

FREE

School News

Education + Communication = A Better Nation

Covering the Redondo Beach Unified School District



Volume 13, Issue 117

September 2019

Welcome Back!



The entire district came together on Monday, August 19 - teachers, staff, administrators, and more - along with special guests to share their excitement about the start of a new school year. They couldn't wait to have the students of Redondo Beach USD back in their schools.

Board of Education



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Updates to Share

Welcome back! The 2019–20 school year began a little earlier compared to previous years.

Here are the two facility updates worth noting to all of you. Our two middle schools—Adams and Parras—have been working through the summer to finish up the final classroom cooling installations. By

the time you read this, all of the middle school classrooms will have classroom cooling. At RUHS, we have added an additional 20 locations to the classroom cooling list. To be clear, we have accomplished Phase 1 and Phase 2 of the RBUSD classroom cooling list and are partway through Phase 3 (our final stage). As a reminder, these cooling systems have thermostats that manage the power usage and are set to turn on at approximately 75 degrees. The second facility update is the reasphalting of Birney, Tulita, Lincoln, Washington and Jefferson elementary schools. Most school districts take asphalt for granted—not RBUSD! For those parents and guardians at these schools, you will notice the new asphalt—it's prettier, and more importantly, it's safer! We will re-asphalt other schools in the near future.

I am happy to share four administrator changes:

- Mr. Drew Gamet, director, South Bay Adult School; previously principal at Madison
- Dr. Heather Cash, principal, Madison; previously principal at Savannah School District
- Dr. Trang Nguyen, assistant principal, Parras Middle School; previously assistant principal at Green Dot Schools
- Mr. Andrew Estrada, assistant principal, Washington; previously assistant principal at Washington and Alta Vista

Finally, whether it is the Advanced Placement (AP) exam data or the California Assessment of Student Performance and Progress (CAASPP) data, Redondo Beach Unified School District students have performed more impressively than ever before. This data will be published in the weeks ahead. Numbers don't lie. Even if you are a skeptic like me, you will be reminded why you send your children to the finest school district in the South Bay and beyond.

Here's to a great 2019–2020 school year!

Board of Education

Three Easy Tips

Welcome back to a new school year! I have three tips to help get you started to make this a great year.

First, join the PTA. If you have not already joined at registration or a back-to-school event, you can quickly and easily join online by going to capta.org/join-pta/ and searching for your school. Our PTAs provide many services and programs for the students of our schools. The PTA

Reflections Art Program is in its 50th year and is one of the most popular programs offered at every school. Every school in Redondo Beach is set up for electronic membership, making it easy to send a link to your relatives and ask them to join your child's school PTA as well.

Second, donate to the Redondo Beach Education Foundation. RBEF raises funds to supplement our state funding that we use for staff and instructional programs in all RBUSD schools. Last year, they donated over one million dollars to RBUSD that supported the education and health of our students. This included teacher grants, assistance with college and career readiness, paying for science teachers, and funding programs such as elementary music, robotics, music and athletics. Donate today at rbef.org/annual-investor-drive/.

And third, help your student develop healthy habits by encouraging them to walk or ride a bike, a skateboard or a scooter to school. The Beach Cities Health District organizes the Walking School Bus (<http://bchd.org/WalkingSchoolBus>), which makes it easy for groups of elementary students to walk to school in a safe and supervised group. The BCHD, along with RBUSD and the city of Redondo Beach, is working on a safe-bicycle-routes initiative. If most of our students walked or rode to school, it would actually improve safety through reduced congestion around the schools and improved traffic in the city with fewer parents driving their children to school during a very short span of time. This is an easy change you can make for the improved health and safety of all students.

It's as easy as 1, 2, 3: 1) join PTA; 2) donate to RBEF; and 3) walk or ride to school.



Brad Waller

President

Board of Education Meeting Dates

***Due to holiday/local holiday schedule, only one Board meeting in October, November, December, and April (4/28/2020 – Organizational Meeting)**

**** Due to Summer recess, only one Board meeting on the third Tuesday of the month in July and August.**

September 10	2019	
September 24	October 22*	December 10*
	November 12*	
	2020	
January 14	March 10	May 26
January 28	March 24	June 9
February 11	April 28*	June 23
February 25	May 12	

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

Redondo Beach Educational Foundation

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



Hanh Archer
President

Welcome back

It's been a short summer. We all felt that. But perhaps with children all our summers tend to be that way. We hope everyone enjoyed a relaxing break and that every student in Redondo Beach will return to school with their batteries fully charged.

Here at RBEF we have been keeping busy over the summer. We were awarded the RB Chamber of Commerce nonprofit of the year. Our RBEF Summer Sessions had almost 900 students enrolled at all grade levels. The 2019 -2020 Investor Drive is happening from September 3rd to 30th! And did we mention that we are already set up for the Sketchers Walk registration (October 27th) and the RBEF Community Classic Golf tournament (November 4th)? Visit our website at <https://rbef.org/> for more information about these events.

Every year, RBEF funds more than \$1,000,000 in programs and staff that impact every student in the Redondo Beach Unified School District. Your investment



Our Kids.
Our Community.
Our Legacy.

funds exemplary arts programs including elementary band and vocal music programs, as well as high school band instruments; STEM programs (including the district-wide Robotics Programs and the Math Coaching Model); credentialed PE teachers at every elementary school site; Teacher Grants supporting innovative strategies to help

students become college and career-ready; College Fields Trips at all levels; and so much more!

