

Covering the Manhattan Beach Unified School District

Volume 1, Issue 1

May 2023

We Are MBUSD



District Cabinet Members Visit Grand View Elementary School

www.SchoolNewsRollCall.com

Board of Trustees



Cathey Graves President



Fenton Vice President



Wysh Weinstein Clerk



Bruce Greenberg Member



Tina Shivpuri Member

We Are MBUSD Connects Community



We are thrilled to be fully back on our campuses this school year. 2022-23 has remained focused on maximizing the academic success of each student. You can read about those stories each week in our <u>Superintendent's Newsletter</u>. Additionally, we've maintained an emphasis on developing a climate of care in each classroom. and many of those stories appear in this edition

of School News. We started the year by

Dr. John Bowes Superintendent

launching the "We Are MBUSD" theme during Opening Day for our staff, which was an energizing event that took place for the first time since the pandemic.

The theme has also been the foundation for our video series showcasing our staff, students, and alumni. The hashtag #WeAreMBUSD has been successfully trending across social media posts by our school sites and community members. Program. This put MBUSD on the map as a District recognized on the state level for being named the only school district in the ADL Los Angeles region to soon receive this designation.

There were many other milestones reached by our staff and students, including the achievement of California Distinguished School Awards for our elementary schools with all five MBUSD elementary schools now recognized for this honor. We ensured student voices were heard through student advisory meetings with diverse groups of students and Mira Costa Principal Dr. Karina Gerger. It has provided us with critical insight into supporting our students. We are looking forward to finishing the school year strong and seeing our Class of 2023 graduate in June!



Students celebrating Lunar New Year by watching a Lion Dance performance.

To continue to strengthen our climate of care work, elementary and middle school students took trips to the Holocaust Museum. 4th and 5th grade elementary teachers received professional development from Holocaust Museum Los Angeles and all of our school sites continued efforts to eliminate bias and bullying on campus by participating in the Anti-Defamation League (ADL) No Place for Hate®



Meadows and Pacific PTAs host Holi event at Meadows!



Pennekamp Principal Sharon Witzansky, Pacific Principal Rhonda Steinberg, and Meadows Principal Michelle Krzmarzick receive the CA Distinguished Schools Award honor.



Kerry Aguero

Director Student Services

Committed to Supporting the Whole Child

At MBUSD, we are committed to educating the whole child and supporting students to thrive in school and in life. We offer a wide range of wellness, mental health, and social-emotional learning support services to assist every student. We

work closely with our partners Beach Cities Health District (BCHD), South Bay Families Connected, and South Bay Children's Health Center to offer resources to our staff, students, and families. Additionally, we will be starting a telemental health program, through a grant with Hazel Health, to offer short-term counseling support for students. We are also proud to share that we have a low student-to-counselor ratio, with thanks to our partnership with the Manhattan Beach Education Foundation.

In early March, we hosted our 2nd Annual District-wide Social and Emotional Learning (SEL) Week. Aligned with our District SEL Framework's five areas of focus, activities were facilitated on our campuses all week long. It reflected the important role of positive relationships and emotional connections in the learning process and helped students develop a range of skills. Students participated in the



SEL Week heart garden in front of Pacific Elementary.

Kindness Challenge, yoga during lunch/recess, attended a range of assemblies with guest speakers, created a "Love Yourself" heart garden, and wrote in their gratitude journals, along with participating in activities towards earning their Anti-Defamation League (ADL) No Place for Hate® Program designation. Mira Costa students took the NPFH pledge and committed to eliminating bias and bullying on campus.



Students practicing yoga during SEL Week.



Pastry • Fresh Basked Bread • Espresso Breakfast • Lunch

kirari west Bake Shop Dedicated Gluten Free Facility

Our entire inventory of food and products are gluten-free.

We are committed in serving crafted pastries to people who have gluten allergy and Celiac Disease.



www.kirariwest.com (310) 376-5313 707 NPCH, Redondo Beach



Jerry Carew 310-714-1416 | Jerry@3LeafRealty.com DRE#01374136

> Large enough to serve you. Small enough to know you.

Let me help you reach your Real Estate goals.





219 Avenue I, Ste 101, Redondo Beach 1716 Manhattan Beach Blvd., Ste A, Manhattan Beach





District does not endorse the advertisers in this publication.



