real World Partnership—Literally

National Geographic also provides our students and teachers with the wealth of their resources as they work to educate the world about the plight of the big cats. The organization provides our students with authenticity in the classroom. Research supports the value of authentic learning. We have experienced over the years that when our students are engaged in this real-world challenge of the educating our community about the decline of the big cats, they have become much more involved in learning the important content and mastering skills. They are charged with “causing an uproar” and therefore have a real-world audience. Finally, the support of National Geographic has also included visits from some very special guests, including Casey Anderson, the host of *America the Wild*; Samburu Warriors with the Warrior Watch Project; and conference calls with big-cat specialist Boone Smith.

Community partnerships are vital to enhancing the educational opportunities for our students. Alta Vista's partnership with National Geographic provides valuable learning experiences that ignite students' passions, their compassion and their imagination. As the 2016–17 school year begins, our students will be working to “cause an uproar” as fellow Wildcats.

Birney *Elementary* (K–5)

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



Mira Baskaron
Principal

Welcome Back!

Welcome back, Bobcats! I am truly looking forward to a new school year. We want to welcome our returning Birney families and extend a special greeting to our new Birney Bobcats across the campus, from staff to students. This year promises to be another successful one, with many exciting things to look forward to.

Starting off the new school year with routines and goals is important when considering what it takes to have the most successful school year. For example, establishing a bedtime that allows for the necessary hours of sleep for a child's optimal function should be set in place early on. Having the bedtime discussion with your children ensures that they have an understanding of the expectation and why it is important for their well-being.

Another preestablished routine discussed and implemented should be expectations centered on homework and reading time. There could be a special place where homework is completed in order to minimize

distractions. Also, setting in place a “family read time” may be beneficial for your family. Everyone can sit in the same area—living room, dining room and so on—and read their own book. If you have young children in the family, this would be a great time to read to them or have them read to you. It is also good practice to make sure all electronics are put away so they don't serve as potential distractions.

The Importance of Connection

An additional routine that is critical is establishing a set time to sit and talk as a family. This could be done daily around the dinner table or perhaps before bed. It's important to connect with the family and discuss your day. Perhaps you can establish a question that everyone answers as a way to keep the conversation moving. No matter how you decide to carve out family time, make sure it is an intentional time set aside to connect with one another.

I am certain this year will be one to remember. Starting routines at the beginning of the school year can make the transition to a new school year a little easier for everyone. I look forward to a fantastic 2016–17 school year!

Jefferson *Elementary* (K-5)

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



Jeff Winckler
Principal

Getting a Great Start

It's that time of year again when we welcome back all of our Jefferson students and families, and extend a special welcome to our new kindergarteners. It is also an appropriate time to offer some suggestions on how to prepare for a successful school year.

Establishing a good school year starts with building a partnership between students, parents, and school staff. Constructive communication is the key part of a healthy and productive partnership. Parents should discuss the transition back to school as summer closes, and also take some time to discuss appropriate behavior and academic expectations. This should not be a pressure filled or stressful conversation, but should be aimed at expressing how we simply expect students to strive to always give their best effort. In having this discussion, parents should ask how their children are feeling about the upcoming school year, and be prepared to address any concerns they may have.

Having a strong level of communication with the school is also important to a successful beginning. Parents are

encouraged to communicate with teachers during the first few weeks of school. They should share any important information that will benefit the teachers in their relationships 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. It will be a different school year than the previous one, so be ready to welcome change and differences.

Another highly recommended step to take is establishing a routine. This 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. Bedtimes should be appropriately adjusted, breakfast should be a regular part of every morning, and students should arrive on time every day.

Lastly, students should have a regular location at home where they can study and do homework. A quiet, well-stocked work area, along with a set time to work, is also key to a successful academic year.

Thank you, and let's get ready to have another great school year at Jefferson!

Lincoln *Elementary* (K-5)

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



Jane Tasker
Principal

Proud to Be a Lion

Welcome to the 2016-2017 school year! We are looking forward to an amazing year of learning and discovery for each and every one of our Lincoln Elementary School Lions.

If you are new to our community, you will quickly find out what a gem our school really is. At Lincoln, the people make the difference! The faculty and staff are a dedicated group of individuals that works tirelessly to meet the needs of all students. We have a positive and caring climate that allows students to reach their potential under an umbrella of nurturing and support.

