

Principal's Message

Greetings, Seaside Community!



I hope everyone is enjoying a long and restful 3 day weekend and having tons of fun.

Thank you to **Elita Adjei** and for organizing Career Day! With the guidance of past organizer, **Samra Varesanovic**, an amazing program was created. A BIG Thank You to all the parents who came in and spoke to students on Friday. We touch lives and spark interests when we share about our work with our kids.



Marquee: The long awaited Marquee is hopefully being installed tomorrow. G & J Neon Signs requested a start date of Monday, Jan. 20 and finishing Wednesday, Jan. 22. I know that once it is in, we will all be happy, in spite of missing the unexpected mysterious vacation messages on the old marquee.

Achievement Report and Parent Conferences: On **Friday, January 24** the First Semester Achievement Report will be available signifying the half way point in the school year. **Parent conferences will be held Jan. 27 – Feb. 5** and all parents are encouraged to hold a parent conference to better understand your child's achievement and learning. Keep in mind that a '3' indicates that a student has already met the END of the YEAR standard. This usually won't happen at the half way point. If your child is making regular progress, they should receive a '2' indicating that they are in good shape and will meet the end of the year goal.



Spelling Bee: On Monday, January 27th at 8:00 a.m. 4th grade students who love spelling will compete in the Seaside Elementary School Spelling Bee. On Wednesday, Jan. 29th at 8:00 a.m. 5th grade students will compete in the 5th grade School Bee. The one winner from each grade will go on to compete in the District Spelling Bee. The winner of that Bee will compete in the Los Angeles County Spelling Bee and the winner of that Bee

will compete in the CA State Spelling Bee. Only students who wish to participate with parent support will attend the School Spelling Bee. The permission slip was distributed on Friday, Jan 10th and is due in the office. We wish them luck!

It is great to be BILINGUAL! We encourage you to support the development of your home language. If your family speaks a language other than English at home, *keep it up!* Research shows that students who are fluent in two languages out perform their monolingual peers by the end of high school. Support your child in working toward the Seal of Biliteracy, an end of schooling recognition that could help with college entrance.

Pathway to Biliteracy Award Information Link: <https://sites.google.com/a/etusd.org/eld/biliteracy>



TK Enrollment: The week of March 16th has been set aside for Seaside TK enrollment. If you know anyone with young children, spread the news!

WHAT IS CULTURE?



Friday, February 7 is Seaside's Multi-Cultural Journey! Special thanks to **Pat Bressi** for organizing this event.

It is so much fun. Each grade level visits the cafeteria for about 30 minutes. Parents have set up 'country booths' and students roam the globe participating in activities and learning about each country represented. Students carry a 'passport' that is stamped after each visit. The event generates an appreciation for the diversity present at Seaside and helps us all know a little more about each other. It is a lovely event.

Have a great Monday, everyone. I look forward to seeing you back at school tomorrow.

Mrs. Bauer-Bean

Seaside Splash

PTA President's Message

Happy 3-day weekend Dolphins!

I hope everyone had a wonderful week, and have a relaxing day off tomorrow, as we shine a light and honor the life and achievement of Dr. Martin Luther King Jr. and the amazing legacy he has left us. The world is a better place because of him, and his words and message are a timeless reminder of the energy it actually takes for this one sweet world to go around.

Thank you to all of the Parents of Seaside who taught our sweet littles all about their different Careers, at Career Day! The kids LOVE this day, and are always so inspired by you. Who knows, the 20 minutes you spent sharing your profession, may have touched the heart of one of our Dolphins, and you may be what they look up to, and what they want to be when they grow up! Thank you to Elita Felder, and all of your efforts and support for Chairing the events!

A few reminders for next week-

- 1/21- Run Club
- 1/22- 2:27 early out grades 1-5
- 1/23- Run Club
- 1/24- Pilates in the Park (\$10 at El Retiro park)
- Report Cards go Home via Power School

Keep a lookout for Variety Show information, COMING SOON!