Dr. Dawnalvn

Murakawa-Leopard

Deputy

Superintendent

Measures C & EE Facilities Projects

We are grateful to the Manhattan Beach residents who approved Measures C and EE. These bond funds have provided local funding to improve our schools and facilities. In previous years, these funds replaced our 50-year-old gym with a state-of-the-art Athletics Complex, completed district-wide fencing and roofing projects, and modernized all five of our elementary schools, providing upgraded infrastructure, updated finishes (including storefronts, flooring, paint, and casework), and new HVAC systems for all

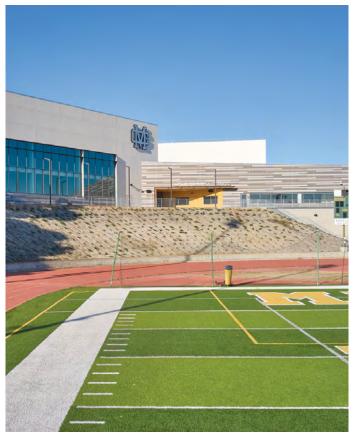
classrooms. In addition, we constructed new classroom buildings at Grand View and Pennekamp Elementary Schools. Work at these two schools is nearly complete, including new gardens and a parking lot at Pennekamp and, at Grand View, new playfields and a three-story multipurpose building, which will house administration offices, a multipurpose performance space, and new cafeteria and lunch areas.

At MBMS, we recently opened our new music building, providing classrooms that are specifically designed to support the acoustical and performance needs of our music program. The facility has unique features including raised ceilings, acoustical paneling, large instructional areas, private practice rooms, and special instrument storage spaces. This summer, we will continue our infrastructure upgrades at our preschool campus by adding new HVAC systems to classrooms at that site.

These campus improvements provide a safe and accessible environment for our community today and for generations to come. MBUSD is planning end-of-year celebrations for the completion of construction at MBMS and Grand View.



Brand New Classroom at Pennekamp



Home of the Mustangs (MCHS Athletics Complex)



New Music Building at MBMS



Thank You to Our staff

At Manhattan Beach Unified School District, we are grateful to our amazing administrators, educators, and staff from all of the departments who make MBUSD a destination district with outstanding schools. Together, we have worked together to provide exceptional educational experiences and have made efforts to motivate our students to maximize their academic success. You have all stepped up to support our students and their families in many ways and your efforts don't go unnoticed. We have and will continue to support the whole student and provide quality education for each and every student. No matter your role in our District, your commitment is what makes MBUSD what it is today.

> Whether you're preparing to transfer, train for a career, or learn a new skill - we have what you need to make your next move. Learn more at www.elcamino.edu/explore.

Start here. Go anywhere.

El Camino College 🏟

Manhattan Beach Education Foundation



https://mbef.org



Hilary Mahan

Executive Director

A Foundation of Excellence

The Manhattan Beach Education Foundation (MBEF) is a community-driven fundraising organization which supplements state funding for programs that inspire learning, enrich teaching, and promote innovation and academic excellence in our local public schools. MBEF was founded in 1983 when school funding was at an all-time low and private donations were critical to providing a quality education. Four decades

later, that support has grown into a multi-million-dollar commitment that maintains small class sizes, rigorous academics, and a breadth of educational experiences for all students.

Our strong public schools are an integral part of our vibrant and dynamic community. Parents, teachers, and neighbors are dedicated to the shared vision of creating a learning environment that incorporates a strong foundation in core subjects like language arts and math, hands-on opportunities in science, art, and music, personalized instruction to meet individual needs, and inspirational opportunities to collaborate and connect with peers.

The additional support from MBEF funds many of the robust learning programs and specialized educator positions that shape this exceptional education. These are the unique programs – like science lab and music in our elementary schools or advanced STEM pathways in our secondary schools – that support 21st century teaching and learning and challenge our students to think critically and creatively.

We are fortunate that our parents and the broader community continue to value quality public education and support our commitment to providing our students with opportunities that empower them to recognize their potential and realize their dreams.



Elementary Library Resource Specialist Heidi Snively creates a welcoming environment where students spend time each week personally selecting the book that is right for their reading level. Studies show that self-selection of reading material improves literacy skills as well as overall academic success.



Music education at a young age instills creativity, discipline, and appreciation of the arts. Students as young as eight explore vocal, string, and wind instruments before selecting a path to pursue more intently.