In addition to our powerhouse team of teachers, the Lincoln parent presence is truly outstanding. The Lincoln PTA provides enriching programs such as Hands on Art, Hands on Cooking, assemblies, field trips and multiple family nights and events throughout the year. Parent involvement is of critical importance to our success, and I encourage you all to find your place and get involved this school year.

Last year, Lincoln was named a 2016 California Gold Ribbon School! This recognition is the highest honor bestowed to schools by the state of California. Schools that are selected demonstrate exemplary achievements in implementing state standards in priority areas. Lincoln is very proud of this recognition, but we know it did not happen by chance. We would like to thank our teachers, staff, parents, and community for helping us to achieve this honor.

At Lincoln, we pride ourselves on creating an "experience" for your child that goes above and beyond a standard education. We look forward to sharing more details with you at our annual Back to School Night on Thursday, September 15. We will kick things off with a PTA meeting, an introduction of teachers, and a principal's welcome in the cafeteria, followed by individual teacher presentations in the classrooms. Mark your calendars now so you don't miss a thing!

I'm truly looking forward to another great year as your principal. Proud to be a Lincoln Lion!



**Lincoln Elementary starts the year right
as a 2016 Gold Ribbon School**

Madison *Elementary* (K-5)

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



Drew Gamet
Principal

Celebrating 60 Years

Hello and welcome to the 2016-2017 school year. I am so honored and excited to be with you another year as principal of Madison Elementary School. This year we are looking forward to celebrating 60 years of Madison Elementary School. Since 1956, Madison Elementary has been serving the community in North Redondo Beach. In that time, the school has been recognized as a California

Distinguished School 3 times, recognized as a Gold Ribbon School and been named an Alliance for a Healthier Generation Bronze level school twice. There is truly a rich tradition of excellence at Madison Elementary.

This year, we are welcoming several new teachers to join us in the quest to provide the best possible education to our students. They are:

- 1st Grade Teacher- Melissa Smith
- 2nd Grade Teacher- Kathaleen Jackson

- 3rd Grade Teacher- Joni Pearl
- Learning Center Teachers- Jennie Whitaker and Lisa Replogle

I would also like to welcome back our amazing PTA president, Kari Chatterji. Remember to check out the webpage for information about PTA and how to get more involved.

This year you will find our procedures both before and after school to be very similar to the previous year. Please be aware that the City has extended our valet lane on Nelson all the way to the corner. This is to make sure that traffic flows as smoothly as possible both before and after school. Make sure you are not parked on the North side of Nelson in the valet lane to avoid receiving a ticket, especially on the first day of school. You can always check out all this information on our website at <http://madison.rbusd.org/>.

Thank you and I look forward to seeing you all on August 31st!

Parras *Middle School* (6-8)

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



Dr. Lars Nygren
Principal

Greetings Panthers!

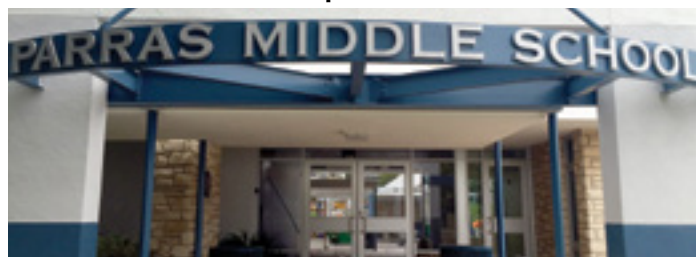
The Parras Middle School staff is excited and ready for yet another fantastic school year. At Parras Middle School we are dedicated to providing our students a strong academic education while also ensuring their social and emotional needs are met.

To help ensure the safety of our students and to provide them with an outstanding education, Parras Middle School has

undergone renovations. Projects that have been completed are: newly constructed classrooms, renovated band room, air conditioning for the library, expanded



Four new classrooms were added to the Parras Middle School campus



New windows and a security entrance were installed.

lunch area, security entrance, painting of the entire school, and window replacement. These renovations and additions have made our school a safer and better equipped facility for everyone to enjoy. It's important to note that the passage of the school bond by the Redondo Beach community made all of our renovations possible.

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 14.
- 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.