If you have any questions or concerns, don't hesitate to reach out to either LeighAnn or I!

Kirsten Bornstein

President

kirsten.bornstein@gmail.com

Seaside Cleared Volunteer List as of 01/18/20

•Aaronson, Tove	•Calzadilla, Christina	•Dominguez, Heidi	•Guerreiro, Deanna	•Kear, Suzanne	•Meyer, Charleen	•Reikes, Joshua	•Takahashi, Naomi
•Albillo, Bonnie	•Cambay, Eliza	•Dorreen, Cherie	•Haenel, Dara	•Kenny, Presilla	•Michaelsen, Erica	•Reyes, Jacqueline	•Taloza, Karen
•Albillo, Osmar	•Caraballo, Francelia	•Eddings, Shannon	•Hansen, Chad	•Kim, Lily	•Miller, Stacey	•Rhodes, Kristen	•Tarnay, Madeleine
•Amaya, Katherine	•Cayetano, Carlo	•Edgecumbe, Rebecca	•Hansen, Robyn	•Kim, Michelle	•Mitchell, Heather	•Rice, Catherine	•Terzian, Sabrina
•Amin, Sara	•Chen, Yinchen	•Elizalde, Gina	•Hart, Fiona	•Kisiler, Jennifer	•Mitchell, Larry	•Ricevuto, Amy	•Trechter, Heather
•Athiyar Veedu, Sangeetha	•Cheung, Hiuching	•Elliott, Kimber	•Heck, Ivy	•Kneller, Joni	•Mohammed-Stein, Trisha	•Rudolph, Diane	•Trippett, Denise
•Atkinson, Amy	•Cheung, Temmy	•England, Angelyn	•Hoff, Julianne	•Kwak, Vicky	•Momi, Shannon	•Ryley, Jocasta	•Trosman, Stella
•Atkinson, Samantha	•Cho, Samson	•England, Mark	•Holmes, Sheri	•Lamb, Courtney	•Morgan, Samantha	•Sanchez, Venesa	•Uchida, Aki
•Awad, Heba	•Choi, Mina	•Esters, Michelle	•Hsu, Kristina	•Leach, Kristen	•Murphy, Melinda	•Santos, Sandy	•Uchida, Tomoyuki
•Balazs, Christine	•Chong, Helen	•Esters, Remington	•Hsu, Sabrina	•Lee, Charlene	•Nelson, Michele	•Schmidt, Leighann	•Valdez, Rosa
•Balazs, Christine	•Chu, Edward	•Felobous, Sylvia	•Hu, Chih-Yu	•Lee, Eun	•Nelson, Vaneska	•Schuffman, Leigh	•Vandevort, Summer
•Bardai, Genevieve	•Chui, Angel	•Fleming, Nan	•Hu, Jiang	•Lee, Jeonghwa	•Nicholls, Michael	•Scruggs, Stephanie	•Vidal, Jeannie
•Bardai, Zaher	•Clark, Jann	•Flores, David	•Hurley-Jones, Jessica	•Lee, Soo	•Nicholls, Michelle	•Sehgal, Catherine	•Weir, Nancy
•Batchko, Kimberly	•Clissold, Brent	•Flores, Desiree	•Hurtado, Brian	•Len, Laurie	•Nickerson, Melissa	•Serrano, Victor	•Wightman, Ann-Marie
•Bathauer, Lia	•Coleman, Julie	•Forney, Jacqueline	•Ito, Mai	•Lennertz, James	•Nye, Carrie	•Serrano, Zohra	•Wightman, Erick
•Bernius, Regina	•Cook, Amanda	•Foster, Suzanne	•Iwai, Misaki	•Lennertz, Josephine	•Okawa, Kelly	•Shaw, Bonnie	•Wolfinger, Adam
•Bjornlie, Ramona	•Cooper, Janice	•Francisco, Shae	•Iyer, Jyotsna	•Lizarraga, Gabriela	•Olson, Chrissy	•Simkins, Jenn	•Wood, Beth
•Bohan-Tarnay, Ann	•Cowan, Natalie	•Frierson, Christopher	•Jefferis, Melissa	•Lu, Chun	•Orbita, Daniela	•Singh, Garima	•Yang, Sally
•Bolsajian, Betty	•Cutri, Victoria	•Gallana, Heather	•Journo, Rosalee	•Manganilla, Tisha	•Ormond, Kristy	•Singh, Monika	•Yaung, Julie
•Bornstein, Kirsten	•D'Arcy, Teri	•Garcia, Cheryl	•Kaemmerer, Katrina	•Mattucci, Maria Celeste	•Palacios, Cynthia	•Smith, Amanda	•Yee-Merten, Pamela
•Bowman, Lauren	•Da Costa, Cayce	•Garcia, Paola	•Kaemmerer, Veva	•McCullough, Lindsay	•Pedy, Kelly	•Smith, Andrea	•Young, Gretl
•Bresnahan, Tanya	•De Oliveira, Andrea	•Gebre, Sofia	•Kalayjian, Tanya	•McKelvy, Kathleen	•Phillips, Jennifer	•Sona, Sandeep	•Zuo , Yueqing
•Bressi, Pat	•De Young, Flor	•Gentry, Natasha	•Kanamaru, Yuri	•Mendonsa, Tim	•Phillips, Rebecca	•Spitz, John	
•Brown, Nichele	•Degner, Tammy	•Gerber, Amanda	•Kealoha-Ramirez, Carleen	•Mericle, Catherine	•Powers, Christina	•Spitz, Shoko	
•Burnett, Laura	•Deierling, Lisa	•Grace, Stephanie	•Kear, Gentry	•Metz, Carrie	•Ravetto, Juliana	•Stone, Nichole	
•Caldwell, Carole	•Dixon, Tracy	•Green, Cari	•Kear, Sana	•Metz, Scott	•Reeder, Stephanie	•Suenaga, Christina	

