

Principal's Message

Greetings, Seaside!



Friday Oct. 18 will be the first Progress Report period with parent conferences being held Oct. 23, 24, and 25. This is a shift from the old system to a two semester type of approach. Please know that not all students require a parent conference. If a student is doing very well in class, the teacher might not choose to meet with you. Please reach out to the teacher if you have any questions.

The following are a few reminders for this week:

October 17 is the Great Shake Earthquake Drill.

Parents, take this opportunity to review earthquake safety at home. Make sure you have enough supplies on hand to last a few weeks without support. Check the supplies in your car. You should have an emergency kit along with some food, water, walking shoes, a flashlight and a blanket. TUSD will have a district wide earthquake drill so staff and students can practice safety procedures. I remind you to **STAY OFF CAMPUS** in the event of an emergency. Remain calm. Come to the front of the school. Check out your child(ren) from the check-out gate with your I.D. After checking out, your child(ren) will be brought to the reunion gate where you can collect them and leave.

Emergency Contact Information: Now parents can update emergency contact at any time of the year on Power School. If you make a change, please send an email to Ana in the office malu-lainaholo.ana@tusd.org or give her a note. We create a hard copy of all emergency information to use in the event that our electronic system is down. I encourage everyone to have **at least 3 people** (not including mom and dad) we can contact in an emergency.

Super Sunday, October 20th: I look forward to seeing everyone here at Seaside to beautify our school.

These days are a great way to model community involvement and the importance of school. It's also a great way to meet new people and make friends strengthening our community. Join us!



Red Ribbon Week Oct. 21 – 25. For those of you who don't know, Red Ribbon week is a time when we raise awareness of the destruction that drugs cause in ourselves and in our communities. The theme this year is, Send a Message. Stay drug free. Follow the link to learn more: <http://redribbon.org/theme/>



Monster Mash: Oct. 25th Come join us for fun at school! This is a party that should NOT be missed. Year after year, families come to Seaside to celebrate Halloween in this safe and fun environment. *Costumes recommended.*



Sketchers Pier to Pier Walk: This is a super fun event that will instill a love for healthy fun and community participation in your child. Please sign up and walk.

- Every \$30.00 registration for our team will come back to Seaside in the form of a grant from the Torrance Education Foundation!
- Check off the Torrance Ed. Foundation as the school foundation you support.

Seaside will receive a \$1,000.00 bonus if we enlist 100+ walkers.

Go to: www.SkechersFriendshipWalk.com

Click **REGISTER**, top of page

Click **JOIN an EXISTING TEAM** If you are new, register as a new participant and join the **Seaside PTA** team. Our captain is Amy Jackson, 3rd grade teacher.

Sincerely,

Michele Bauer-Bean, Principal

PTA President's Message

Happy Sunday Dolphins!

I hope everyone enjoyed their Wednesday off of school- with a little mid-week break to recharge our batteries.

NEXT Sunday 10/20 is our SUPER SUNDAY Campus Cleanup, hosted by Mark England from 9am-1pm. It's a few hours to invest to fix, paint clean and improve our sweet campus. Kids, parents, grandparents, helpful Aunts and Uncles are all welcome. PLUS, there is donuts and coffee (yassss please!!) If you have any questions regarding this event feel free to reach out to Mark England at mark00england@gmail.com.

A few reminders for next week:

- 10/15- Run Club begins (grades 1-5 every Tues/Thurs 7:45am-8:30am- must have been signed up prior)
- 1016- 2:27 early out, grades 1-5
- 10/17-
 - The Great Shakeout
 - 6:30pm An ounce of Prevention Pattie Fitzgerald Night
- 10/18-
 - Red Ribbon Week Assembly
 - Progress Reports go home electronically VIA Power School

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

LeighAnn Schmidt

Vice President

leighann.randyschmidt@gmail.com

A decorative border of orange pumpkins runs along the bottom edge of the page.