These programs could not be possible without the continued support of our amazing community, whether it is parents, local businesses or foundation partners. Last year we raised over \$680,000 in the Investor Drive with a 26% participation rate. Our goal for this year is to raise over \$750,000 and increase our participation rate to 32% (Incoming kindergarteners are the class of '32). With over 10,000 students enrolled in RBUSD, there are over 10,000 great reasons to invest in RBEF. Invest in yours today at <https://rbef.org/>.

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Kay Coop
Founder/Publisher



Welcome back to a new school year. As you will see throughout this issue lots

of planning was taking place while you were enjoying your summer. You will also read about the importance of joining the PTA (page 15) and supporting the Education Foundation (page 3). When you read their articles, you will understand how the students benefit from your support.

We have been publishing the RBUSD *School News* for 13 years. Beginning with this school year, the schedule will change to Sept, Nov, Feb, and May.

Our next issue is November 6.




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School News

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Covering the

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Ali Steward, MPH

Director
Youth Services

Join the #ScreenTimeChallenge

We've memorized the benchmarks to keep us physically healthy: drink at least 8 glasses of water per day; log at least 10,000 steps; make half your plate fruits and vegetables.

But what are the hallmarks of a healthy screen time diet? Just like with nutrition, moderation is key, but most parents – and experts – can agree that today's youth are binging on Snapchat and selfies, with adverse health implications as dire as overindulging in a steady stream of Slurpees and Snickers bars.

A recent ABC news segment shared that American adults spend the equivalent of 49 days a year on their phone and tablets. Children aren't faring much better – those ages 8-11 are spending nearly 4 hours per day on screen time (twice the recommended limit) and teenagers spend even more, with conservative estimates around 6 hours per day, outside of schoolwork.

We need to go on a diet, Beach Cities. A screen time diet.

We'll be shedding the weight of endless hours of mindlessly scrolling but gaining more time for the things that matter most: family, friends, hobbies and real life.

To coincide with the kickoff of the Families Connected Speaker Series, which will focus on screen time, cyber safety and digital citizenship, Beach Cities Health District will be observing a #ScreenTimeChallenge across the Beach Cities Sept. 16-20.

I'm weighing in at the start of the challenge with these measurements: 20 hours, 22 minutes of screen time last week and 531 total pickups (found in the "screen time" section of your settings). Some of that time was productive (31 minutes on my Wunderlist) but most was not (I'm looking at you, Instagram – 3 hours and 11 minutes!). No wonder I needed the Calm app (11 minutes).

Join me as I embark on a digital detox and log your minutes at bchd.org/screentime.

We hope you can join us for "Media Moms & Digital Dads: A Fact-Not-Fear Approach to Parenting in the Digital Age," featuring Dr. Yalda Uhls on Sept. 19 from 6:30 – 8 p.m. at Hermosa Valley School, presented in partnership with South Bay Families Connected. Register at southbayfamiliesconnected.org.



FAMILIES CONNECTED SPEAKER SERIES

"Media Moms & Digital Dads: A Fact-not-Fear Approach to Parenting in the Digital Age"

Presented by Dr. Yalda Uhls

**Thursday, Sept. 19
6:30 – 8 p.m.**

Hermosa Valley School, Multi-Purpose Room
1645 Valley Dr., Hermosa Beach

Childcare available through AdventurePlex



FAMILIES CONNECTED PARENT CHAT

This free support group is open to all parents and is led by a licensed professional from the Thelma McMillen Center at Torrance Memorial Medical Center.

**Every Monday
10 – 11 a.m.**

Beach Cities Health District
514 N. Prospect Ave., Suite 102, Redondo Beach

No registration necessary



Register at southbayfamiliesconnected.org

For mental health referrals, go to bchd.org/resources

Is it Just A Stomachache or Something More?



**Roy Nattiv,
M.D.,**

*Pediatric
Gastroen-
terologist,
MemorialCare
Miller Children's &
Women's Hospital
Long Beach*

All children at some point experience stomachaches, but recurring stomachaches or ones accompanied by other symptoms may be a sign of something more serious.

Abdominal pain can be caused by a variety of gastrointestinal conditions including inflammatory bowel disease (IBD). IBD is a term used to describe two conditions: Crohn's disease and ulcerative colitis.

Ulcerative colitis can cause inflammation and sores along the lining of the large intestine and rectum. While Crohn's disease can affect the entire gastrointestinal tract including mouth, stomach, small and large intestine. Inflammation from Crohn's may often spread deep into adjacent organs.

- Nearly 25% of the estimated 1.6 million Americans who suffer from IBD are diagnosed by age 20 and up to 1 in 10 are diagnosed before age 10. Symptoms of IBD include:

- Unexplained weight loss
- Abdominal pain and cramping
- Diarrhea
- Blood in your stool
- Fever and fatigue

There is no known cure for IBD. However, there are a great number of treatments and with proper guidance, IBD can be put into remission - allowing patients to grow and thrive without experiencing symptoms.

Identifying a More Serious Problem

Stomachaches will usually go away with time. However, if your child experiences frequent or persistent abdominal pain, diarrhea, bloody stool or weight loss then talk to your child's pediatrician about a consultation with a pediatric gastroenterologist, like the ones at MemorialCare Miller Children's & Women's Hospital Long Beach.

At Miller Children's & Women's, our team of pediatric gastroenterologists are experts in the diagnosis and medical management of IBD.



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RBUSD Alternative Education

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



Anthony Bridi
Principal

The End is Just the Beginning

Last year our learning community began with “the end in mind” by re-establishing our Model Continuation High School status and finalizing the Western Association of Schools and Colleges (WASC) accreditation process. As principal, I am proud to report that these two big goals were fulfilled. We again received the Model Continuation High School recognition and a six-year WASC accreditation status.

