



Mustang Messenger

Monthly News for the RHS Community

Welcome!

2012 is Here!

The Mustang Messenger provides information about the entire RHS Community. This first issue of the new year has articles on dealing with general stress, managing resolutions, and college timelines. Check out the links to the right for all our community news and a teen substance abuse information line. And remember Redmond High School's new phone number - 425-936-1800.

Thanks for visiting.

Go Stangs!

PTSA Information for You

DO YOU HAVE AN EXTRA CAP & GOWN? Parents with older siblings who have already graduated, do you have an extra Mustang green cap and gown collecting dust in your closet? If so, would you be willing to donate it to a senior in need? Every year school staff get many requests to help students with caps and gowns for graduation. Jostens will usually donate tassels and shawls, but staff rely mostly on students donating their caps and gowns back to the school to loan to needy students. This year, there are more students in need than donated gowns. In short, RHS Help is short on gowns! If you have a gown that can be donated, please bring it to the office. Your help will be appreciated!

Become a member of RHS PTSA!
[Click here for our membership form.](#)

Treasurer's Report

Starting Bank Balance - \$66,297.34
 Income - \$2,953.23
 Expenses - \$20,247.34
 Ending Bank Balance - \$49,003.23

Additional detail available on the [RHS PTSA website](#).

In This Issue

- Resolutions - Principal's Message
- Handling Stress
- College, FAFSA, Class Registration
- Grad Night and Northwest Center Clothing Drive
- Support Redmond High - You Can Help!
- Italian Exchange Students
- Our Community Partners

Quick Links

- PTSA - Redmond High School
- Redmond High School
- Lake Washington Schools Foundation
- LINKS - Volunteer Opportunity

Teen Substance Abuse Hotline

Our counselors want you to know there is information should you need it regarding teen substance abuse. Click here for more information - www.lwsd.org/school/rhs/For-Parents/Pages/TeenHealthandSubstanceAbuse.aspx

Redmond High New Phone #s

425-936-1800

Resolutions - Jane Todd, Principal

I had the pleasure of meeting with all the 8th and 9th graders at Evergreen Junior High School a couple of weeks ago (don't worry, RJHS, your turn will come in early 2012.) Other administrators from both EHS and RHS participated with me in a Town Meeting format. I have to first tell you I was absolutely charmed by all their questions, but my favorite was: Student: "So, tell me about the parking lot situation at Redmond High." Me: (after a significant pause in which I tried to determine the seriousness of the question) "Well, if you can drive - with a license to do so - you can get a parking pass." The student was in the 8th grade. Never let it be said these students do not plan ahead.

At the end of each session, we were asked by Jan Olson, Principal at EJHS, to give one piece of advice that students could act on now. Mine was, "Reflect on who you are, what you have done to date to meet the goals you have for yourself and what changes you may need to make for the future because you will have a fresh start next fall." I went on to mention that there are only a few times in our lives when we have the opportunity to start over with a fresh slate. I wanted to impress on students that they have the power to choose a different path if the one they are on is not leading them to a good place. I said what I said for effect, but the truth is that I really believe getting stuck is an illusion. We have an opportunity with every decision we make to start ourselves on a different course, to have that fresh start. That is what I believe. Acting on what I believe is a different thing, of course.

You will get this letter in January, the month of resolutions. It seems fitting then, with the world feeling upside down, out of control and overwhelming, that we try to remind ourselves that the difference between making a resolution and keeping a resolution is often just one small step. And then another. And another. To me, that resolution making vs. resolution keeping thing is analogous to what we are experiencing with our reconfiguration. We will get there by small steps and a clear view of our destination, not by grandiose plans that feel too big to accomplish, or at least not all at once. When staff members look at me with desperation and fear in their eyes, born out of concern for students more than for themselves, I have been saying, "Take a deep breath and then take one manageable step." And I mean it.

Here's to you and yours in the New Year! May it be peaceful.

Sincerely,
Jane

PTSA Presidents' Message - Stress and the High School Student

Hello Families and Friends,

In the last couple editions of the Mustang Monthly we have focused on the enriching and engaging environment that is

the foundation of Redmond High School. Fortunately, this is the backdrop of our students' experiences. Still, all of us--- students, parents, guardians, teachers, staff and administration---also realize the inherent amount of stress and anxiety that accompanies even the most productive and satisfying high school career. While some stress is motivating and growth-producing, we also know that there is the potential for unintended and damaging consequences when it goes unchecked.

We are pleased to have one of our counselors, Stacy Zachau, as a guest contributor this month. She shares important information on stress in high school students and what we can do to help recognize and alleviate its negative aspects.