Cleared Volunteer List

CLEARED VOLUNTEERS PLEASE BRING DL/ID ON YOUR FIRST DAY OF SERVICE

- Aaronson, Tove
- Albillo, Bonnie
- Amaya, Katherine
- Amin, Sara
- Athiyar Veedu, Sangeetha
- Awad, Heba
- Bardai, Genevieve
- Bardai, Zaher
- Batchko, Kimberly
- Bernius, Regina
- Bolsajian, Betty
- Bornstein, Kirsten
- Bresnahan, Tanya
- Bressi, Pat
- Brown, Nichele
- Burnett, Laura
- Caldwell, Carole
- Calzadilla, Christina
- Cambay, Eliza
- Caraballo, Francelia
- Cayetano, Carlo
- Cheung, Hiuching
- Cheung, Temmy
- Cho, Samson
- Choi, Mina
- Chong, Helen
- Chu, Edward
- Chui, Angel
- Clark, Jann
- Cook, Amanda
- Cooper, Janice
- Cowan, Natalie
- Cutri, Victoria
- D'Arcy, Teri
- Da Costa, Cayce
- Degner, Tammy
- Dixon, Tracy
- Dominguez, Heidi
- Dorreen, Cherie
- Eddings, Shannon
- Edgecumbe, Rebecca
- Elliott, Kimber
- England, Angelyn
- England, Mark
- Esters, Remington
- Esters, Michelle
- Felobous, Sylvia
- Fleming, Nan
- Flores, Bibiana
- Foster, Suzanne
- Francisco, Shae
- Frierson, Christopher
- Garcia, Paola
- Gebre, Sofia
- Gentry, Natasha
- Gerber, Amanda
- Green, Cari
- Hart, Fiona
- Holmes, Sheri
- Hsu, Kristina
- Hsu, Sabrina
- Hu, Chih-Yu
- Hurley-Jones, Jessica
- Ito, Mai
- Iwai, Misaki
- Iyer, Jyotsna
- Jefferis, Melissa
- Journo, Rosalee
- Kaemmerer, Katrina
- Kaemmerer, Veva
- Kalayjian, Tanya
- Kanamaru, Yuri
- Kealoha-Ramirez, Carleen
- Kenny, Presilla
- Kim, Lily
- Kim, Michelle
- Kisiler, Jennifer
- Kwak, Vicky
- Lamb, Courtney
- Leach, Kristen
- Lee, Soo
- Lee, Jeonghwa
- Lee, Eun
- Len, Laurie
- Lennertz, James
- Lennertz, Josephine
- Lizarraga, Gabriela
- Lu, Chun
- McCullough, Lindsay
- McKelvy, Kathleen
- Mericle, Catherine
- Metz, Scott
- Metz, Carrie
- Meyer, Charleen
- Michaelson, Erica
- Miller, Stacey
- Mitchell, Heather
- Mitchell, Larry
- Mohammed-Stein, Trisha
- Momi, Shannon
- Morgan, Samantha
- Murphy, Melinda
- Nelson, Vaneska
- Nelson, Michele
- Nicholls, Michelle
- Nicholls, Michael
- Nickerson, Melissa
- Nye, Carrie
- Okawa, Kelly
- Olson, Chrissy
- Orbita, Daniela
- Ormond, Kristy
- Palacios, Cynthia
- Peddy, Kelly
- Phillips, Rebecca
- Powers, Christina
- Ravetto, Juliana
- Reeder, Stephanie
- Reikes, Joshua
- Reyes, Jacqueline
- Rice, Catherine
- Ryley, Jocasta
- Sanchez, Venesa
- Santos, Sandy
- Schuffman, Leigh
- Serrano, Zohra
- Serrano, Victor
- Simkins, Jenn
- Singh, Garima
- Smith, Amanda
- Stone, Nichole
- Suenaga, Christina
- Takahashi, Naomi
- Tarnay, Madeleine
- Terzian, Sabrina
- Trechter, Heather
- Trippett, Denise
- Uchida, Aki
- Valdez, Rosa
- Vandevort, Summer
- Vidal, Jeannie
- Weir, Nancy
- Yang, Sally
- Yaung, Julie
- Young, Gretl
- Rhodes, Kristen
- Schmidt, Leighann

Cleared List as of 10/11/19

“An Ounce of Prevention”

An evening with Pattie Fitzgerald from Safely Ever After

When: Thursday October 17 2019
Where: Seaside School Cafeteria. 4651 Sharynne Lane
Time. 6.30PM

The PTA of Seaside Elementary School wish to extend the invitation to Parents, Guardians Caregivers and the Seaside community to an evening with Pattie Fitzgerald.