Our effort to model and execute these objectives within our learning community was successful, and the students witnessed our unwavering focus. We also embraced a name change at our continuation high school, as well as celebrated all of the graduates in our alternative education programs. Our commitment toward these endeavors also allowed us to reflect that we have much to accomplish this year as we begin to refine our instructional practices and overall student-learning objectives.

Once again, the end is what drives the beginning, and we are excited to welcome you all back to the 2019-2020 school year!



The Class of 2019; the first graduating class of Patricia Dreizler Continuation High School.

RBUSD Child Development

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



Theresa Van Dusen
Director

The Year Begins

Welcome to a new school year at the Redondo Beach Child Development Center (CDC). We are excited to be starting this school year, and everyone is looking forward to meeting all of our new families and welcoming back our many old friends.

It is hard to believe that summer is already over. The CDC was in full swing this summer with an amazing summer program where our students were active in performing fun and educational activities that included on-site visits, off-site field trips, and lots of imagination.

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 on their instruction. Our teachers also provide activities that will not only enrich a child's school experience but also allow them to have a fun time.



Summer Studio Time for Madison.

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

RBUSD Educational Services

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



Dr. Annette Alpern
Deputy
Superintendent,
Educational
Services

We are Ready for You!

As our students and families enjoyed a shorter-than-usual summer break, our staff was getting ready for the August 21st opening of school. In addition to the beautification of our campuses through new asphalt, paint, and cooler classrooms, we had hundreds of teachers participate in summer training. Our staff knows that learning is a lifetime pursuit. We look forward to welcoming our 10,000 + students and their families to a great new school year!



New teachers receive classroom technology tips and tricks

South Bay Adult School

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



Drew Gamet
Director

Putting Values into Action

It is truly an honor to be joining the team of dedicated professionals at the South Bay Adult School! Since 2005, I have been fortunate enough to serve the community of Redondo Beach in many different capacities and I look forward to leaning into the challenges to come with the SBAS family. The SBAS core values of Diversity, Integrity, Being Respectful, Student Success,

Collaboration, Kindness and Open Communication have always been a part of my focus as an educator and I relish the opportunity to put those values into action.

As we strive to provide you with the services and opportunities to make your own family, career and community goals come true, I encourage you to explore our expanding programs in the Career Pathways. These pathways are a result of our membership in the South Bay Adult Education Consortium and El Camino Community College. Our goal is to provide post-secondary education and training in a series of manageable steps with the support that you need. All of this leads to higher credentials, employment opportunities and increasing salaries in areas where new jobs are being created. While we currently offer career opportunities in the areas of child care, construction technology, machine tool technology and emergency medical technician, we have a host of staff that can help you, no matter your families goals.

When you are driving down Inglewood Avenue, please take time to stop in and see us, or check out our online catalog at www.southbayadult.org.

WHO is SBAS?

Since 1918 we've been your friendly community adult school offering classes for lifelong learning!

Our variety of classes are ever-changing to fit our community needs. We offer High School Diploma, GED Preparation, English as a Second Language (ESL), Parent Education, Citizenship, Career Pathways, fitness, languages, music, dance, fine arts, and much, much more!

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**Find out more about us at
www.southbayadult.org**

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.



The request should be in writing and submitted to:
The Office of Special Education
1401 Inglewood Ave.,
Redondo Beach, CA 90278

Adams *Middle School* (6–8)

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



Lisa Veal
Principal

Partners in Success!

Welcome to the new school year! We hope that you have enjoyed a restful summer with family and friends. The Adams staff has been busy preparing for our students' return, and we look forward to an incredible school year!

Adams Middle School is a very special place. You might ask what makes it unique? Simply stated, we are! Unlike many middle schools, we encourage and welcome parent involvement, and so your support for your children as they transition into middle school is extremely vital and is still very much needed.

Our Adams parents have heard and received this message. This is evident in the roaring success of our Watch D.O.G.S. (Dads of Great Students) program, the only one of its kind in a South Bay middle school. We have also seen unprecedented growth in our PTSA membership. In fact, the Adams PTSA was named the Council of the Year for the 33rd District!

We also appreciate our parents' support in partnering with us to help develop independent learners as we prepare our students for high school and beyond. Helping your children establish sound routines and schedules is key to ensuring that they are able to manage the increasing academic and social demands of middle school.

Additionally, now is the time to begin encouraging your children to truly self-advocate. Being able to initiate and hold a conversation with a teacher on their own learning and personal needs is an incredibly important skill to develop. Rather than reach out to a teacher on their behalf, consider role playing with your children so that they can gain the skills and confidence to do it themselves.

We recognize the role that our parents play in the success of their children as they head into middle school. So, get ready to join us on that middle school journey as we partner with you to ensure success for all!

Alta Vista *Elementary* (K–5)

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



Dr Dale Hillyer
Principal

Summer Happenings

Welcome back to another great school year at Alta Vista. I am thrilled to be starting my first full school year as your principal. Our Wildcats will continue to strive for academic excellence while also developing their "whole child."

There were some exciting developments happening on campus when everyone was gone for the summer. First, the kindergarten playground got a major upgrade. We were able to add butterfly climbers and a rhythm wall with a drum set. Under the entire play structure a play turf was also installed so that the children could have a softer and smoother floor to sit and play on. We were also able to add four new metal benches around the tree for our students.

The students will have many more options during recess. We also purchased nine classrooms worth of new desks and chairs. The desks have a larger work space and can be used as a whiteboard. Eleven classrooms also have new air conditioner units.

It has definitely been a very busy summer!



New kinder/preschool play area with turf and two new structures.

Beryl Heights *Elementary* (K-5)

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



Karen Mohr
Principal

Best Year Yet!