Through the collaboration of the Redondo Beach community, families, students, and our staff, Parras has been recognized as a high achieving middle school by being designated a Gold Ribbon School Award by the state of California. At Parras Middle School, 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>



Jens Brandt
Principal

RU (Actively) Learning?

As we approach the beginning of another school year at RUHS, we hope that you and your family have enjoyed a safe, relaxing, and healthy summer vacation!

Our teachers and staff look forward to welcoming your children back to the best high school in the South Bay and beyond, Redondo Union! While preparing your students for the 2016–2017 school

year, this is a wonderful opportunity to discuss our shared expectations with regards to your child's active participation in the teaching and learning process.

We have highly-qualified and exceptionally talented teachers throughout the RBUSD, and the high school is no exception. Our teachers spend countless hours preparing and delivering rigorous, relevant, and engaging lessons which promote and support opportunities for curiosity, collaboration, critical thinking, creativity, and communication.

In addition, our students have a notable advantage over their high school peers across the nation: the ability to access the world of technology on a daily basis. Our students are connected through their Chromebooks, Google Classroom, and dozens of other learning apps and platforms. As a result of this collective effort, our students are better prepared for an ever-evolving world.

Despite all of the extraordinary instructional practices and opportunities for student engagement, there is one essential ingredient for student success at RUHS. In order to truly benefit from the variety of academic courses and pathways made available to them, our children must be active participants in the learning process!

What does active participation look and sound like in a Redondo classroom? Productive students ask questions, take notes, contribute to discussions, innovate when challenged, and constantly reflect – just to name a few!

During this next school year our Redondo teachers will continue focusing on a fundamental teaching practice, the Gradual Release of Responsibility. This strategy has existed since the beginning of time, and is likely occurring in your household at this very moment!

Whether teaching your child how to ride a bike, cook for the first time, or drive a manual transmission car, learning starts with focused and guided instruction (called the “I do”). We then move into collaborative learning (the “we do”), whereby learners have the opportunity to practice with others. Finally, the goal is to move all learners into the realm of independent learning. In other words, the training wheels are off!

We thank you, in advance, for supporting our efforts to create engaging and effective classroom learning experiences for all RUHS students.

Tulita *Elementary (K–5)*

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



Dr. Tanaz Bruna
Principal

Preparing for the New Year

Welcome back to school, Tidalwaves! There will be many opportunities for involvement, growth, and learning this year.

The start of a new school year is an exciting time for most students – learning how to navigate a new part of school, learning new schedules, meeting new friends and teachers or reconnecting with old ones will likely be the primary focus of interest for the first few days.

Help your child settle back into the routines of a new year with the following tips:

1. Be prepared. It is important to get to know what is expected of you and your child so that you don't tell your child one thing while the school says another. Take full advantage of all school communication and opening events. If students feel lost or overwhelmed during the school day, encourage them to seek out our Tulita Buddy Bench located on the playground. The Buddy Bench is a place where students can go when they are looking for a friend to play with or talk to during classroom breaks.

2. Set up a good routine. Make sure your child's body clock is ready for the school day. It is a good idea to start

adjusting bedtimes and wake-up times early enough to get them back into the rhythm of the school day. Tired students or students who are rushing out of the house in the morning and dropped off in a hurry often get anxious and irritable because they don't have enough time to adjust.

3. Stay Positive. It is important to stay positive about the new school year. Children need to feel that you are happy about them going to school, or being away from you so that they don't worry or feel that they are missing out on some other fun.

4. Tell them what you want them to do. Letting children know how you want them to behave at school in a positive way is a great way to send them off to class. For example, say, “Be respectful to those around you today,” instead of what you don't want, like, “Don't get in trouble!” Explaining as much as you think they will understand will help them become well prepared.

5. Encourage the growth mindset. Remind your child that hard work pays off, and that success takes determination and perseverance. Navigate them towards a growth mindset versus a fixed mindset.

We are going to have an awesome ride on the Tulita wave of learning in 2016–2017. We were happy to see many of you at the PTA's Teacher Meet 'N' Greet in late August!

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 2016–2017 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.