You Too Could Win a 2020 Lexus NX300h Hybrid SUV!

AND benefit 24,000 Torrance students through the Torrance Education Foundation

Graciously donated by Toyota Motor North America

16th Annual Spectacular Car Raffle

Style, comfort, advanced technology - The NX300h offers comfort, sleek design, and plenty of high-end features including a turbocharged 2.0-liter four-cylinder engine and excellent hybrid fuel economy. With onboard Wi-Fi and a roomy back seat, you will make the most of all your adventures!



Actual vehicle may differ from photo

Purchase your tickets by March 16, 2020 to enter.

Raffle drawing for the 2020 Lexus NX300h Hybrid SUV will take place at the Torrance Education Foundation Annual Fundraising Event on Thursday, March 26, 2020.

*Winner need not be present to win.

How to win it:

- There are three ways you may enter
 - 1) Fill out this form completely and mail it to 20695 S. Western Avenue, Suite 136, Torrance CA 90501
 - 2) Call 310-320-7232
 - 3) Turn in to a TEF Ambassador *at any TUSD campus by March 16, 2020

(Sorry - California law prohibits us from accepting purchases online)

- You will receive your ticket(s) as evidence of entry. Please retain them in a safe place.
- The drawing will be held on March 26, 2020. Though you don't need to be present to win,



Prepare to scream and jump for joy!

Fill out completely and return by March 16, 2020

Download more forms at www.TEF4kids.org/LEXUS-2020/

Send Me

_____ (number of) _____ Tickets @ \$40 each. Not tax-deductible.

Help ALL TUSD students, or designate \$40/ticket purchased to

Seaside Elementary School School

Add \$ _____ - _____ as my tax-deductible donation to TEF
TEF is a 501(c)(3) nonprofit charitable organization. Tax ID #33-0506936

Phone _____

Cell _____

Email _____

My Check # _____ for \$ _____ is enclosed

Charge my credit Card for \$ _____

Number _____

Exp Date _____ CVC _____

Signature _____

Name _____

Address _____

C/S/Z _____

Complete ALL to enter

* See a listing of School Ambassadors at www.TEF4kids.org/LEXUS-2020
For more information about the car raffle or the 2020 Annual Fundraising Event, visit www.TEF4kids.org, email Admin@TEF4Kids.org, or call 310-320-7232.