We hope you find the information helpful.

General Stress

We often see students who are feeling stressed. Students are stressed for various reasons; from school work, busy schedules, to issues at home or with friends, to relationship problems. It can show up in various ways, often times it appears physically. Students will complain of headaches, stomach aches, or find themselves getting sick more often. All of this can make stress worse because students will stay home and miss class and then need to do make up work.

As a parent it is important to communicate with your student. Sometimes your student is having an issue that you are not aware of that is adding to the stress of being in high school. Your student might require adult feedback and support. Help them organize things so that it feels more manageable. Remind students to utilize their agendas, make to do lists, and to talk with their teachers.

Students can always set up an appointment to speak with their counselor. We work with kids around managing general stress; if it appears to be a bigger issue we will refer them to outside counseling resources and/or suggest going to the doctor to rule out any physical issues.

Remind your student to stay balanced! Eating healthy, getting exercise and a good amount of sleep are key components in dealing with stress. We find that many of the students we see find themselves most stressed when they are up late studying and not getting enough sleep.

Best wishes for 2012,

Jan LaFond and Shelley Flores
Co-PTSA Presidents, Redmond High School

Counselor's Information on Graduation and College

Check out the Counseling Department website for more information -
<http://www.lwsd.org/school/rhs/For-Students/Counseling-Center/Pages/default.aspx>

PSAT Results

In October sophomores and juniors took the PSAT/National Merit Scholarship Qualifying Test. Score reports were returned before winter break. After receiving scores, students and parents should access the free PSAT/NMSQT College Planning Package at www.collegeboard.com/psatextra to:

- View PSAT/NMSQT answers and explanations
- Get a personalized SAT study plan
- Find lists of colleges, majors and careers
- Juniors can start to register for SAT I tests in the spring

COLLEGE APPLICATIONS

Seniors still need to be on top of the application game. Many universities have priority deadlines coming up soon. Please be sure to remind your senior that if they are applying to a college or university to be aware of these deadlines. If they need a school report completed or letter of recommendation they need to give at least 2 school weeks for completion!

FAFSA

Also, remember the FAFSA (Free Application for Federal Student Aid: www.fafsa.gov) is available after January 1st for submissions for the 2012-2013 school year - please remember to fill this out and get it submitted as soon as possible after January 1st.

SENIORS AND LEVEL 5 PROFICIENCIES

Counselors have sent reminders to seniors regarding their Level 5 proficiency requirements. Please check with your senior to see if they have been contacted and know what they still need to complete for graduation.

REGISTRATION FOR NEXT YEAR

In February we will begin registration for the 2012-2013 school year with RHS students. Parents will be asked to sign their student's course selection requests. **Please become involved in this process.** Do you feel your son or daughter is being realistic in his/her class choices? Is the homework likely to get completed on time? Does their schedule fit in with their future goals? What about other activities/athletics? **Your student needs your input, and we need your support.**

Grad Night and the Northwest Center!

Redmond High's Grad Night Celebration Fund Raiser and Clothing Drive for Northwest Center

Saturday, January 21st
9am to noon

Redmond High School Parking Lot

Donations are tax deductible and fund local programs for children and adults with disabilities.

[Check out the flyer for more information.](#)

Thanks for helping Redmond High and Northwest Center!

Support Redmond High! Go Stangs!

SUPPORT THE PTSA!

Buying supplies for your holiday parties? Shop at [Everything Party](#) in Redmond! Everything Party will donate 10% of your purchase price to the PTSA Senior Class Baccalaureate fund. Please tell the cashier at the beginning of your transaction to **ring it up under Redmond High School**. What an easy way to help us raise money to support this event which is funded entirely by donations.

Do you shop at Safeway? Help RHS PTSA Earn MONEY with eScrip!

- **Log onto www.eScrip.com.**
- **Enter Redmond High School as the Group Name and our Group Number is 8566002.**
- **Complete the information requested and enter your Safeway Club card number.**

Each time you use your Safeway Club card, a percentage of your purchases at Safeway will automatically be contributed to RHS PTSA. **Funds** will be used to support your students.

Now accepting Macys Cards as well for on line shopping!

That's it! Your family shops, our PTSA earns MONEY!

Here's an easy way to raise money for Lake Washington School Foundation.
When you order through Amazon, use the link below. 7% of your purchases is donated to LWSF - Easy!

- 1) [Click the Lake Washington Schools Foundation link.](#)
- 2) Click on amazon through their link.
- 3) 7% of your purchases goes directly to LWSF!