I am excited for you to meet our new assistant principal, Nancy Ruvalcaba. Nancy most recently taught sixth-grade language arts and social studies at Parras Middle School after previously teaching in the Hawthorne School District. She has done extensive work implementing and developing the Advancement Via Individual Determination (AVID) college and career readiness program, developing curriculum in conjunction with the Center for Active Learning in International Studies at the University of Southern California (USC), and coordinating professional development opportunities through the Instructional Leadership Corps, a partnership of the California Teachers Association, Stanford University, and the National Board for Professional Teaching Standards. She earned an undergraduate degree in journalism from USC and a master's degree in American studies from California State

University, Fullerton, and she is currently working on her doctorate at California State University, Long Beach.

We also have several new staff members to introduce. They are: Mrs. Leslie Cook, kindergarten teacher; Ms. Monica Jauregui, third-grade Dual Immersion teacher; Mrs. Estela Stilson, fourth-grade Dual Immersion teacher; and Ms. Rose Huff, psychologist. They are excited to become a part of our Washington school community, and they look forward to working with you and your child.

Parents: Most Important Component

At Washington, we sincerely believe in a school environment that is collaborative in nature and draws on the strengths of all stakeholders, striving for improving student outcomes. As you are the first teacher in your child's life, 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 Parent Teacher Association (PTA). We have many events planned during the year for families to get together and celebrate being part of the Washington community. If you are interested in joining the PTA or volunteering at the 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!

Colors –Word Search Contest

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

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

Entries must be received by September 21, 2016
From the correct entries one name will be drawn to win a GAZUMP card/dice game fun for all ages.

AMBER	MAGENTA	SAPPHIRE
CRIMSON	ORANGE	SCARLET
EMERALD	PEACH	TURQUOISE
GRAY	PERIWINKLE	VERMILION
IVORY	RED	WISTERIA
JADE	ROSE	
LAVENDER	SAFFRON	



Congratulations to Kinsey Runquist Winner of the June Word Search Contest!



**Full Range of
Classes for
All Ages**

Fusion Studios

**New Students
bring in this ad
to receive a
free class!**

*Fusion Studios is a place where students of all ages
can come together and express themselves in the arts.*

310.540.6401 **@thefusionstudios**

www.thefusiondancestudio.com

Alana's Book Review



Alana F.

Spirit Animals—Against the Tide

By Tui T. Sutherland
Travel across Edras
alongside Meilin, Rollan,
Conor, and Abeke as
they make their way to
the Hundred Isles in
an attempt to retrieve
yet another talisman



- the Coral Octopus. However, after a demoralizing encounter with the enemy in Arctica, it is apparent that a traitor is in their midst. Will the team be able to put aside their emotions, or will their mistrust for one another be their downfall?

As a story centered around Abeke, I was prepared to be bored while reading this but upon closer inspection, I realized that Abeke is a completely different character than I had initially thought. I would give this book four stars because there wasn't much action or combat however, this book managed to completely change my perspective on a character, (it's harder than it sounds) so I'll give it credit for that.

Alana is a student columnist. When she doesn't have a book in her hands, she enjoys playing video games and writing fiction. She rates books on a scale of 1-5 with 5 being the highest.

Lucy's Book Review

Perfect!



Lucy Davis

Full Cicada Moon

Author: Marilyn Hilton

Mimi is a girl living in 1969, and the Apollo mission is soon going into orbit. For her, that's the dream job: to go into space and make scientific discoveries. But then she



moves to Vermont, where with a new school and no friends, half African-American, half Japanese Mimi seems to fit out. Soon, though, things change when she meets Stacey and Timothy. They tell her to follow her dreams, that "girls can work wood and touch the sky"; if they believe that it's possible.

With a poet's pen and ability to make stories come to life, Marilyn Hilton creates a perfect story about a girl striving to do the unlikely.

I give this book five bookworms for its cleverness and thoughtfulness.

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

Isabella's Book Review



Isabella A.

Class Dismissed

The book, *Class Dismissed*, by Allan Woodrow, is about a class that is teacher-free after Ms. Bryce quits and the class keeps it "secret." They plan to play all day, write and throw spitwads!



Soon, the class misbehaves. Class 507 learns that school without a teacher is impossible because no one is working together. The principal gets concerned because nobody is going to detention and the students fake being the teacher. Maggie, the class know-it-all gives out homework, tests and classwork, but finds it hard. She also grades tests and holds detention drawings. Maggie wanted a teacher but learns that she could be it. Some kids mean to tell, but something always stops them. Will this class survive without a teacher or will the year end in disaster?

