



Mustang Messenger

Monthly News for the RHS Community

Welcome!

Welcome to November!

The Mustang Messenger provides information about the entire RHS Community. Read on for news from Principal Jane Todd, Financial Aid Night, and Letterman Jackets at a 25% discount. Check out the links to the right for all our community news. Thanks for visiting.

Go Stangs!

PTSA Information for You

FINANCIAL AID NIGHT

On November 16th, at 7:00 pm, RHS will sponsor a financial aid workshop in the RHS Performing Arts Center. We will have a guest speaker who will explain the philosophy behind financial aid and how the final parental contribution figure is deduced. Parents will also be walked through the FAFSA's more difficult questions. This presentation by Seattle Pacific University will cover financial aid for students going to any college.

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

Treasurer's Report

Starting Bank Balance - \$48,926.28

Income - \$26,986.48

Expenses - \$6,677.82

Ending Bank Balance - \$69,234.94

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

PTSA Presidents' Message - Fall Sampling

Hello to all,

As we move through the fall season, many have settled into school year routines. It's a busy period at Redmond High as students learn to deal with their new academic demands, participate in fall sports, after school clubs, and other creative activities. It's also an exciting time when new friendships begin and students come across old acquaintances from earlier years.

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Our Community Partners

Quick Links

[PTSA - Redmond High School](#)

[Redmond High School](#)

[Lake Washington Schools Foundation](#)

[LINKS - Volunteer Opportunity](#)

Letterman's Jackets and DECA

LETTERMAN JACKETS NOW AVAILABLE!

25% off if you order by December 31!

Show your Mustang spirit and support DECA by ordering your own letterman jacket.

The school store has samples for students to try on and then you can go to [ZoomID.com](#) to order.

DECA receives 10% back on each order.

In addition, you will receive a 25% discount on any order placed by

The fall has brought some highlights. Redmond High was involved in the Nick of Time event in early October, a community based screening for heart-related conditions in youth. Your PTSA was involved in the effort, providing food and beverages to the professional volunteers.

RHS students celebrated Homecoming in mid-October with a fabulously fun assembly, a close football game and a wonderful dance the next evening. The Leadership students, in conjunction with the PTSA, put together this great weekend! Many clubs created or contributed unique items for sale at the annual Homecoming Round-up. All funds raised benefit the specific goals of each of these very diverse and committed clubs.

The bands and orchestra have presented their fall concerts. The theater arts production of "Much Ado about Nothing" is right around the corner, beginning in early November.

This is but a sampling of the activity at RHS this fall. We hope it's been a positive and productive time for all RHS students and families!

Sincerely,
Jan LaFond and Shelley Flores

December 31.

Everything Party - 10% Discount

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.

Principal's Message - Jane Todd

Dear Parents:

I grew up in a town of 2500 people far, far away and a long, long time ago. When I was little, I loved being able to walk to school and that people knew me and my family and we knew them. I loved that we never locked our doors, car or house, and that when there was a threat of a thunderstorm, the widow across the street would come sit in my grandma's kitchen until the storm had passed.

I fell a little out of love with that town when I became a teenager and felt that everything I did, said, or didn't do or say, was the matter of great discussion among my neighbors. It drove me crazy that within 24 hours of a first date, everyone in the town would know with whom I had sallied forth and whether I got a goodnight kiss on the front step. Even though I was often in the depths of despair - as only a sixteen year old female can be - over this intrusion into my privacy, I knew I was safe, protected by that same adult busybodiness I loathed. I knew, and I had ample evidence to prove it, that the adults in my small community took their collective responsibility to raise the children of the town seriously. Please do not think the name of the town was Brigadoon. There were petty arguments and long-standing feuds and lots and lots of gossip (proportionate to the lack of anything entertaining to do) and occasionally a theft of a bicycle or some outrageous, and frequent, philandering between a travelling salesman and a next door stay-at-home wife.

I know the world has changed. As an example, as I write this, on October 31, 2011, we are projected to reach 7 billion people worldwide today. In the 60's, the world population was 2 billion. But I also know that people are pretty much the same, albeit a bit more harried. I experienced the power of community growing up, but I have also experienced the power of community time after time as an adult. It is community that comes together to feed and clothe the poor both here and abroad; it is community that mourns the loss of a parent; it is community that takes in a child; it is community that responds to a request for gift cards so that RHS students can buy school clothes; it is community that volunteers its time in classrooms, in PTSA and Booster Clubs; and yes, it is community that decides that drinking and drugging among young people is not

acceptable.

Several of you wrote to thank me for my e-mail message about Homecoming after-parties. Some of you alluded to arguments that ensued over this between you and your neighbors. Some of you told me stories. Some of you expressed dismay, and perhaps resignation, over "other" parents who would disregard my message. I thought about just writing the facts in this month's *Messenger*: Marijuana is ten times stronger than it was a couple decades ago. Marijuana is often sold laced with PCP, hashish, or other substances. The adolescent brain is still developing. Drugs kill brain cells. Once the brain cells are dead, they not only do not regenerate, the branch on which the cells die is also stopped from developing. If adults provide or allow alcohol/drugs to be consumed in their homes, they can be prosecuted for providing the illegal substances to minors, but they can also be liable for any damage (such as vehicular assault or homicide, or such as an alcohol induced coma which ends in a tragedy) that stems from the consumption. They can lose their homes; they can lose their freedom; they can live with a lifetime of regret.