PTA Council

www.mbusd.org/PTA



Erin Levin President

Jennifer Gale Executive Vice President

Strong School Communities

If you have a child, you have experienced PTA! The Parent Teacher Association is the oldest and largest child advocacy association in America. PTA provides guidance, resources, and expertise to parents, helping them navigate their school

experience. PTA provides timely information about National and state legislation affecting our schools and children. Here in Manhattan Beach, the amazing, ongoing partnership of the PTA and MBUSD continues. We are extremely grateful to our volunteers for their time, energy, and passion for our schools. This year PTA volunteered 75,000 hours on behalf of our schools!

We thank everyone who joined PTA; without you, our programs and projects would not be possible. Our PTA provides school supplies and technology; capital improvements; academic, social-emotional, and VAPA programming; teacher appreciation opportunities, community support, and cultural and school-wide celebrations.

Various PTA parent functions provide a forum for parents to voice their opinions, engage in discussions and learn about what is happening at our schools. We produce weekly newsletters and social media posts keeping the community informed on the latest school news and events. PTA is a constant voice for our children and strives to make our schools a better place to learn and grow!

Mira Costa Bands



Mira Costa Bands recorded a performance for the 2023 Pac-12 Basketball Tournament with legendary Bill Walton that aired on national T.V. during the week of the tournament. The music was composed by MCHS 11th grader Miles McPhee.

Annual Signing Day Ceremony



Mira Costa Student-Athletes commit to playing collegiate sports during the Annual Signing Day Ceremony!

Mira Costa Choirs



Mira Costa Choirs Perform in Europe during an eight-day tour of Prague, Vienna, and Salzburg!

Beach Cities Health District

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



Mental Health is Health

Mental health is one of Beach Cities Health District's (BCHD) four health priorities. This is fueled by the fact that while our Beach

Cities community has

a healthy presentation

continues to be concerning rates of reported stress,

of chronic sadness/hopelessness are high for our 11th

County. Focusing on mental health across the lifespan

presents an opportunity for dramatic improvement in

bullying and substance use. Suicidal ideation and feelings

graders. Adult suicide rates are greater than Los Angeles

on the outside, there

Emory Chen Director Youth Services



District. The campaign's message aims to decrease stigma, increase help seeking behaviors, increase awareness of and access to resources for mental health, and build community capacity to support individuals who need mental health resources. For more

information on Mental Health Awareness Month, visit <u>//</u><u>bchd.org/mentalhealthawareness</u>.

Free mental health resources and other services for young people ages 12-25 are also now available at allcove Beach Cities. Monthly and weekly events include Open Mic Night, Movie Night, Study Lounge and Game Night. The center is located at BCHD's campus, 514 N. Prospect Ave., 4th floor and is open Tuesday through Friday from 1-7 p.m. and Saturday from 10 a.m.-2 p.m. To learn more, visit //allcove.org/beach-cities/ or call 310-374-5706.

well-being. BCHD is kicking off the month of May with our ommunity-wide campaign "Mental Health is Health" with partners such as Manhattan Beach Unified School

allcove Beach Cities

now open!

allcove is a place for young people to take a moment of pause and access a range of services that include:

- Mental health.
- Family support.Supported education

and employment.

- Physical health.
- Substance use.
- Peer support.

(310) 374-5706 allcoveBeachCities@bchd.org



Visit allcove.org/beach-cities for more information.



@allcovebeachcities

Tuesday - Friday 1:00 PM – 7:00 PM

Saturday 10:00 AM - 2:00 PM find your moment. find your space. find your center.



MBX Foundation

https://www.MBXfoundation.org

MBX Celebrates 20 Years

By Heather Interian, Executive Director



The MBX Foundation is celebrating its 20th anniversary this year. MBX is proud to support academic, educational, musical, athletic, and co-curricular programs established

for and in support of the Manhattan Beach Unified School District and the children which make it thrive. The breadth of support is wide and spans from the installation of the West Field, campus Improvements, a fully accredited Summer School, After-School Programs hosted at all five elementary schools and the middle school, ten plus Summer Camps, and the oversight operations of over forty-five Mira Costa High School Booster Clubs.