Pattie Fitzgerald is an educator, public speaker and author who is internationally recognized as a leading expert in the field of childhood sexual abuse prevention.

Her humorous public speaking style provides parents with the awareness and tools on how to have age appropriate discussions with your children about child abuse and how to prevent it.

Her discussion educates parents on the signs of how a perpetrator may “groom” your child and family and how to spot the signs your child may exhibit if they experience an uncomfortable situation

She then follows through and advises on when & where to take the next steps and actions, in a reassuring and informative manner.

To make this event available for all in our community, entry is by way of PTA membership or door donation.

** Refreshments will not be provided, please feel free to bring your own snacks & drinks**
www.safelyeverafter.com

“An Ounce of Prevention”

A Safety Presentation for Parents and Caregivers (**adults only**)

Created By Pattie Fitzgerald, children’s author & founder: www.safelyeverafter.com



Fact: 90% of sexual abuse happens by someone a child knows.

BUT... this doesn't mean you can't trust people!

Learn how to **trust the RIGHT people** around your children, recognize different types of **TRICKY PEOPLE**, and **learn how to communicate this with your children effectively** throughout their childhood.

Delivered with a **positive & empowering approach**, this comprehensive safety seminar has been successfully presented at schools, community organizations, and Fortune 500 companies throughout the United States, Canada, and the U.K.

Features include:

- *The Super-Ten “Safe-Smarts” Rules for Kids and Grownups*
- *How a parent can recognize a “Tricky Person” – at any age!*
- *10 Prevention Strategies for pro-active parents*
- *Most Common Lures & Tricks a Predator Uses a.k.a. “beating ‘em at their own game”*
- *Most Common Red Flags and Warning Signs – which YOU will be able to identify!*
- *Parent Guidelines & language for talking to children in an effective, non-fearful manner*

Plus:

- *Common sense solutions to playdates, sleepovers, and other activities – keeping ‘em safe and smart!*
- *Stranger-Danger: The Myths and Truths about protecting kids from unsafe strangers*
- *Understanding the Grooming process of a child predator*
- *Protecting kids from people they: “know, don't know, or know just a little bit”*
- *Abduction prevention for parents and kids who are out and about*
- *Establishing appropriate personal boundaries for those who interact with your children*



***Pattie Fitzgerald** is recognized as a leading expert in the field of childhood sexual abuse prevention. She is a former preschool teacher and certified Child Visitation Monitor, in addition to her certification as a Child Safety Educator and Level One Agent through the National Security Alliance/Kid-Safe Network. In 2007, Pattie became a guest instructor for the **Los Angeles Sheriff’s M.E.R.I.T.** program and her workshops and classroom curriculum are used at schools throughout the United States. She has been featured on **Good Morning America, ABC World News, CNN Headline News, MSNBC, Dateline NBC**, and local television and radio news programs across the country. Pattie is also the author of two highly acclaimed children’s books: **“NO TRESPASSING - THIS IS MY BODY!”** and **“SUPER DUPER SAFETY SCHOOL”** both of which have received strong praise from pediatricians, parents and educators across the country. She is a member of the American Professional Society On The Abuse of Children and the International Society of Crime Prevention Practitioners.



*“Safely Ever After, Inc. was created because... I’m a MOM first, who simply wants my daughter to be safe and have a childhood that is still fun. Keeping our kids safe doesn’t mean we should have the wits scared out of us or that we should be worried all the time. It means being able to navigate through the myriad of statistics and research, and empowering ourselves with the best weapon around: **education!**” ... Pattie Fitzgerald*

SUPER SUNDAY

COFFEE



DONUTS



Oct 20th

9am-1pm

Seaside Elementary



REPAIR
REPLACE

Join us for a few hours of fun as we fix things that are broken, add a fresh coat of paint where needed, clean, etc.