I thought about just writing the facts, but I also thought that community is stronger than facts, is stronger than dire admonitions, is stronger than a few who are not persuaded by those facts and admonitions in any case.

And, so, as a postscript to my e-mail message, here is my plea and my challenge: Redmond is a strong community, by any number of indicators. Use that strength to create a community purpose and a vision that in Redmond, Washington, our children do not drink and drug; our children are not forced by peer or societal pressure to assume pseudo adulthood before they are ready; our children are safe. I will end with one of my favorite quotes: "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." - Margaret Mead.

Sincerely,
Jane

Counselor's Corner
PSAT Scores, College How To's, NCAA...

[Click here to read about all the Counseling Center Details.](#)

COLLEGE FAIR!

The National Association for College Admission Counseling (NACAC), now in its 40th year, is putting on the National College Fair program. The National College Fairs allow students and parents to meet one-on-one with admission representatives from a wide range of national and international, public and private, two-year and four-year colleges and universities. The Seattle National College Fair, at the Washington State Convention and Trade Center is on Friday and Saturday, November 4th and 5th 2011.

In an effort to increase the amount of face-to-face interaction a student has with an admissions representative, Students are recommended to individually register at <http://www.gotomyncf.com/> before the fair. By entering their information and receiving a personalized barcode. Students take the barcode with them to the Fair and schools can easily scan this barcode with their rented scanners and retrieve student information, including name, age, academic interests and test scores.

This is a much more efficient way for colleges and universities to document the students that come up to their booth during the Fairs. It also saves students the time of filling out individual information cards, thus allowing them to visit more booths during their time at the fairs.

PSAT RESULTS

On October 12, RHS juniors and sophomores took the Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test. We hope to receive the scores before we leave for Winter Break in December,

and will post on Mustang News when results will be available for student pick up. 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

SCHOLARSHIP UPDATES

Why pay a scholarship search service to use their database when you can get the information for free? Check out these services:

1. Redmond High School publishes monthly scholarship bulletins. You can check for this by going to the high school website and clicking on Career Center.
2. Visit your local library.
3. Go online to www.fafsa.ed.gov to complete and submit the Free Application for Federal Student Aid. Excellent links to varied scholarship programs are attached to this site.
4. Explore Financial Aid information on Career Cruising with your student.
5. Check out www.thewashboard.org website. It has a lot of great information! (Note: do the best you can, but you will not be able to complete the profile 100%)
6. Visit Redmond High School counseling website for more information: <http://schools.lwsd.org/rhs/>

COLLEGE APPLICATIONS

Remember that students are responsible for mailing, or completing online, their college applications. This includes mailing transcripts and having test scores sent. **Test scores must be requested directly from the College Board (SAT) or from ACT.** For more details on the college application process, please look at the Post High School Handbook available on the RHS website in the counseling section. **REQUEST TRANSCRIPTS EARLY FROM THE COUNSELING CENTER. MAIL YOUR INFORMATION EARLY. DON'T WAIT UNTIL THE DEADLINES!!**

LETTERS OF RECOMMENDATION

An important part of the college application and scholarship process is the recommendation letter. Not all applications required students submit letters. Students need to pay close attention to what the college they are applying to requests - read carefully to see if they are requesting letters from a teacher or counselor, or even if they request letters at all. When requesting a letter of recommendation, please remember that your student is one of many requesting letters so please leave plenty of time. For details on how to request letters of recommendation, please look at the Post High School Handbook available on the RHS website in the counseling section.

NCAA ELIGIBILITY

Students considering participating in intercollegiate athletics need to go to <http://eligibilitycenter.org>. This registration certifies the eligibility of student athletes to participate in sports during their freshman year in college. **Students are reminded to follow the directions to the letter.** If you have any questions, see your counselor.

Thank you! Nick of Time Foundation and Homecoming Success!

The *Nick of Time Foundation Youth Heart Screening* which took place on October 5 resulted in 320 young people being screened for heart conditions that could result in sudden cardiac arrest.

Over 80 individuals from the community (including physicians, firefighters and medics) volunteered their time to conduct the screenings. As a result of the screenings conducted on the

5th, four students were recommended for immediate follow-up with a cardiologist, three for follow-up with a cardiologist in the next 6-12 months, seven for follow-up with their primary care physician, and twelve for follow-up for high blood pressure.