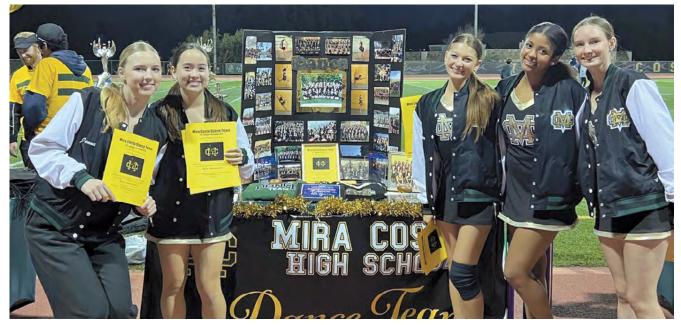
In addition to recently welcoming our new MBX Executive Director Heather Interian, MBX hosted over 1,200 8th grade students and their parents at "This is Costa Night Part 2" in March to learn everything Mira Costa High School has to offer. Families had the opportunity to attend up to three informational breakout sessions to learn about the MBX Foundation Summer School classes, academic clubs, athletics, music and art programs. Each sports team and arts program had their own classroom to answer in depth questions and allow families to hear from current students, coaches and advisors. The next "This is Costa" night will be hosted by MBX in Fall 2023.

A new program the MBX Foundation was proud to start last year is the MBX Foundation Grants Program. We have awarded over thirty grants to Manhattan Beach elementary schools, the Manhattan Beach Middle School



MBX Foundation helped fund Mira Costa Softball's new batting cages through its grants program.

and many Mira Costa High School Booster Clubs. These grants have supported everything from new robotics and sports equipment to playground structures and murals. As we look back at MBX we celebrate the last twenty years with pride and look forward to continuing our support of the children, coaches, administration, teachers, and advisors within our great district.



MBX hosts This is Costa Night, Fall 2022 introducing 8th grade students and parents to Mira Costa's extracurricular opportunities.

Mira Costa High School

1401 Artesia Blvd., Manhattan Beach, CA 90266 • 310/318-7337 • www.mbusd.org/MiraCosta



Dr. Karina

Gerger Principal

Preparing Students for the Future

Mira Costa is the home of the Mustangs! We are proud to continuously evolve and grow all opportunities offered to our students on campus.

Why Costa? At Mira Costa, we prepare our bright students for the future and part of that goal is to ensure we provide them with the chance to immerse themselves in rigorous academics

and extracurriculars.

In January 2023, our Board of Trustees approved new courses for our students in 2023-24. Conceptual Physics, Graphic Design I, and Play Production were a few of the courses that were recommended in support of student-driven scheduling and to align with the District's goals. Our teachers worked to create the course proposals that will add to our current rich and robust curriculum, while also tapping into students' needs and providing new opportunities to grow their skills. This year, we also have a record number of 2,896 Advanced Placement (AP) tests that our

students plan to take, which is 470 more tests than last year! We offer 38 Advanced Placement/Honors courses, CTE pathways, and a variety of elective options to our students. There is more to celebrate! We have eleven students who have been named 2023 National Merit Scholarship Finalists putting them in the top 1% of all high school seniors graduating across the nation. To be part of this program, students earn some of the state's highest PSAT/NMSQT Selection Index scores.





The 2023 National Merit Scholarship finalists!

Manhattan Beach Middle School

1501 N. Redondo Ave., Manhattan Beach, CA 90266 • 310/545-4878 • www.mbusd.org/MBMS



Fostering a Climate of Care

Manhattan Beach Middle School is committed to cultivating a school climate of care and inclusion for all students, staff, and families. 8th Grade students, staff, and parent chaperones visited the Museum of Tolerance in February 2023, funded by the Manhattan Beach Education Foundation (MBEF).

Jennifer Huynh Principal

Students gained real-life learning with interactive exhibits and activities. They shared this experience as a community, understanding the impact of historical events on their current lives.

MBMS then hosted guest speaker Frank Meeink, an ex-neo-Nazi who now fights against prejudice and hatred. During his speech to students, Mr. Meeink described his descent into bigotry and violence as a teenage neo-Nazi. Through some personal encounters, Meeink rejected his beliefs and became an advocate for tolerance and diversity. This opportunity was provided by a community partner, Rabbi Dovid Lisbon, who works weekly with MBMS' Jewish Club.

In English and Social Science classes, students are researching the importance and history of human rights issues. Simultaneously, an Inclusion Committee of staff, students, and parents have facilitated inclusion lessons and assemblies for the school highlighting important issues related to equity. MBMS is proud to continue to foster a campus-wide climate of care where students become more responsibly aware of their civic engagement.



Ex-neo-Nazi Frank Meeink sharing his story to students.



Students explored the powerful exhibits and walked through the history of the Holocaust at the Museum of Tolerance.