This is our chance to help improve the classrooms and school grounds.

Check in at the cafeteria and enjoy some coffee and donuts.

EVERYONE IS WELCOME (kids too)!!!

PAINT
CLEAN

If you have any questions, please reach out to Mark England at 949-689-9913 or email mark00england@gmail.com.

Seaside Dine Out at:

GOOD STUFF

October 22nd ALL DAY!!!

*Please come and support Seaside by dining in or ordering take out. Just mention Seaside Elementary or print this flyer and the restaurant will donate a percentage of sales to our school.

****Redondo Beach location only****

1617 S. PCH, Suite #102, Redondo Beach, 90277



YOU'RE INVITED!
SEASIDE PTA'S
ANNUAL

MONSTER
MASH!

FRIDAY, OCTOBER 25TH
6-8PM

COME IN COSTUME AND ENJOY THE FAMILY FUN!
DJ, HAUNTED HOUSE, TRICKS + TREATS,
CAKE WALK (\$1), DANCING, GLITTER TATTOOS,
PHOTO BOOTH AND SO MUCH MORE.
DINNER, FOOD + DRINKS SOLD BY 5TH GRADE
CHAMPS!

PTA MEMBERS = FREE FAMILY ADMISSION!
NON-PTA MEMBERS = \$8/FAMILY AT THE DOOR



2019-2020

QUESTIONS EMAIL : ROSALEEMT@YAHOO.COM

REFLECTIONS: LOOK WITHIN

☆ ENTRY FORMS IN OFFICE ☆

ENTER!

VISUAL ARTS • LITERATURE
• PHOTOGRAPHY • DANCE • MUSIC

ALL GRADES WELCOME!!! ENTRIES
TURNED INTO OFFICE FROM NOW
UNTIL OCTOBER 25, 2019.

Don't be scared!

(OF PLANT-BASED FOODS)



You don't have to give up meat to start including some plant-based options in your diet. When we think of vegetarian and vegan, we think extreme, right? That doesn't have to be the case! Many Americans are choosing to include some fun plant-based options alongside their normal meat and dairy favorites. We're lucky because here in Southern California we have access to all the newest plant-based products and many great restaurants as well.

- Benefits of going plant-based even just once a week:**
- Lowers risk for heart disease, diabetes, and cancer
 - Helps with weight loss
 - Extends life span
 - Treats digestive problems
 - Improves vitamin needs

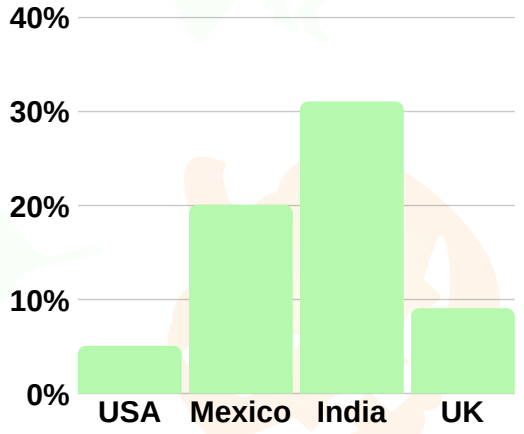


Ways to experiment with plant-based food:

- Try almond milk instead of regular milk in your cereal
- Swap half the amount of meat for crumbled tempeh in your tacos or chili recipe
- Include beans as a side dish at dinner time at least twice a week



Oct 1st is World Vegetarian Day!
Check out how many vegetarians other countries have compared to the USA:



Quick Half & Half Chili - Serves 8 (lots of leftovers!)