Welcome back, Beryl families, to another amazing year! Our Beryl staff is excited and ready to partner with all of our students and families to make this the best year yet!

Beryl teachers are ready to teach the rigorous standards at every grade level, and we will continue to highlight our Character-Counts Recognition Program within our daily activities. Please join us on our new Town

Meeting Days—Mondays—to keep up with events and watch students be recognized for outstanding character. Take a look at our new kindergarten equipment and running track!

Please attend our PTA meeting/Back to School Night Sept. 5. Our PTA meeting will begin at 5:30 p.m. in the cafeteria, followed by Mrs. Mohr's presentation, introduction of teachers and then classroom presentations from 6:30 p.m. to 7:30 p.m.

During the year, talk with your children about their day, and ask them what they have learned. Devote 30 to 60 minutes a night to discussing schoolwork, homework and other activities at school. Read together every night to make reading a priority, and take an active part in their learning by keeping open communication with your children's teachers.

Attendance is crucial to your children's success. Please have your children arrive on the playground at 8:00 a.m. to prepare for each day. Research indicates that children who are in school every day do better academically. Being late for school hurts a child's learning, too. A student who is consistently late could miss up to 30 hours of instruction during the year. Please make sure your children attend school regularly and on time!

Our school team is dedicated to helping your student excel academically, socially, emotionally and physically. We are looking forward to the best school year yet!

Birney *Elementary* (K-5)

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



Mira Baskaron
Principal

Great Year Ahead!

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 year 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—the living room, the 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.

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 could 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 that 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 2019-20 school year!

Back to School!



Jefferson *Elementary* (K–5)

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



Jeff Winckler
Principal

Make the Year Count

The 2019–20 school year is here! With school underway these past two weeks, Team Jefferson has already begun to head into what promises to be a fantastic year for students, staff, parents and our community as a whole.

We have a lot of fun to look forward to this fall, from Back to School Night to the start of the Running Club to the Halloween Parade to the Jog-A-Thon and more. And while we take our fun at Jefferson seriously, we most importantly take the business of student success at school very seriously, too. At Jefferson, school success is defined through making academic, social, emotional and physical growth throughout the year.

In September, establishing realistic goals for both the transition back to school and the school year as a whole are intelligent first steps to take toward ensuring student success. Having an age-appropriate and ongoing dialogue at home as school moves through the first few weeks of the year is a very positive way to get started and stay focused. Goals should be realistic and to some degree student and parent determined, not solely determined by an adult agenda.

While it is important to remember goals that have been reached or not reached in the past when framing school goals, it is also very important to recognize that this year is its own and that children, adults and school dynamics change over time. With this in mind, it's best to determine short, medium and long-term goals for all students. Goals should also connect to the areas of academic, social, emotional and physical growth.

In addition to setting goals, there are several other smart steps to take to get the school year started in the right direction. Establishing or reestablishing a constructive and positive partnership among students, parents and staff is key. To do this, it is important to have an authentic and appropriate level of communication with the school at the beginning. Finally, a recommended step to take is for students to establish a daily and a weekly routine. This takes time initially and should be consistent once it is developed.

Between setting realistic and well-balanced goals as well as taking thoughtful and meaningful first steps, we all will get the year off to a great start. Thank you, and let's make this school year at Jefferson count like it never has before!

Lincoln *Elementary* (K–5)

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



Dr. Jason Johnson
Principal

RBEF Opens Doors

As the doors open again for the 2019–20 school year, I want to acknowledge the contribution of the Redondo Beach Education Foundation (RBEF) and how they help to open these doors. I am not exactly talking about the school's electric and water bills—our district is in great financial shape—but instead, the doors that open up opportunities for students. Without RBEF, we would not be

nearly as rich with programs for whole-child education.

This year, every student at Lincoln Elementary will participate in a music program, thanks to our education foundation. That is a door opened, and it goes beyond the benefits of a musical pathway. Education Week recently highlighted child-development research that demonstrated how participation in music learning produces physical changes in the brain's structure and function associated with attention, visual-spatial perception and executive

functioning. Our music program is more than enrichment—it enhances students' academic performance.

The Pier-to-Pier Friendship Walk partners with RBEF to provide fund-raising to Lincoln Elementary. Last year, we raised over \$20,000 for the school with your contributions. With these funds, we purchased Eureka Math Kits for every classroom teacher in order to pair our new curriculum with math manipulatives, which enhance instruction. Students benefit from hands-on activities when digesting math concepts, and the Eureka Math Kits have aided our students' understanding and mastery of the standards. A kit in every classroom is another door opened.

This is a small glimpse into the countless opportunities RBEF provides on our campus. While our doors would still be open at the start of the year, some opportunities might not exist without RBEF. I am grateful to work in a community where so many families invest their hard-earned dollars into whole-child outcomes. Your donation to RBEF goes a long way toward making every school year a successful one from the start.



Madison *Elementary (K–5)*

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



Dr. Heather Cash
Principal

Let's Make It a Great Year!

The end of summer is a bittersweet and exciting time. From school shopping to early bedtimes and healthy lunches, every parent wants to help their child succeed at school. One of the simplest and most important ways you can do so is to ensure that they are at school on time every day!

When a child arrives late to school they often miss the most crucial portion of the school day. Our teachers actively engage in community building and check in with each child during the first 30 minutes of the day. Your child will feel confident and connected when she or he arrives on time. Every moment of the day is carefully organized as part of an extensive plan to provide our students with a rigorous and relevant education.

Your child may be able to make up the work when absent, but the important interactions and dialogues cannot be made up. And so we also ask that you make a commitment to schedule routine doctor's appointments and family vacations during school holidays.