Grand View Elementary School

455 24th St., Manhattan Beach, CA 90266 • 310/546-8022 • www.mbusd.org/Grandview



Diverse Programming Supporting Inclusive Campus

Social skills can be hard to master in elementary school, but it's even harder if you have a disability. In school, students with the most severe social challenges play with their peers or practice these skills with their equally challenged comrades. At Grand View, we wanted to take a closer look at the

Tara Grings Principal

many initiatives we already have in place to help foster a more inclusive school environment where all students take responsibility for the sharpening of social

skills. Grand View hosts Friendship Club on Thursdays, and we offer Global Gamers twice a month, a program where children play games from around the world learning about culture, language, and geography. Additionally, we have a Grand View Cares group of 4th and 5th graders who support activities in keeping our school bully-free.

While these programs are thriving, we thought we could do more to bridge these efforts and shift school culture on a larger scale. This year representatives from each of these initiatives as well as



members of our Special Education team met to discuss

ways to more effectively achieve the District's board goal

Marriage and Family Therapist, Chloe Canton, we designed

a peer model training that will allow our Grand View Cares

students to teach our primary students about anti-bullying.

of creating a climate of care. Working with Beach Cities

Furthermore, these students will be trained on ways to

be an ally to students with social deficits, and ways they

can support them during play. This means neurotypical

peers will be given the tools to initiate and model social

interactions to help ensure students with disabilities

Beach Cities Marriage and Family Therapist Chloe Canton leads anti-bullying assembly.



Students play the game Capirucho from El Salvador as part of the Global Gamers program.

Meadows Elementary School

1200 North Meadows Ave, Manhattan Beach, CA 90266 • 310/546-8033 • www.mbusd.org/Meadows



Michelle

Krzmarzick Principal

"Oh Meadows the Things We'll Grow"

Meadows evokes a strong sense of pride in its traditions and sense of community. Thanks to our parents, the campus now boasts a thriving garden and hand-painted murals depicting some of the life growing in our unique garden that has twelve plant beds. This school year parents Lilian Dunker Cruz and Bob Black, District Green Team members, were inspired to transform the Meadows garden. They taught the students

to grow broccoli, cauliflower, beets, kale, potatoes, and carrots. One of the highlights of the space is the beautiful banana tree and a greenhouse made out of sustainable materials.

From Transitional Kindergarten (TK) to fifth grade, students are given various opportunities to be part of the experience and also learn what is growing there. Most recently, students were able to eat the fruits of their labor and had a delicious salad filled with produce grown from the garden for lunch.

To add to the color popping around our campus, parent Bob Black dedicated his time to transforming the plain colored pillars on campus into pieces of artwork featuring the vegetables in the garden aligning with our school motto, "Oh Meadows the Things We'll Grow." Bringing creativity to the campus for our young learners, the students were able to see the artwork come to life one brush stroke at a time. MBUSD is a Green District and we are proud to be a leader in our garden initiatives to promote this recognition.



Hand-painted mural by Bob Black depicting the tomatoes in the garden.



Students were excited about their recently harvested produce and are ready to eat it!

Pacific Elementary School

1200 Pacific Ave., Manhattan Beach, CA 90266 • 310/546-8044 • www.mbusd.org/Pacific



STEM Education through Hands-On Learning

The Pacific staff would like to thank the PTA and MBEF for providing us with exceptional educational programs. Our STEM opportunities, such as Science Lab and Makerspace programs, are funded by MBEF and the Pacific PTA provides materials.

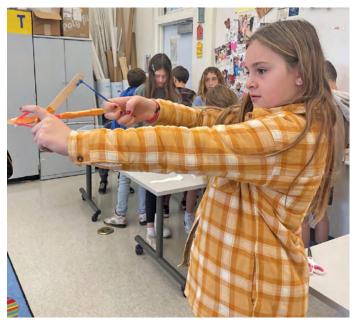
Rhonda Steinberg Principal

Pacific 5th graders' recent Makerspace challenge was to create a working bow

and arrow to hit a target. This challenge paid homage to Valentine's Day and Greek Mythology. Pacific students learned about the legend of Cupid's arrow and the concepts of potential and kinetic energy and gravity. They also found the physics behind archery in a fun, hands-on way.

The engineering design process was implemented as they designed, built, tested, and improved their bows and arrows. Each team was given a box of limited supplies and the arrow tip was a Q-tip. Heart-shaped targets were put up in the classroom and each team demonstrated their design. This fifth grade is the first class to have Makerspace since Kindergarten.

The science lab serves as a unique place to provide students the opportunities to learn through a hands-on approach. Through observation, experimentation, and inquiry, TK-5th grade students can also target the Next Generation Science Standards (NGSS). In this pictured experiment, 4th graders are tasked to generate and compare multiple solutions to reduce the impacts of natural Earth processes on humans such as earthquakes and floods. Students worked to create and test their design of an elevated earth and flood-proof structure in order to keep the "people" (represented by sugar cubes) dry during the flood simulation!