Host an Italian Exchange Student

Host an Italian Student - A cultural exchange opportunity.

A cultural exchange opportunity.

Ergon, an Italian-based organization and partner with NorthWest Student Exchange, is looking for families to host a 16-17-year-old Italian exchange student for a semester or year. Italian families are in turn happy to host your child during summer vacations. Ergon specializes in rigorous selection criteria insuring that students are responsible, motivated, and proficient in English, and carefully matches students with host families.

As in past years, Ergon Italian exchange students are attending Mercer Island, Garfield, Roosevelt, and Nathan Hale High Schools with positive experiences for students and families alike. Past and present host families are our best references and would be happy to share their experience with our program with you.

Exchanges offer students the opportunity to experience a different culture and build international bridges through friendships and knowledge. For further information, please email Gunnel Tanimoto, Seattle coordinator at italexchange@gmail.com.

COMMUNITY PARTNERS - SUPPORT THE STANGS!

THANK YOU TO OUR CORPORATE AND COMMUNITY PARTNERS! RHS PTSA, staff, and students wish to gratefully acknowledge our community partners for their support in helping us advance our mission and fund critical programs that support our teachers and students. [Learn how you can become a partner with Redmond High School here.](#)

Our community partners include:

SENIOR LEVEL

[SAT Prep](#) is a group of local teachers whose skills and expertise assist our students to focus on the SAT in their pursuits for higher education. SAT Prep is celebrating a 20-year partnership with RHS, helping our students with analytical tools for mathematical concepts, problem solving, critical reading, and vocabulary, as well as essay writing, grammar, geometry, and algebra topics. SAT Prep's unique course, developed over the past 22 years, gives students a chance to become familiar with test directions, types of questions, and test-taking strategies; to decrease test anxiety, and to improve skills - all for a very reasonable price at local high schools. Our experience in education makes this a stress-free process! We offer a personal approach to answer questions about when to take the SAT, when and why to take the SAT Prep course and practice test, and how to improve test readiness for the students.

FRESHMAN LEVEL

[Iron Age Designs](#) provides decorative drain grates, tree grates, and other architectural castings, both standard and custom, for public and residential use. Our standard decorative trench grates fit the most widely used drain bodies and trench drain channels made by major manufacturers. Iron Age trench grates

can be retro fitted into existing installations or be purchased at the time of the original installation. We also offer custom architectural castings in cast iron, aluminum, ductile iron and silicone bronze. All of our castings are made from recycled product and are ADA compliant. No order is too small!

[Best In Class Education](#) is not just our name, but our motto as well. In addition to giving top of the line education from quality instructors, we offer a fully customizable approach to learning that is sure to move your child toward the head of their class. With weekly testing and fully developed course materials, we monitor students' progress every step of the way. Your child will gain a sense of confidence and excitement towards learning unlike any they have experienced before. Get started today and give your child the gift of a lifetime.

[Regal Financial Bank](#) Headquartered in the heart of downtown Seattle, Regal Financial Bank is a community bank that understands the value of customer relationships; a bank carefully organized to serve the business community with professionalism and personalized service.

[Discover Yoga](#) was established in 1997 in the Stonehouse bookstore in Redmond. Since its inception, the teachers and staff have been committed to serving our students through instruction of yoga postures and breathing techniques as well as the history and philosophy of Yoga. In the tradition of Sri Krishnamacharya, (father and teacher of TKV Desikachar) our instructors have learned to adapt each class to the needs of the students. This provides opportunity to begin at any level and deepen your practice with each class you attend.

Thank you community partners! Download our community partnership [invitation](#) to learn how you, too, can become a partner: benefits, partner levels, and why your support is so important to us!

We'd love to hear from you! Let us know of any comments or suggestions to improve our communications by emailing Diana Wagner at dianavwags@gmail.com

Mustang Messenger is a monthly newsletter published by the Redmond High School PTSA.

Contact us at rhs.ptsa.news@gmail.com. For more information about the PTSA, please visit our web site at www.redmondsptsa.org. Many thanks to our members and our [community partners](#).

grad night sign up

Senior's Name: _____ Home Phone: _____

Parent's Name: _____ Parent Cell Number: _____

Address: _____

Safeway Club Card Number: _____

Parent's Email Address: _____

Are you interested in helping? We are fun to work with _____

You may order tickets by sending your check payable to RHS Grad Night with this coupon below to: **Lisa Wylie 24633 NE 72nd Street, Redmond WA 98053**. Confirmation and Release Form will be sent via e-mail.