I give this book 4 stars, because while it is funny and interesting, it shows kids lying and keeping a bad secret.

Isabella is a fourth grader who loves to write based on her experiences fictionalizing them into stories that relate to young readers. Isabella wants to be an author of realistic fiction when she grows up. She will rate the books 1 to 5 with 5 being the best.

Keira's Book Nook



Keira

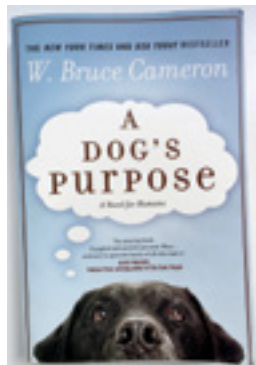
Man's Best Friend

A Dog's Purpose

By W. Bruce

Cameron

This remarkable story is about a dog who was reborn as a golden-haired puppy. Bailey tries to find his purpose in life, which leads him to an eight-year-old boy named Ethan. During his life with Ethan he learns to be good. "Good dog, Bailey." This is one of the most important sentences Bailey has ever known. However, this is not the end of Bailey's journey. When he is reborn yet again he wonders when he will find his full purpose. By the way, this is a story for humans from a dog's point of view. It describes the unbreakable bonds between humans and dogs. This is a great book, and I could read it over and over again! I rate this book 5 out of 5 apples.



Keira Fukuwa is a fifth grader. In addition to her love of books, she enjoys jazz dance, art, crafts and traveling. Keira rates books 1-5 apples with 5 being the highest.

K-12 | Math Help | Math Enrichment | Test Prep | Homework Help

MAKE THIS SCHOOL YEAR GREATER THAN LAST YEAR!

MATHNASIUM
The Math Learning Center

A new school year brings a fresh start—and Mathnasium is here to help set the stage for success! Together, we can make this school year *greater than last year!*

NOW ENROLLING!

\$100 Off First Month Membership

Redondo Beach
234 S. Pacific Coast Hwy., #106
Redondo Beach, CA 90277
(424) 247-7304
mathnasium.com/redondobeach
redondobeach@mathnasium.com

*new customers only expires 12/31/16

Give your kids the

Best Birthday Ever!

Customize your party any way you like!

BOOK ONLINE!
AdventurePlex.org

We do **EVERYTHING** from invites to clean-up.

All you have to do is show up!

1701 Marine Ave., Manhattan Beach, CA 90266 • 310-546-7708

ADVENTURE PLEX
AT MANHATTAN

A Beach Cities Health District Program

the Y **PLAY TOGETHER STAY TOGETHER** FOR YOUTH DEVELOPMENT™ FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

ADVENTURE GUIDES

Shouldn't their best memories be with you? 5-10 parent/child pairs join a circle for activities such as parades, crafts, skits, games, camping, hiking, and excursions. For children ages 3-17.

Find out more information by visiting www.ymcaLA.org/tsbADVENTURE

TORRANCE-SOUTH BAY YMCA
2900 West Sepulveda Blvd., Torrance, CA 90505
P 310 325 5885



Dinosaur Museum & Activity Center

Kids love it!

Super fun field trips, fundraisers, team sports, parties & events.

South Bay Galleria - Redondo Beach
www.WonderofDinosaurs.com



Note-ables



Kate Karp

'Saddle Up'

Childhood buddies Justin Lansing and Joe Mailander—the brothers neither of them ever had—are off at a gallop with *Saddle Up*, a spirited musical jaunt along the Continental Divide region. The Grammy-award-winning pair gives cowboy, bluegrass and American Western music a good turn—sometimes right on the ear—and boy, howdy, can they rustle up a good band!

Lansing on banjo and Mailander on guitar join up with fiddles, acoustic guitars, steel drums, cardboard boxes, a washboard—of course—and a Nigerian Urdu drum. The Lovin' Spoonful's John Sebastian and his

harmonica join the hoedown on "Lead a Horse to Water;" other guest artists—the Benally family's Navajo chant song "Sister Moon and Brother Sun" and Carlos Medina y El Trio Los Gallos "Somos Amigos"—illustrate how wonderfully diverse genuine American music is.