Student testing out her bow and arrow.



Students in the science lab working to create a design for their earth and flood-proof structure.

Pennekamp Elementary School

110 S. Rowell Ave., Manhattan Beach, CA 90266 • 310/798-6223 • www.mbusd.org/Pennekamp



Sharon

Witzansky

Principal

"Where Every Dragon Learns and R.O.A.R.S.!"

At Pennekamp, we believe all students can learn and it is our job as educators to maximize their academic potential. Behavior and conduct are large components of a school community and we strive to address issues age-appropriately and keep "The Golden Rule" at the forefront. Our staff models kindness and believes that mistakes do not necessarily define an individual. Our use of

positive behavioral interventions and support (PBIS) is the framework that serves as our guide.

PBIS is a research-based, multi-tiered system used to identify and reinforce student behaviors with the backbone being a site-specific set of values. As Pennekamp Dragons, we use the acronym "R.O.A.R.S." - Respectful, On-task, Accountable, Responsible, Safe. When students exhibit positive behaviors, they receive an incentive called a "R.O.A.R.S. card". This is provided to all students and considered our Tier 1 universal support; 80% of the student population will not need anything beyond this tier.

If 80% of students are in Tier 1, what about the other 20%? Through collection of R.O.A.R.S. cards and disciplinary data, we identify approximately 15% who need interventions at the Tier 2 level. Examples of Tier 2



Pennekamp's PBIS framework

interventions might include classroom lessons, literature, playground rule review, and recess activity facilitation. The remaining 5% of students are provided Tier 3 interventions, which could be conferencing, behavior incentive charts, and lunchtime social-emotional instruction.

We are proud of our system of support and believe that every dragon "R.O.A.R.S."!



Students showcasing teamwork during Pennekamp's Annual Literacy Bowl.

Robinson Elementary School

80 S. Morningside Dr., Manhattan Beach, CA 90266 • 310/318-5120 • www.mbusd.org/Robinson



Buddy Program Builds Strong Community

At Robinson, developing an emotionally strong, happy student is important to our community, as we want to serve the success of the whole child academically, socially, and emotionally. When a student becomes a

Jackie O'Sullivan Principal

emotionally. When a student becomes a Riptide, the entire family is embraced and becomes part of our community.

Parents are given buddy families from day one so that they have someone to call when navigating the new waters of elementary school. Every student has a buddy, too, and partners share an activity each month based on inclusion and diversity.

For our first buddy activity this year, students listened to *The Colors of Us* by Karen Katz. Then they drew portraits of their buddies using multicultural skin tone crayons designed by Crayola to celebrate the diversity of all people. The portraits are proudly hanging in the cafeteria and have become wonderful conversation starters for guests and visitors. Our buddy teams jogged laps together during our Buddy Run this year and it was a great opportunity for our community to embrace one another.



Wall of portraits hand drawn by students celebrating their diversity.

In April, we'll have a Dress Like Your Buddy Spirit Day. At Robinson, everyone is welcome and everyone belongs, and this core value is reflected in all that we do.



Students creating portraits of their buddies.

Manhattan Beach Preschool

1431 15th St., Manhattan Beach, CA 90266 • 310/546-7655 • www.mbusd.org/MBPreschool



Festival of Colors

Preschool students took a "trip" to India to celebrate Holi, also known as the Festival of Colors! It's a time to celebrate the arrival of spring, forgiveness, and friendships.

Shannon Huston Director, Early Learning

It was a day of laughter, love, and color as students showered their friends with color and sampled a popular Indian flatbread known as naan. The day ended with students coloring vibrant mandalas to hang up in their classrooms to decorate the classroom to signify the festival. Celebrations such as Holi allow students and staff to learn about the world and cultures around them. They have also taken "trips" to Mexico and China, and their next stop will be Japan! These traditions teach our students to celebrate different cultures in a fun and engaging way, while also giving them an opportunity to appreciate and respect the diversity of the world around them.

Throughout the year, our students take music classes funded by parent donations through Music Rhapsody. They learn about music theory and we have multiple performances during the school year for children to showcase all they have learned.



Embracing the colors of Holi.



Spring has sprung! Students perform at their annual Spring Concert!