If your child is experiencing anxiety about coming to school, we are here to help! We have a team of teachers, counselors, and experts who understand the underlying issues that may cause a child to be anxious about coming to school. Please reach out to us, we are partners with you in educating your children.

If timing is an issue for your family, get organized! With a little training, even a young child is capable of setting an alarm, getting dressed, and making breakfast. This teaches responsibility and self-agency, which prepares them for success. Let's make it a great year!

Parras *Middle School (6–8)*

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



Jonathan Erickson
Principal

Welcome Back!

We are very excited to begin the new school year at Parras Middle School. We have some great accomplishments to celebrate from last year, and some important new initiatives and updates for this year.

Starting with accomplishments, we have our preliminary CAASPP (standardized test) data, and it looks really good. All grades did very well. Our sixth-grade team knocked it out of the park, with 95 percent of the students in both the math and English standard scoring of nearly met, met, or exceeded! For math, 84 percent were at met or exceeded, and for English, we had 82 percent at met or exceeded. This is an exceptional accomplishment, and we are very proud of our students and teachers for what they have achieved.

Moving on to this year, there several new things coming your way. We have new elective courses called Design and Modeling, Energy and Sustainability, and English Language Development. These fit well with our commitments to innovation, the environment, and supporting all learners.

We are also growing our restorative practices. This means that when rules are broken or feelings are hurt on campus, the first priority will be reconciliation. We want our students to understand and make amends for their mistakes. There will still be appropriate consequences, but they will be balanced with supportive interventions.

Academically, you will also see us continuing to teach social-emotional competencies through our Second Step curriculum that is administered during Advisement. In our English classes, we have fully adopted the StudySync curriculum that we piloted last year, and are excited to reach full implementation this year. And in science, we are continuing with the Amplify curriculum that we began using last year.

There it is -- a lot to celebrate, and a lot to look forward to! We hope you had wonderful summer, and welcome you to the next year of middle school!

Tulita *Elementary (K–5)*

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



Dr. Tanaz Bruna
Principal

Into the New Year!

Welcome back to another school year! I am thrilled to be returning to Tulita in my sixth year as principal. As you already know, Tulita is a special learning community. We are surrounded by talented, intelligent and energetic students, and they are the true heartbeat at our school. On behalf of the entire Tulita staff, I hope you and your families had a great summer vacation and are ready to kick off another school year.

At Tulita, we are always looking for ways to enhance our students' learning experience in the classroom. Over the summer, our classrooms had their obsolete Promethean smartboards removed and replaced with flat-screen LCD projector displays. This updated change will bring our classrooms high-resolution images and will allow teachers to share information more clearly and effectively, further enhancing our 21st century learning environments.

We are excited to kick off another great school year at Tulita and were thrilled to welcome our students back to school on Wednesday, August 21! Happy school year!

Redondo Union *High School*

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



Jens Brandt
Principal

New Starts and Interests!

RUHS students and families, we are excited to welcome you to the 2019–20 school year! Let this be the year you discover a new purpose, take an advanced-placement course, try out for a team, join a club, make new friends with similar interests, and connect with a teacher, a coach, a counselor or another staff member. Parents and guardians, the five most importance pieces of

advice we can share with you are the following: help model our academic and social-emotional skills, remind your children to get involved in extracurricular opportunities, be aware of peer groups and their actions, consistently monitor attendance and grades on the parent portal, and guide your children to be independent problem solvers.

Thanks to a variety of high expectations and social experiences at RUHS, our students will continue to mature as they focus on self-awareness, self-management, responsibility, relationship skills and social awareness. These life skills are as important as intellectual and academic skills, if not more so. We sincerely appreciate our students and families who support our school culture of trust, respect, humility, empathy, positivity and constant reflection. These qualities support the *Union* in Redondo Union High School. We will continue to welcome and celebrate our diverse student body, staff, and community. It is imperative that every member of Redondo, regardless of background, feels respected, connected and empowered to be their best possible selves.

RUHS community, let's continue to remind one another of how fortunate we are to attend, work at, and be a part of such an outstanding school and district! We are looking forward to many more accomplishments, recognitions and celebrations for our students, teachers, staff members, parents and Sea Hawk family. We hope to see you at the numerous activities, games and events planned throughout 2019–20 at *the* best high school: Redondo Union High School!

Washington *Elementary (K–5)*

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



Andrea Bittick
Principal

Welcome Back to School!

The beginning of the school year is one of the most exciting times for educators, students, and parents. It marks a new beginning, and with that comes many new opportunities.

This school year we want to start off with a heavy emphasis on “connection.” One of the reasons why so many of us look forward to the beginning of school is because there is that

wonderful opportunity to connect, as well as reconnect. We want our school to be a place where students can be safe, respected, and, most importantly, feel like they belong.

Washington is the largest elementary school in the Redondo Beach Unified, but it still maintains a very strongly knit community. The PTA is a huge part of our sense of community at Washington, and they work hard all year long to ensure that our students and families have many opportunities to connect.

Many events throughout the year are definitely dates that we look forward to, but student-connectedness is also the product of daily interactions. At Washington, our faculty is engaged in daily activities that foster strong connections. For example, one of our first-grade teachers, Ms. Ladd, greets her students every day as they enter the classroom, not just with a simple hello, but with an interaction that is specifically tailored to each child.

Last year we also implemented a system of “blue cards” that our students can receive from a staff member to highlight something good they have done. We also have a bulletin board in our main hallway where we display all of the cards so that the students can see their names on the wall.

This school year, we will continue to focus on other ways to increase student connectedness. It is the most vital factor when it comes to children experiencing success in both education and life.