This important screening event would not have been possible without the assistance of numerous volunteers from RHS including administrators, office personnel (especially Pam Summa for coordinating scheduling and answering questions), custodians and staff. A special thanks to Myra Arnone and her Leadership Class for helping with setup, cleanup, and publicity. Finally, thank you to the following PTSA members who donated food and snacks for the community volunteers to eat throughout the day: Robin Adler, Kim Albrecht, DeeDee Beliel, Julie Bottomley, Betsy Carlson, Stephanie Cherrington, Karen Dalton, Lynn Douglas-Nicolet, Amy Eisenmann, Karen Figurelle, Julie Firth, Cynthia Fitch-Stenson, Elizabeth Freeman, Jan LaFond, Leah Lambert, Chrissy Mahan, Ryoko Matsumoto, Victoria Mitten-Kaleff, Flavia Pereira, Kathleen Reynolds, Chris Robison, Cindy Swanson, Nanci Wehr and Claudia Ye.

The support provided by everyone helped make the event a success. Thank you all!

HOMEcomings! Thank you to the parent volunteers who helped make *Homecoming 2011* a wonderful evening for all the students who attended! Because of your generous contributions, students had a variety of delicious refreshments to enjoy all night long. Those of you who were able to assist at the dance helped keep things running smoothly by manning the "coat check" station, keeping the snacks and punch bowls refilled, and providing friendly supervision. All of your support was much appreciated!

Grant Writing Workshop - Reaching for Success

Registration for the rescheduled Reaching for Success Grant Writing Workshop is now available at www.lwsf.org! The workshop will be held on **Monday, November 7th** at **4PM**.

We will be using Microsoft Lync as a way to host an online conference to provide information about the Reaching for Success grant application process and answer all your questions.

If you have any questions please contact me at grants@lwsf.org.

We look forward to hearing from you!

Carrie Schwitters
LWSF Reaching for Success Grant Chair

Seniors! Grad Night Information!

Senior "Grad Night" Celebration 2012

In an effort to keep our seniors safe, Grad Nights provides **all night** drug-and alcohol-free graduation celebration. The evening contains fun-filled activities, something for everyone, lots of food so your senior doesn't go hungry, and the chance to be with all their friends.

The statistics bear out the need for concern for our seniors' safety: **59 percent** of teenage passenger deaths occur in vehicles driven by another teenager. **42 percent** of teenage motor vehicle crash deaths in occur between 9pm and 6am.

The RHS PTSA-sponsored "**Grad Night 2012**" is **Tuesday, June 19th** following commencement.

Buy your ticket before Dec. 31st and receive a \$30 discount
No Refunds after May 18th 2012

Tickets prices:

\$130.00 until December 31st
\$140.00 December 31st to February 29th
\$160.00 March 1st

We will need volunteers from pre-party planning to chaperones for the night of the event. A meeting will be held in early January to gather volunteers and form committees.

We especially need you as well as your friends and family to enroll in eScrip.

This program rebates a percentage of all Safeway purchases back to Redmond High PTSA. Log on to www.escrip.com. Enter Redmond High School as your group name, and our group number is 8566002. Complete the information requested and enter your Safeway Club number. This is an easy and profitable way to fundraise. Ticket costs do not cover all expenses for this once in a lifetime event. You may enter your Safeway Club Card number below and we'll enter for you.

You may order tickets by sending your check payable to RHS Grad Night with the order form at the bottom of this newsletter to: **Lisa Wylie 24633 NE 72nd Street, Redmond WA 98053**. Confirmation and Release Form will be sent via e-mail. [Click here to be directed to the complete form.](#)

Questions: Contact: Deena Polk at (425) 898-7070 or [Email Deena Polk](mailto:Deena.Polk@redmond.k12.wa.us) or
Lisa Wylie at (425) 868-5104 or [Email Lisa Wylie](mailto:Lisa.Wylie@redmond.k12.wa.us)

Lake Washington Schools Foundation - Your Donations DO Make a Difference!

Thank You! Thanks to all who donated to the Foundation's *Back to School* campaign, raising nearly \$16,000. Your donations help fund programs such as *Access* that assists financially challenged students with school-related fees that better prepare them for graduation and college. Your dollars also fund grants given to schools to assist them in implementing their continuous improvement process (CIP) plans-a state requirement that is unfunded. Your donations *do* make a difference.

What's happening:

- Check out the fall newsletter and find out more about Foundation programs such as Core Academic Summer School. <http://www.lwsf.org/enewsletter/fall2011.html>
- *Reaching for Success* grant applications are available on the website. There will be a grant writing workshop webinar Monday, November 7th at 4:00 pm. Please see website for details at <http://www.lwsf.org/teachers.html>
- Many organizations have United Way or other workplace giving campaigns in October. Please consider designating the Lake Washington Schools Foundation through these giving methods.

Thanks again for the support from this generous community! For more information about the Foundation and volunteer opportunities, visit www.lwsf.org or email info@lwsf.org.

Host an Italian Exchange Student

Host an Italian student.
A cultural exchange opportunity.

Ergon, in partnership with NorthWest Student Exchange, is seeking 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, proficient in English and carefully matches students with host families.

Like in the 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 [@italalexchange@gmail.com](mailto:italalexchange@gmail.com).

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!

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.redmondhsptsa.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.