MANHATTAN BEACH UNIFIED SCHOOL DISTRICT

YOUTH SUMMER CAMP WEEKLY SESSIONS AVAILABLE MONDAY-FRIDAY ALL SUMMER LONG 2 HOUR SESSIONS -1/2 DAY OR FULL DAY (AMP

JUNE 12 through

AUGUST 11, 2023

starting.

EACH

GET INTO GET BALL VOLLEYBALL

> 3-5 PM & 6-8 PM* BEGINNER, INTERMEDIATE, & HIGH PERFORMANCE* LEVELS

> > BOYS & GIRLS AGED 8-18 YRS.

SESSION TIMES:

9-11 AM & Noon-2 PM

HIGH PERFORMANCE DURING 6-8PM SESSION COMING SOON

SERVING THE COMMUNITY SINCE 2000 LOCATION: LA GALAXY VOLLEYBALL COURT



540 MAPLE AVE TORRANCE, CA 90503

beachcitiesvbc.com | info@beachcitiesvbc.com | 310-546-9150

RESERVE YOUR



Ask Dr. Shari



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.

Dr. Shari Sweetnam

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, twitter: DrShariS, Youtube: Dr. ShariS, LinkedIN: Dr. Shari Sweetnam



Ballet • Pointe • Tap • Jazz • Contemporary Hip Hop • Lyrical • Tots & Tutus • Mommy & Me

Ages 3 - 18 and Adult Classes First Class Free!





ROLLING ROBOTS STEM & ROBOTICS CAMPS

Jun. - Aug. 2023 Ages 5 - 15 Weekly Half & Full Day Camp

Fun, Hands on Camps Low Campers to Instructor Ratio Prepare for VEX/FLL Competition Teams



LEGO, BattleBots, VEX, Minecraft MOD C++, Roblox Coding, 3D Design

Use Code ROLLCALL23 Save 7% By 5/31/23

Manhattan Beach • Hermosa Beach • Palos Verdes

RollingRobots.com ☎ 1-888-762-6808 ⊠ contact@RollingRobots.com

FRA	M SU		R CAMPI								
\$225 FOR FRAM PLAYERS											
SESSION	PRICE FOR NON FRAM PLAYERS	DATES 9AM - 12PM	LOCATION								
ONE	\$275	JULY 17-20	MIS								
TWO	\$275	JULY 24-27	SOUTH HIGH TURF FIELD								
THREE	\$275	AUGUST 7-10	MIS								
FOUR	\$275	AUGUST 14-17	SOUTH HIGH TURF FIELD								

REGISTRATION IS REQUIRED

VISIT OUR WEBSITE FOR MORE INFO WWW.FRAMSOCCER.COM

TINO@FRAMSOCCER.COM



SUMMER SOLVED

MANHATTAN BEACH

Ages 4–12 Jun 20 - Aug 18 | 8am–6pm Lunch & Snacks included





Schedule your free trial class today!

Elevate your training and join the Rise family!

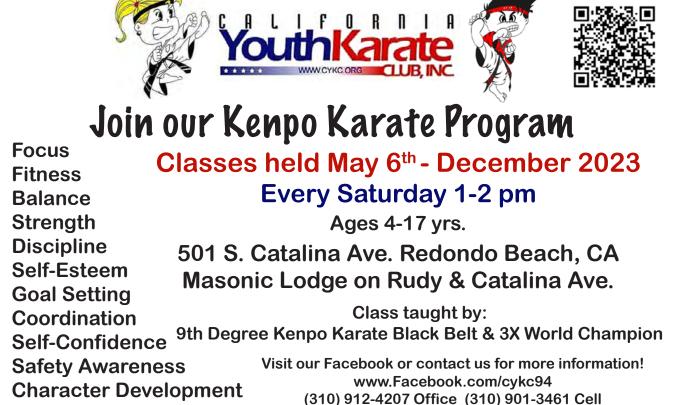
Ballet | Jazz | Tap | Lyrical | Contemporary Hip Hop | Acro | Musical Theater Jazz Creative Movement | Stretch & Conditioning

> Performance and Competition Dance Teams Ages 8-18

For more information, please call the studio or email us at: riseacademyofdance@gmail.com

633A N. Pacific Coast Hwy, Redondo Beach, CA 90277 424-257-8946 | riseacademyofdance.com





MANHATTAN BEACH UNIFIED SCHOOL DISTRICT



SUMMER IOR SPORTS CAMP



JUNE 12 - AUG 25 Monday-Friday 9:00AM-3:00PM Ages: 5-12 years

DISCOL

BECOME A

DAILY ACTIVITIES

Tennis • Swimming Pickleball • Basketball Dodgeball • Kickball Arts & Crafts Lunch & Snack

4343 Spencer St., Torrance CA 90503 310-542-7373 / www.westend-club.com

Day at the Beach – 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 Manhattan Beach in the subject line.