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Note-ables



Kate Karp

'Can You Feel It?'

Can You Feel It? is a collection of original songs about natural science, played simply and organically.

Banjo, bass, steel guitar, drums and keyboard blend with Jessa Campbell's lilting voice as she sings to both young people and

adults about sun and shadow, a salmon's circular journey from birth to spawning adulthood, burrowing mammals, fractals...

Wait—*fractals*?

Yes, fractals. And alevins, bract, trillium and frass. *Can You Feel It?* doesn't play cute with science. The selections enchantingly introduce science vocabulary without being didactic or windy. They sneak up on anthropomorphism but don't diminish or trivialize the concepts through fantasy. "Waltz of the Trillium and Ant," for instance, encapsulates the natural partnership of flower structure, ant colonies, pollination and germination in a waltz melody. It's like a fairy tale, but the sprites are unarguably real. "Mole in the Ground," written in the Appalachian mountain tune manner, speeds up or slows down each verse depending on the pace of each animal.

The title song has a silent tone and focuses on feeling instead of sound. The listener can feel the waves as the salmon roll from freshwater to saltwater and back, changing from alevin to smolt to adult. The bouncy "T-Rex in the Forest" begs to be acted out by children who'll enjoy snoring like a prehistoric reptile. "How I Love You, Sun" is a worthy love song to the star that gives light, energy and life to everything on Earth.

How Campbell manages to pack so many ideas about each topic into every song without cramming it all in is a marvel, like her subjects themselves.

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



**Dr. Shari
Sweetnam**

Good for the Mind & Great for the Heart

The way we choose to spend our time and the activities in which we engage help form our value system. With a wide array of possibilities and opportunities, volunteering is a positive and vastly beneficial way of helping young people develop a strong sense of self.

Volunteering offers benefits spanning from the intellectual and spiritual to the educational and professional. As young people give of themselves and their time, they can learn about being selfless. In a busy world of "pursuit of personal happiness," too often the intrinsic values of empathy and giving are the lessons that are overlooked. Helping others via a structured volunteer program is a positive and safe way to develop oneself in this regard.

Additional Benefits of Volunteerism:

- **Learning:** Acquiring a new trade or skill can help teens see the world in a bigger picture and be inspired to continue to expand intellectually.
- **Networking:** Volunteering brings people of like minds, interests and values together. This will inevitably lead to positive interaction and healthy relationships.
- **Building the Résumé:** Engaging in service to others and taking the initiative to learn new trades or skills is a brilliant way to expand your portfolio. This is especially beneficial for students and young professionals.
- **Personal Growth:** As Mahatma Gandhi said, "The best way to find yourself, is to lose yourself in the service of others." Teens who experience growth at an early age are likely to continue cultivating positive behavior and friendships.

Motivational Speaker, Founder of *The Brainpower Programs for Schools*, Author, Consultant, Radio Host contact: info@doctorshari.com, www.doctorshari.com, twitter: DrShariS, Youtube: Dr. ShariS, LinkedIN: Dr. Shari Sweetnam

Redondo Beach Council PTA

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

Your Membership Matters!

By Sondra Kroeger, President

On behalf of Redondo Beach Council PTA I'd like to welcome you all back to school!

Here in the South Bay back to school is less about leaves changing color and sweaters coming out then it is about shifting our beach days to the weekends and still enjoying our beautiful sunshine. Whether you are the parent who is grateful to be back on a schedule, or the parent who is going to miss sleeping in, I hope you are one of the parents who joins PTA! One of the best aspects of PTA is that there is a place for everybody including the member who volunteers for multiple activities, and the member who simply has too much else on their plate but wants to make a difference in their school anyway.

Membership matters and specifically Your membership matters!

By joining PTA you join an organization who's mission statement is to positively impact the lives of children and families, but more importantly, you send a message to your child(ren) that they matter and that their education is important.

Additionally, your PTA membership allows you to:

Be Informed. There is no better way to find out about what's happening at your school site than joining PTA. In addition to monthly newsletters, PTA leaders are often in charge of organizing volunteers for teachers and administrators.

Tap Into Proven Programs. PTA offers researched-based, age appropriate programs, and resources on health and safety topics, family engagement, arts, math and more.

Take Action. PTA gives you a voice in school related issues as well a voice in Sacramento and Washington DC. As the largest children's advocacy association in California, PTA is uniquely qualified to advance local, state and national laws that place the highest priority on the education, health and safety of all children.

Obtain a Scholarship. Students are encouraged to join PTA. Seniors in High School have the opportunity to apply for scholarship money from their elementary, middle and high school PTA's as well as Redondo Beach Council PTA. These scholarships are for members only, so please be sure to have your students join.

Make a Difference. No one can do everything, but everyone can do something. Simply joining PTA contributes to the overall success of your school and community.

Have a great year!

South Bay Hands On Art

"Art, Your Passport to Anywhere"

By Co-Chairs Caasi Copp and Buffy Soule

South Bay Hands on Art brings together more than 300 volunteers to share art projects with students throughout Redondo Beach and neighboring communities. This year's theme is "SBHOA, Your Passport to Anywhere". With the help of art and imagination, we will be taking students to many different places, including Disneyland, colorful California hills, Mexico, and Australia. There will be a fantasy voyage in which we can sail to imaginary lands. In addition, we will be creating flip books that can, with the power of animation, transport us as close as a playground, or as far as outer space. When students have their Hands on Art project, ask them where they traveled to that day. We hope everyone finds that art can take you anywhere!



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Manhar's Book Review



Manhar M.

Half Man Half Dog

Dog Man Unleashed is a great book. It is very humorous. The best thing about *Dog Man* is that it is very entertaining. Once you read it for a while you get addicted to it.