- 4 Tbs olive oil
- ½ lb (8 oz) lean ground beef or turkey
- 1 (8 oz) package tempeh (roughly grated)
- 2 white onions (diced)
- 2 red bell peppers (diced)
- 2 celery stalks (minced)
- 4 cloves garlic (minced)
- 1 ½ cups tomato sauce
- 2 (15 oz) cans kidney beans
- 2 (15 oz) cans black beans
- 2 cups water
- 2 tsp cumin
- 2 tsp salt
- ½ tsp chili powder
- ½ tsp crushed red pepper flakes



Brown Meat & Tempeh: Heat oil over medium/high heat in a large pot. Add tempeh and cook until lightly browned, about 5 minutes. It's okay if some of it sticks to the bottom of the pan. It will come off when you add the liquids.

Add Flavor Makers: Add onion, bell pepper, celery, and garlic, continuing to cook until veggies are a bit soft, about 5 minutes.

Cook Everything: Add the remaining ingredients, reduce heat to medium, and cook until warm and the flavors have blended, about 15 minutes. Taste and adjust seasonings as needed. Top with green onions and serve.



Interactive Menus Available:
tUSD.nutrislice.com/menu



Important Dates: Oct 5: Wellness Fair - Oct 9: No School - Oct 31: Halloween!



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.

TORRANCE UNIFIED SCHOOL DISTRICT ELEMENTARY LUNCH MENU


October 2019

October

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

Daily Milk & Juice Choices

Prepay online at family.titank12.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Entrée Options: 1. PB&J Sandwich 2. Yogurt 3. Grilled Cheese 4. Entrée Salad (Mon-Thur)	1 All Natural Beef Hotdog BBQ Baked Beans Star Cookie <i>Fresh Fruit & Veggie Station</i>	2 Brunch for Lunch Maple Mini Waffles Lean Beef Sausage Diced Pears <i>Fresh Fruit & Veggie Station</i>	3 Tyson Crispy Chicken Tenders Emoji Fries Roll <i>Fresh Fruit & Veggie Station</i>	4 Domino's Smart Slice Cheese Pizza Applesauce <i>Fresh Fruit & Veggie Station</i>
7 Orange Chicken Brown Rice Fresh Apple Slices Fortune Cookie <i>Fresh Fruit & Veggie Station</i>	8 Taco Tuesday Crunchy Turkey Tacos with Salsa, Lettuce and Cheese Pinto Beans <i>Fresh Fruit & Veggie Station</i>	9 	10 Cheeseburger or Hamburger Oven Baked Seasoned Fries <i>Fresh Fruit & Veggie Station</i>	11 Papa John's Cheese Pizza Sidekicks 100% Frozen Juice <i>Fresh Fruit & Veggie Station</i>
14 Lasagna with Breadstick with Marinara Sauce Fresh Apple Slices <i>Fresh Fruit & Veggie Station</i>	15 Crispy Chicken Sandwich Emoji Fries <i>Fresh Fruit & Veggie Station</i>	16 Brunch for Lunch Cinnamon French Toast Lean Beef Sausage Strawberry Cup <i>Fresh Fruit & Veggie Station</i>	17 Breaded Chicken Drummies Mashed Potatoes Roll Crispy Treat <i>Fresh Fruit & Veggie Station</i>	18 Domino's Smart Slice Cheese Pizza Applesauce <i>Fresh Fruit & Veggie Station</i>
21 Popcorn Chicken Mashed Potatoes Biscuit <i>Fresh Fruit & Veggie Station</i>	22 Taco Tuesday Crunchy Chicken Tacos with Salsa, Lettuce and Cheese Refried Beans <i>Fresh Fruit & Veggie Station</i>	23 Beef Rib B Que Sandwich Diced Peaches Chocolate Chip Cookie <i>Fresh Fruit & Veggie Station</i>	24 Mini Corn Dogs BBQ Baked Beans <i>Fresh Fruit & Veggie Station</i>	25 Papa John's Cheese Pizza Sidekicks 100% Frozen Juice <i>Fresh Fruit & Veggie Station</i>
28 Mac & Cheese Garlic breadstick Fresh Apple Slices <i>Fresh Fruit & Veggie Station</i>	29 All Natural Beef Hotdog BBQ Baked Beans Star Cookie <i>Fresh Fruit & Veggie Station</i>	30 Brunch for Lunch Maple Mini Waffles Lean Beef Sausage Diced Pears <i>Fresh Fruit & Veggie Station</i>	31 Happy Halloween Spooky Nuggets Spider Web Fries Eek! Sidekicks 100% Frozen Juice <i>Fresh Fruit & Veggie Station</i>	Lunch Pricing: Paid \$3.50 Reduced \$0.40 Milk \$0.50 **Menu Subject to Change