Entries must be received by July 15, 2023

SUN BLOCK	N BLOCK SURF BOARD		ŧ		
TOWELS	FLOAT	мн	Р		
SWIM SUIT	SHIRT	IQ	L		
SUNGLASSES	SANDWICHES	S J	F R		
UMBRELLA	SHORTS	W W A T	R S		
		QI	D		
HAT	CHAP STICK	MU	I.		
FLIP FLOPS	FIRST AID KIT	N S	V		
PAIL	COOLER	Y M C I	K		
		τw	С		
SHOVEL	DRINKS	ΡS	м		
BLANKET	SNACKS	UI	Q		
воок		I T	W		

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

М	Н	Ρ	R	L	S	F	L	Ι	Ρ	F	L	0	Ρ	S
1	Q	L	С	Н	А	Ρ	S	Т	I	С	К	D	I	Ν
S	J	F	T	А	L	L	Е	R	В	М	U	D	С	А
W	W	R	L	Т	D	н	s	W	L	Ρ	Ζ	Т	Ι	С
А	Т	s	Н	0	R	Т	S	U	А	С	S	Ρ	Т	Κ
Q	I	D	М	U	Α	Н	А	I	Ν	S	Ζ	М	R	S
М	U	Т	Ζ	Ι	0	Т	L	Н	к	В	I	Е	G	В
Ν	s	V	D	V	в	L	G	W	Е	0	L	Н	S	J
Y	М	к	Е	D	F	Н	Ν	М	Т	0	S	0	А	В
С	I	L	I	V	R	Х	U	G	0	К	V	W	С	0
Т	W	С	0	J	U	1	s	С	W	Е	С	G	Х	Κ
Ρ	S	М	S	В	s	А	Ν	М	Е	W	Ν	F	R	Ι
U	I	Q	Ν	н	U	W	L	К	L	0	Q	Х	V	Ρ
l	Т	W	Е	S	J	U	А	С	S	Q	J	Е	S	С

EXPERIENCE THE MOST INSPIRING UP-TEMPO, MELODIOUS, GROOVY, RHYTHMIC, EXHILARATING SUMMER EVER.



Music Rhapsody



Classes | Camps | Events | Lessons | Local School Programs | & More!

Novelist – 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 Manhattan Beach in the subject line.

COMPUTER	PEN	Entries must be received by July 15, 2023 From the correct entries one name will be drawn to win a \$20 gift card to Barnes & Noble.													
EDITOR	BROWSER	IKPBROWSERGEI													
IPAD	GOOGLE	N	M	Р С	D	R	A	0	в	Y	E	ĸ	L	M	
SPELLCHECK	INTERNET	1	S	А	Е	D	I	Ρ	А	D	н	G	G	А	
DDINITED	DINC	R	R	Υ	G	Н	R	Υ	V	Т	S	Ν	0	Q	
PRINTER	BING	I	Е	V	S	I	С	Е	Е	D	Ι	Т	0	R	
PUBLISHER	ASPIRIN	Ρ	D	т	Ν	Ζ	Ν	L	D	В	L	F	G	Y	
	KEVROARD	S	А	Т	U	V	Е	А	L	N	В	Μ	I	I	
NOTEPAD	KEYBOARD	А	Е	S	V	Ρ	Ρ	А	Т	Е	U	0	V	W	
READERS	TELEPHONE	R	R	Т	Н	Е	М	S	U	Ι	Ρ	Т	W	Y	
		Y	U	0	Т	Ν	D	0	Ρ	U	0	S	Х	Y	
PENCIL	WIFI	н	Ν	0	Ζ	С	В	С	С	Н	V	Ν	Ρ	Ν	
IDEAS	IMAGINATION	Е	Ν	G	Х	Т	К	0	Υ	V	Ν	U	А	Ν	
		L	Q	Ρ	V	L	J	0	V	Ρ	W	V	Ζ	к	

MANHATTAN BEACH UNIFIED SCHOOL DISTRICT

Sandy Pringle Associates, Inc.

Setting the Standard for *Quality, Excellence & Professional Partnerships* In School Construction Project Inspection

Serving Southern California (310) 787-8811 www.pringleassociates.com