My favorite characters are Petey and Dog Man. I like them because they are very smart and witty. It is a great choice for someone who does not like to read. My favorite pages are the “flip-o-rama” pages that show animation. I also like how Dog Man fights against injustice.

Manhar M. is in First Grade. Manhar likes science, math, coding, traveling, hiking, reading about world news and spending time in building robots from Legos.

Yoona's Review



Yoona C.

The Princess's Vacation

The Princess in Black takes a vacation
By Shannon Hale & Dean Hale

The Princess in Black was tired because she had battled monsters all night. Then in the morning again, she had to go defeat another monster.



She had 15 monsters to defeat this week. Suddenly, The Goat Avenger came and said to the Princess that she needed to take a vacation. So the Princess packed up to go to the beach. When she was at the beach, a sea monster roared. She had to do something. While she was fighting with the sea monster, the Goat Avenger tried to protect the goats. Can the tired Princess in Black finally take more vacations at the beach? Can the Goat Avenger complete his mission? I like this book because it is related to summer vacation.

Yoona is a 2nd grader. She likes playing soccer and the piano. She likes to make stories as well.

Common Sense Media

5 Simple Steps to a Healthy Family Media Diet



Many parents struggle with exactly how much screen time is OK for their kids. Is a half-hour show OK but a full-length movie “bad”? How much gaming should you allow when your kid also uses his computer for homework? Does Wikipedia count as “reading”? And when does a passion for say, video games, become problematic?

The truth is, there is no magic formula. And just as every family differs in what they eat, when they eat, and what they like, a healthy media diet is different for every family. The key is making sure that the things that are important to your family are fairly balanced over the long term.

A healthy media diet balances activities (games, social media, TV), time (15 minutes? Three hours?), and choices (YouTube, Minecraft, Star Wars) with offline activities (sports, face-to-face conversations, daydreaming). At some point, kids will be able to manage their own media diets. In the meantime, these tips can help set them up for success. (Learn more about the screen time habits of families with kids under 8 in Common Sense Media's most recent research.)

Find balance. Instead of counting daily screen-time minutes, aim for a balance throughout the week. Get your kids to help plan a week that includes stuff they have to do and stuff they like to do, such as schoolwork, activities, chores, reading, family time, and TV or gaming. Decide on limits and behavior using our Family Media Agreement.

Walk the walk. Put your devices away while driving, at mealtimes (learn about our Device-Free Dinner initiative), and during important conversations. Kids will learn habits from you.

Talk about it. Ask questions about kids' favorite games, shows, and characters. Discuss ideas and issues they read about or learn about through a TV show or a game. This is an opportunity for bonding, learning, and sharing your values.

Create tech-free zones. Set rules that fit your family, such as “no devices during dinner,” “no social media during homework,” or “all screens off before bedtime.”

Check ratings. Choose age-appropriate, high-quality media and tech for your kids.

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

Positive Parenting



**Sandy Spurgeon
McDaniel**

Whose Talking These Days?

This morning, I was talking with friends and the chief concern of the group was that today's parents and children are always on their cell phones or iPads.

Extreme media use teaches the brain to irretrievably cut off the creative and intuitive sections of the brain. It affects eye sight and posture. It is so addictive that necessary work is incomplete, socializing is at a minimum, and sleep (precious to brain development and memory) is significantly decreased.

Children don't have a place to talk about their lives because bridges of trust have not been built. Too many teens have no skills for just talking to or being with each other. Have some boundaries! Make some rules about when media objects can and cannot be used. Don't talk on your cell phone in the car when you could be talking to your children. Have dinner together and share what was the high and low of that day. Don't let grievances build inside, talk about them as a solution method, not a reason to accuse and blame. Talk to each other!

Sandy Spurgeon McDaniel is an author, taught school, raised two children, worked as a consultant to schools and has worked with children and families for 52 years. Sandy now lives in Meridian, Idaho. ParentingSOS.com, Amazon and Kindle.

Parent To Parent



Jodie Lynn

Night Time Meltdown

Q. Our five-year-old son seems to be having more and more meltdowns right before bedtime. We try to keep a schedule but it's like as soon as the light switch goes off, the yelling starts. What are some tips that will help us reduce or eliminate this?

A. It's always good to have a bedtime ritual that children can relate to. Try starting it half an hour earlier. Make time to talk to him about his day and find out if there's any one thing that he might be worried about and discuss it. Remember, even if there is something and it seems silly to you, apparently it's not to him, so take it seriously. Be sure that he hasn't consumed anything spicy or sugary, or any caffeine, three to four hours before bed. Cut out any scary movies, bad news on the TV, books or even horseplay (like jumping or dancing around with a sibling or his dad or you) for up two to three hours before his bedtime. Always read him a book or make up a story of your own. Talk with teachers or other adults that he sees everyday about the possibility of other things that might be going on and check with his pediatrician for other suggestions.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. www.ParentToParent.com




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Richard's Book Review



Richard J.

Finding the Right Way of Doing Things

Big Nate Flips Out by
Lincoln Peirce

Nate is a 6th grader, known by everybody for his sarcasm and sloppiness. A lot of things happen with Nate and his friends. The main thing

is that Nate and his friend Francis are participating in putting together a school yearbook, but things do not go easy. Another student Gina, also involved in this project, hates to work with Nate, because he's messy and irresponsible. One problem after another, and Nate runs out of patience and excuses for himself. He takes a drastic step and asks a hypnotist to hypnotize him to become neat and responsible. But does it work and does he and his friends like it? You'll have to read the book to find out.