The Okee Dokee Brothers are home on their usual range of metaphor and an amazement and appreciation of nature, all expressed through tenderness and spicy, sloppy dollops of youngster-appealing humor. "The Jackalope" is a Holy Grail legend with a wink to the listener, and "Last Lullaby" gives a sweet treatment to "My Little Buckaroo" and comfort to the listener.

But hold your horses—there's another saddlebag full of goodies. The included DVR treats each song to regional geography and beauty, highlights the artists, and lassoes us in with spirited hijinks and home movies of the Brothers' childhood, nostalgic flashbacks on "Good Old Times."

Cowboy music has come a ways. Roy Rogers would be proud—maybe a little envious, too.

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

A Bit of History

Note Taking

By D.H. Coop

When I went through paramedic training I took pages of notes on yellow legal tablets and tape-recorded every lecture. The guy that sat in front of me took a one-letter size page of notes for each lecture. I passed tests with 94% and he passed with 99%. I looked at my note taking and saw that with my notes I was reviewing the whole lecture and not focusing on the central points. I decided it was not necessary to write notes in complete sentences. Notes should be key words that trigger memory for a quick review.

Later, when I continued my education at a university, everyone took notes as they read with a highlighter. Some of their highlighted pages had turned into a pages of pink, yellow or green color. That caused them to reread the complete pages once more taking valuable time. Rereading is good if one wants to have a better understanding of the subject; however, rereading is not good for review.

When I became a secondary teacher, I noticed my students would take notes in complete sentences with every "the," "and" and "a" in their notes. They also followed the same highlighting practice of coloring in whole paragraphs and pages. I told the students to highlight key words and that there should be no more that ten words highlighted per page. Being bright students, they randomly highlighted words to demonstrate that they had taken their notes. They miscalculated in that I did not look at the page and count the words highlighted. Instead I asked what the words triggered in their memory. Note taking should be for the recall of important points and to internalize information.

So here are my three suggestions for note taking. First, when listening or reading, write only key words related to the topic that will cause you to recall and connect to the topic. Second, review and rewrite notes at a later time and fill-in blank spots. If you cannot fill-in the blanks, write down your questions and reread that section or ask the teacher. Finally, talk to someone about what you have learned. This allows you to internalize the information and develop a better understand.



Rolling Hills Montessori School
 in a beautiful rural setting, offering 3 programs:
Toddler, Pre-Primary and Transition (18 months - 7 years)

- Full day and half day
- Chinese/Spanish and Music inclusive
- 10 Extra curricular classes available
- Field Trips
- Community atmosphere
- Fully credentialed staff

Spaces are limited.
 For more info please call: (310) 377-5722

Rolling Hills Montessori
 26825 Rolling Hills Road
 Rolling Hills Estates, CA 90274
www.rollinghillsmontessori.com

F
U
N



menchie's
 GET ONE **FREE** with this ad
 when you buy one of equal or lesser value.
 Can't be combined with any other offer

310-370-4888
menchies.com
 2515 Artesia Blvd.

Michael's Book Review



Michael H.

Big Nate In A Class All By Himself

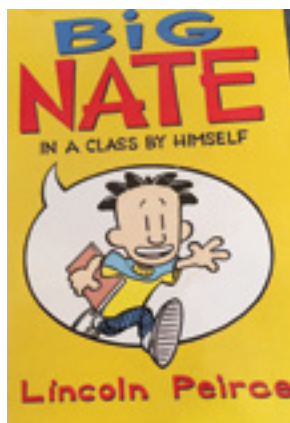
Nate knows he is destined for greatness. When a fortune cookie confirms that, he is very excited.

The fortune reads "Today you will

surpass all others." He soon learns that trouble seems to be following him everywhere. Instead of something good happening, bad things happen. He receives detention slips from all of his teachers. Confused by it all Nate tries to figure out, how it all went wrong.

Later he realizes that although he did have a really bad day, his fortune cookie was correct. He surpassed all others by establishing a new record. He was the first person to get 7 detention slips in one day! Nobody could believe it, but Nate was happy because his fortune came true.

I give this book 5 stars because it kept me interested the whole time. His adventure made me laugh and Nate didn't give up until he made his fortune come true. I may never want to come close to that record, but reading about it was fun.



Michael H. is a 4th grade student. Besides his love for reading, he also enjoys Karate, playing guitar and sharing new adventures with his mom. He will rate the books 1 to 5 stars with 5 being the highest.