Spot the 7 Differences



2 Ingredient Pumpkin Cake

- 1 (18.25 oz) package of Devil's Food or Spice Cake Mix
- 1 (15 oz) can of pumpkin purée (not pumpkin pie filling)

Preheat the oven to 350 degrees F. Generously grease any size baking pan (or muffin tins) you like.

In a large bowl, mix together the cake mix and canned pumpkin until well blended. Spread evenly into the prepared pan.

Follow the baking timing on the box for the type of pan you're using. Bake until a knife inserted into the center comes out clean. Cool and serve, or store in the refrigerator. This tastes even better the next day.

Top with frosting of choice or mini chocolate chips.



HAPPY HALLOWEEN!!



Pumpkins aren't just for decoration! Including pumpkin in your meals is **EASY** and **AWESOME** for you. Here are a few reasons:



High in Vitamin A and Vitamin C which boost your immune system to help fight sickness. Plus, these vitamins can also promote healthy looking skin!



Nutrient dense which means it's low in calories while still packed with goodness. Eating nutrient dense foods like pumpkin can help with weight loss.

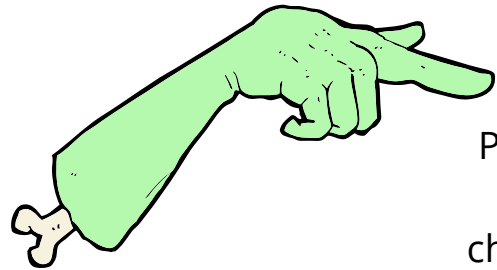
Loaded with Lutein and Zeaxanthin which prevent damage to eye cells and help protect your eyesight long term.



Rich with Antioxidants which may help reduce risk for cancer and other disease.



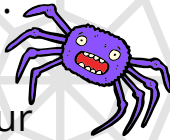
High in fiber and potassium which can lower blood pressure and improve heart health.



DON'T FORGET THE SEEDS!!

Pumpkin seeds, also known as 'pepitas', are a great snack choice because they are packed with healthy fat and protein.

Put off by the white shell version that comes out of your pumpkin? When purchased at the store, the outer white shell is removed for you and the green shell seed is ready to eat!



GET CONNECTED!

STAY INFORMED ABOUT PTA EVENTS 3 WAYS:

There's an app for that!

SEARCH FOR OUR APP UNDER
"SEASIDE ELEMENTARY"



"LIKE" US ON FACEBOOK AT
"PARENTS OF SEASIDE ELEMENTARY"



VISIT OUR WEBSITE AT
SEASIDEPTA.OURSCHOOLPAGES.COM



SEASIDE SPIRIT WEAR

**ONLINE
ORDERING
AVAILABLE
NOW!**



GIRL'S TEE \$12



BOY'S TEE \$12



YOUTH ZIP HOODIE (FRONT) \$30



YOUTH ZIP HOODIE (BACK) \$30



ADULT TEE (UNISEX) \$20



ADULT TEE (UNISEX) \$20



SEASIDE TANK (WOMEN) \$15



ADULT HOODIE (UNISEX) \$40

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

SEASIDE *Champs*

**SUPPORT
SEASIDE CHAMPS!**

**AVAILABLE
FOR PURCHASE
AT ALL
CHAMPS EVENTS**





**Torrance Unified School District
Language Assessment Center**

TUSD Parent Conference
**Fostering Academic Success for English Learners Grades
K-12**



**Engaging
Keynote**



**Torrance
Location**



**Dynamic
Workshops**

- SAVE THE DATE -

November 8, 2019

9:00am - 12:00pm

Torrance Adult School

Hamilton Center

2606 W. 182nd St. Torrance, CA 90504

**Language Assessment Center
310-972-6990 or languageassessment@tusd.org**