I enjoyed this book, it is funny and relatable. Half of the book are comics, which are fun to read. I rate this book 5 out of 5 stars.

Richard is a curious 5th grader. His favorite subjects are math and P.E. He likes to play sports with his friends, read funny books and watch nature documentaries. He likes writing book reviews, because he hopes they will interest other kids to read these books.



Suffrage at 100 and Women's Sports

There I was, watching the Women's College Baseball World Series and hearing how the game had expanded since the first game in 1988. I heard about how the West Coast schools dominated the series until recently as more and more leagues entered the competition. The players were making spectacular plays and pitching great games. What had made this competition become more national?

During World War II, women played baseball as a major sports event as depicted in the film *A League of Their Own*. Yet women in sports were always second in funding—if funded at all. In 1972, the passage of Title IX created an even playing field in men and women's sports.

The political process works in slow motion at times. The women's suffrage movement in 1848 held a meeting at Seneca Falls to talk about enfranchisement when women had few legal rights. For example, California allowed women to have property rights only in 1849. A former slave, Sojourner Truth, gave a speech in 1851 to her fellow women, titled "Ain't I a Woman?" By 1868, women were more vocal in their calls for rights. The phrase "Men their rights and nothing more; women their rights and nothing less!" appeared in newsprint.

Women were winning the right to vote in western states as those states entered the Union—Wyoming in 1890 and Utah in 1896—while other western states granted women suffrage—Oregon, Kansas and Arizona in 1912, and

Nevada and Montana in 1914. Jeannette Rankin was elected to the House of Representatives in 1916 from Montana and seated in 1917. Arkansas allowed women to vote in primary elections in 1917, and by 1918, Michigan, South Dakota and Oklahoma had granted suffrage.

Still, women in most of the nation were forbidden from voting. If they did vote, they were arrested for illegal activity. In 1872, Susan B. Anthony and 15 other women were arrested for casting ballots in New York State. Alice Paul was placed in prison along with other women to break their movement for suffrage during the Great War. The story is told in the film *Iron Jawed Angels*. However, the war effort did provide a shift in public policy on suffrage. Congress passed the 19th Amendment in 1919, and it was ratified on August 26, 1920. The goal of the woman's movement at the time was to get women out of factories and back into the home, children into school and out of factories, and the vote.

Time has a way of making change, if only slowly. The 1950s saw the feminist movement pushing for women in the workplace, children in school and equal treatment for women. The women that played baseball in the 1880s to 1940s set the stage for suffrage 1919 and Title IX in 1972. The movement for women's suffrage not only won the vote for women but it also leveled the playing field in sports.

D.H.Coop is a retired fire/paramedic and retired teacher having taught IB and AP World History 30 years. He continues to substitute, tutor and consult. www.HistoryDepot.com

Appliances—Word Search Contest

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

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

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

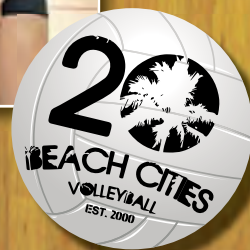
Congratulations to:

Tommy Yeppez — June Winner
Sierra Martin — July Winner

Entries must be received by October 15, 2019

From the correct entries one name will be drawn to win
a \$20 gift card to Barnes & Noble

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W	O	O	E	G	P	S	K	I	L	L	E	T	O
A	T	H	E	A	I	M	P	V	C	K	B	V	R
S	I	E	C	M	T	E	O	A	W	M	X	H	O
H	K	T	Y	S	F	E	T	C	C	C	M	J	X
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Beach Cities Volleyball SEPTEMBER ACTIVITIES

14 & UNDER GIRLS SEASON TRYOUTS

4th, 5th, 6th, 7th & 8th grade girls, and 9th grade athletes, age 14 as of September 1, 2020

Relevant age for Club volleyball is athlete's age as of September 1, 2020

Tryouts & Clinics held at LA Galaxy Soccer Center Volleyball Courts, 540 Maple Avenue, Torrance

September Clinics & Activities

Annual Sunday Clinics

Sundays September 8th, 15th, 22nd & 29th

4-6 PM

\$25 per clinic, \$80 for four-clinic package
(sign up in advance or at 1st clinic)

3 Player Volleyball Tournament

Saturday, September 28th, 1-6 PM

Sign up as a team, as two of three players,
or as an individual & we will fill teams

Cost is \$20 per player or

\$50 per team if signed up in advance

Plaques awarded to winners

Tryout Activities

Pre-Tryout Clinics

Friday, October 4th, 5:30-7:30 PM

Tryouts

Saturday, October 5th: Ages 10-12 9-11 AM,

Ages 13 10:30 AM to 12:30 PM, Ages 14 noon-2 PM

Sunday, October 6th: Ages 12 & under 4-5:30 PM

Ages 13 & 14: 5:30-7:30 PM

Tryouts are \$30 for a one time charge
which gives you access to both days.

Commitment Meetings will be held Tuesday, October 8th

Jr Spikers Program

LA Galaxy in Torrance,

Friday, September 13th from 6-7:30 PM.

Open to boys and girls 8-13. Program runs for 11 weeks on Fridays. There will be 4 sessions through the season. Included is our beach program on Saturdays from 9-11 AM opposite 14th St in Manhattan Beach.

Palos Verdes program begins on

Tuesday, September 10th from 6-7:30 PM

at Christ Lutheran School gym,
28850 So. Western Blvd, RPV, 90275

Players can sign up at the door or call **310-889-6496** or the office at **310 546-9150**.

Numbers are good for Club/clinic sign ups as well.

PV Club Clinic in PV

First Clinic is on Tuesday, October 8 at 7:30 PM for middle school girls.



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