My Musical Garden

Where Your Musical Talent Grows

Piano
Voice
Music Theory

310-503-4841 mymusicalgarden.com
pianowithelena@gmail.com

AFTERSCHOOL

Open up their minds to the world before it is too late!

SAVOIR FAIRE

LANGUAGE ♦ INSTITUTE

Classes available for adults & children

FRENCH	MANDARIN	ITALIAN	SPANISH
GERMAN	JAPANESE	ENGLISH	ARABIC

BACK TO SCHOOL SPECIAL
 ★ Offer Ends 10/31/2016
 Not valid for preschool
 minimum 8 weeks registration
www.sfli-ca.com

Call Now!
310.379.1086

\$100 OFF GROUP CLASS WITH THIS AD*

Peaceland Music & Repair

GUITAR LESSONS

Guitar, Piano, Voice, Bass, Drums
 Also: Ukulele, Banjo, Mandolin

James Musser
 Nominated Best LA Band '96
 Best Guitar '97 LA Music Awards

All Ages, Levels & Styles
 Days, Evening & Weekends

(310) 650-4201
www.peacelandmusic.com
peaceland@peacelandmusic.com
 23706 Crenshaw #105 A&B,
 Torrance, CA • (across from Hof's Hut)

Visit us on:
MySpace.com/PeacelandMusic • YouTube.com/PeacelandMusic

On The Run



Dr. Doug Richie

What are Maximalist Shoes

It appears that lightweight, so-called “barefoot” running shoes have lost popularity. Runners have learned that they need a certain amount of cushioning to prevent injury. Remarkably, a complete reversal of the “minimalist” barefoot type running shoes has occurred and we are now seeing a new trend in super cushioned “maximalist” running shoes.

Maximalist running shoes have very thick soles and generally have a “rocker sole” design to protect the forefoot during toe-off. These shoes are not only thicker than most running shoes, they are also wider so it takes some time for the runner to adapt to them. The rocker sole style also requires a slightly different foot strike and toe-off running technique.

Maximalist shoes have worked well for runners who have forefoot problems such as a neuroma, metatarsalgia and arthritis of the great toe joint. This is because these shoes are extremely stiff and the rocker sole design is ideal to protect the forefoot. At the same time, maximalist shoes tend to have a lower heel-to-toe pitch which means they have a lower overall heel elevation. As such, they may not work well for runners with Achilles, calf or hamstring problems.

Just about every major running shoe company has introduced maximalist styles this year. The jury is still out on whether the average runner will benefit from this unique style of footwear.

Dr. Doug Richie is a sports podiatrist who has practiced in Seal Beach for 33 years. He is Past President of the American Academy of Podiatric Sports Medicine and serves on the medical staff for Long Beach State Athletics.

Parent To Parent



Jodie Lynn

New Kid On the Block

Q. We recently moved into a different city and my 12-year-old son has really been telling some whoppers lately. Is this because he is the new kid on the block and is trying to fit in but it will soon stop or will it just get worse? And what should I do in this situation?

A: This is an age that is a little rougher on kids who have to move to a place where they do not know anyone and have no friends. Thus, the stories that they tell to some of the kids are somewhat embellished just to try to fit into a group, gain respect or make a good impression. I am assuming that you have either heard him do it or a parent or maybe even one of the kids has asked you about something he told them and this is how you found out. If the stories are basically true and he is just adding a few new details here and there, it will most likely stop once he is more comfortable with his new surroundings. If he is outright telling lies, then maybe you should ask him about it and also tell him that sooner or later they will catch up to him and he may just lose some of his new friends. Explain why it's always better to just be yourself and those that like him will stick by him and those that don't will fall by the wayside.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. Her column Parent to Parent™ (www.ParentToParent.com) has been successful for more than 15 years. She has authored several books including *Mom CEO (Chief Everything Officer)*, *Having Doing*, and *Surviving it All!* and *Syndication Secret—What No One Will Tell You!* Check www.ParentToParent.com for details on new radio talk show, Inside Parenting Success.