JANUARY NEWSLETTER

Torrance Unified School District
Nutrition Services



FEATURED THIS MONTH:

Oatmeal

Benefits

Recipes

Important dates



OATS AND HEALTH

Did you know people eat more oatmeal in January than any other month? For this reason, January has long been celebrated as National Oatmeal Month.

Oats contain soluble fiber which helps slow digestion while keeping you feeling satisfied, contributes to bowel regularity, and has heart health benefits like decreasing LDL "bad" cholesterol and reducing your risk of heart disease!



Interactive menus available:
tusd.nutrislice.com/menu

Kids lactose intolerant or have a milk allergy?
Try products with made with oat milk!



Switch up your breakfast routine and try savory oats

Savory Oatmeal with Spinach, Egg, and Shallots

Prep: 5 mins | Cook: 10 mins | Total: 15 mins | Serves: 1

Ingredients:

- 1/2 c old-fashioned oats
- 1 1/2 c vegetable broth
- 1 shallot, minced
- 1 c spinach
- 1 hard or soft boiled egg
- 1 tsp soy sauce
- 2 tsp white miso paste, optional
- 2 tsp butter, optional
- sriracha, optional



Directions:

1. Place oats, broth, shallots, spinach, and soy sauce into a pot and bring to boil.
2. Reduce heat to simmer and cook for 5-10 minutes.
3. Turn off heat, stir in miso paste and butter.
4. Transfer to bowl and top with egg and drizzle of sriracha.

*Important dates: January 1: New years day (no school), January 2 (no school), & January 20 MLK day (no school)



Did you know that TUSD offers ALL the elements of a healthy diet to keep your kids strong & healthy?



Please visit tusd.nutrislice.com/menu to access school menus.

- Select your school
- View interactive menus
- Download & print menus
- Food allergen & nutrition information provided
- Translation options
- Nutrislice app available on Google Play or App Store
- Ask Alexa "Whats for lunch today?"



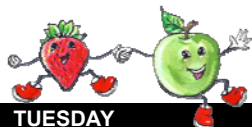
This institution is an equal opportunity provider.



January 2020



Prepay online at family.titank12.com



TORRANCE UNIFIED SCHOOL DISTRICT ELEMENTARY LUNCH MENU

Check out our Salad Bar offered daily with seasonal fresh fruits and vegetables!