Car Seat Safety

Keeping Kids Safe in the Car

By Heidi Heflin, MN, RN, CNS, CPSTI

Many parents look to the law to ‘guide buckling up their children safely in the car’. From 1/1/17, all children under 2 years old (unless 40 lbs. or 40” tall or more) must ride in a rear-facing safety seat. Pediatricians and safety professionals recommend children ride rear facing for as long as possible, until the maximum height or weight on the seat. Rear facing is 5 times safer! After age 2, California law requires children ride CORRECTLY in a safety seat or booster until age 8 and then, until the safety belt fits properly. But today, children often fit in a forward-facing seat until starting elementary school or longer. Use a booster until the belt fits properly, usually between 10 and 12 years old. By law, ride in back until age 8; however, the back is almost twice as safe, and labels in cars read stay in back to age 13.

Try this Test in Your Car

- Are you sitting all the way back against the auto seat?
- Do your knees bend comfortably at the end of the auto seat?
- Does the belt cross your shoulders between your neck and arm?
- Is the lap belt as low as possible to you, touching your thighs?
- Can you stay seated like this for the whole trip?

SafetyBeltSafe U.S.A. is the national non-profit organization dedicated solely to protecting children from death or injury in vehicle crashes through the correct, consistent use of safety seats and belts. For more information, visit www.carseat.org or call the Safe Ride Helpline 800/745-SAFE, 800/747-SANO. Heidi Heflin, MN, RN, CNS, CPSTI is a Program Consultant with SafetyBeltSafe U.S.A. She can be reached at CarSeatRN@gmail.com.



Providence South Bay Urgent Care Centers.

When you need
care *right now*.

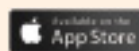
Providence Urgent Care can you help when you need:

- Camp and sports physicals
- Routine immunizations (Tdap, meningitis, flu shots...)
- Injuries: sprains, broken bones and lacerations
- Sickness: colds, flu, strep throat and UTIs
- Skin infections including wound care

Check in with **iTriage**. Complete forms before you arrive and let us know you're on your way.



Download the
iTriage App today!



With five locations serving you, we've got you covered.

Clinics open 8:00 am – 7:00 pm Monday through Friday, weekends 9:00 am – 5:00 pm
(not all clinics are open on Sunday)

San Pedro: 310-241-2590

(open 7 days a week) 1499 West First St.
(at South Western Ave. and West First St.)

Redondo Beach: 310-318-9992

(open Monday-Saturday) 520 North Prospect Ave., Ste. 102
(at North Prospect between Beryl St. and Diamond St.)

Manhattan Beach: 310-376-6262

(open 7 days a week) 1010 North Sepulveda Blvd.
(at Manhattan Beach Blvd. and North Sepulveda Blvd.)

Torrance: 310-618-9200

(open 7 days a week) 2382 Crenshaw Blvd., Ste. 5
(at Crenshaw and Sepulveda Blvd.)

Del Amo: 310-792-4444

(open Monday-Saturday) 21311 Madrona Ave., Ste. 100-C
(near Del Amo Fashion Center, at Madrona and Fashion Way)



Compassion. Commitment. Convenience. It's how we care for you.
866-909-DOCS

SWITCH

to one of the

BEST 529 PLANS IN THE NATION*

and

GET UP TO \$500.**

(We'll even fill out the paperwork for you.)

***Minimum balance required; see chart. Promotion ends 7/1/2017.*

Bonus paid by ScholarShare as a deposit into account.

Transfer your 529 college savings account to ScholarShare today at ScholarShare.com/Switch.

Your kids are growing fast and your 529 college savings account needs to keep up. Luckily, right now you can give it a boost by transferring your 529 account into a ScholarShare account—one of the best 529 plans in the nation. Depending on your current balance, we'll give you up to \$500 to switch to ScholarShare (see chart below).^{*} You are permitted to transfer funds from another 529 college savings plan to an account in ScholarShare for the same beneficiary once within a 12-month period without incurring federal income tax. The 529 college savings plan from which you are transferring funds may be subject to differences in features, costs and surrender charges. You should consult your tax advisor or the other 529 college savings plan. State and local taxes may apply.

Balance amount	Bonus	Balance amount	Bonus
\$10,000 – \$20,000	\$100	\$40,001 – \$50,000	\$400
\$20,001 – \$30,000	\$200	\$50,001 +	\$500
\$30,001 – \$40,000	\$300		



SCHOLARSHARE
529 COLLEGE SAVINGS PLAN

scholarshare.com/switch

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



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