Daily Milk & Juice Choices

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	WINTER BREAK Dec. 23rd - Jan. 3rd 	Happy Holidays	Lunch Pricing: Paid \$3.50 Reduced \$0.40 Milk \$0.50 **Menu Subject to Change	Alternative Menu Choices: 1. PB&J Sandwich 2. Cup of Yogurt 3. Grilled Cheese 4. Entrée Salad (Mon-Thur)
6 Mini Corn Dogs BBQ Baked Beans Fresh Apple Slices <i>Fresh Fruit & Veggie Station</i>	7 Crunchy Chicken Tacos with Salsa, Lettuce and Cheese Refried Beans <i>Fresh Fruit & Veggie Station</i>	8 Beef Rib B Que Sandwich Peach Cups Chocolate Chip Cookie <i>Fresh Fruit & Veggie Station</i>	9 Popcorn Chicken Mashed Potatoes Biscuit <i>Fresh Fruit & Veggie Station</i>	10 Papa John's Cheese Pizza Sidekicks 100% Frozen Juice <i>Fresh Fruit & Veggie Station</i>
13 Mac & Cheese Garlic breadstick Fresh Apple Slices <i>Fresh Fruit & Veggie Station</i>	14 All Natural Beef Hotdog BBQ Baked Beans Star Cookie <i>Fresh Fruit & Veggie Station</i>	15 Maple Mini Waffles Lean Beef Sausage Mixed Fruit <i>Fresh Fruit & Veggie Station</i>	16 Tyson Crispy Chicken Tenders Emoji Fries Roll <i>Fresh Fruit & Veggie Station</i>	17 Domino's Smart Slice Cheese Pizza Applesauce <i>Fresh Fruit & Veggie Station</i>
20 Martin Luther King Jr. Day 	21 Crunchy Turkey Tacos with Salsa, Lettuce and Cheese Pinto Beans <i>Fresh Fruit & Veggie Station</i>	22 Cheeseburger or Hamburger Oven Baked Seasoned Fries <i>Fresh Fruit & Veggie Station</i>	23 Orange Chicken Brown Rice Fortune Cookie <i>Fresh Fruit & Veggie Station</i>	24 Papa John's Cheese Pizza Sidekicks 100% Frozen Juice <i>Fresh Fruit & Veggie Station</i>
27 Italian Cheesy Garlic Bread with Marinara Sauce Fresh Apple Slices <i>Fresh Fruit & Veggie Station</i>	28 Crispy Chicken Sandwich Emoji Fries <i>Fresh Fruit & Veggie Station</i>	29 Cinnamon French Toast Lean Beef Sausage Diced Peaches <i>Fresh Fruit & Veggie Station</i>	30 Breaded Chicken Drumsticks Mashed Potatoes Roll Crispy Treat <i>Fresh Fruit & Veggie Station</i>	31 Domino's Smart Slice Cheese Pizza Applesauce Cups <i>Fresh Fruit & Veggie Station</i>

January 2020



Oat Benefits

- Oats are packed with **soluble fiber** which will help you feel full and satisfied.
- Oats are full of **manganese** which promotes with wound healing and supports bone health.



FUN FACTS!

- There is a city in Texas called Oatmeal with appropriately 74 people living in it!
- Oats have natural anti-itching properties! Try this natural remedy the next time you get a bug bite!
- Oats are naturally gluten free!

Uh-oh! All of Noah's favorite grain foods got scrambled up! Can you help him unscramble them?

- | | |
|-----------|------------|
| 1. TSOA | 5. TSPAA |
| 2. EDBAR | 6. ERECL |
| 3. IONQAU | 7. PPNROOC |
| 4. CEIR | 8. YLERAB |



1 Minute Banana Chocolate Chip Oat Mug Muffin

Ingredients:

- 1/2 c rolled oats
- 1 tsp baking powder
- 1-2 granulated sweetener of choice
- 1 pinch cinnamon
- 2 T mashed banana
- 2 T Greek yogurt
- 1 large egg
- 2 T milk of choice
- Chocolate chips

Instructions:

1. Add all ingredients into a blender and fully blend.
2. Transfer to a greased microwave safe mug or bowl and top with chocolate chips.
3. Microwave for 1 minute or until fully cooked on the inside.



EL RETIRO PARK

Outdoor Mat Pilates Class

Join us for a morning of pilates
with our wonderful
Pilates Instructor
Tove Aaronson

JANUARY 24TH 9:30-10:30

\$10 donation, 100% goes back to PTA

**Join us for a fun Parents Night
Out at the Comedy Club!**

When: Tuesday February 11th

**Where: The Comedy and Magic
Club, Hermosa Beach**

Time: Doors open at 6:30pm

FOR TICKETS CLICK HERE:

<https://squareup.com/store/seaside-pta/>

***\$20 per ticket Limited tickets available. All proceeds go
back to the PTA***

SEASIDE

TRACK & FIELD

★★★

ELEMENTARY

**Calling all 3rd, 4th, and
5th graders...**

Track Team will start on ***March 10th***
Practices will be ***Tuesday and Thursdays***
from 7:45am-8:30am.

Sign up packets will go out in February.

However, Track Team would not be possible without volunteers. We need 8 volunteers at each practice. If you are interested, please email me at tove.aaronson@gmail.com