

Mustang Messenger

Redmond High School PTSA 2.8.100

PTSA Presidents ~ Lois Hiskey and Deena Polk
Editor – Kristy Yuhas

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Presidents' Message

Autumn is a wonderful yet hectic time for high school life..football and soccer games, golf and volleyball matches, cross country and swim meets, theater and band rehearsals, and of course the drama of Homecoming and "The Dance". Then, if you are a senior, you have SATS, Culminating Project and college applications as well. Life is busy for students at this time of year, and the PTSA has been busy also!

I hope that many of you were able to attend at least one of the programs offered in the last few weeks. We hosted a program highlighting the services provided by our Career Center and Counseling office on October 8, as well as a Princeton Review class on college entrance tips and the ACT/SAT tests on the evening of October 22. Look for another program on November 12 at 7 pm; this one focusing on financial aid for college. Be sure to mark your calendars so you don't miss out! Many students took advantage of the practice ACT test we offered in October; and a practice SAT will also be offered on November 12.

The school directory, free to all PTSA members, is almost complete and will be mailed home soon. If you have not yet joined PTSA and would like to do so in order to receive your directory, contact membership chair Mary Dougherty at tyloaked@comcast.net.

We want to remind parents that there are several ways to receive information about what is going on at Redmond High. It is frustrating to hear that some parents feel they don't know what is going on at school when we have so many resources to avoid that. The first is ParentOrganizer, which sends daily bulletins and the most time-sensitive announcements. If you would like to sign-up (it is free!) please go to www.parentorganizer.com and follow the prompts. Other great resources are the school website at www.lwsd.org/rhs and the RHS PTSA website at www.redmondhsptsa.org. Please be sure to check these websites regularly if you are looking for information. Also, we would love to have you sign up for Escript, the program that replaced the couponing that Safeway used to allow organizations to do to raise money. If you shop at Safeway, go to www.escrip.com and register your Safeway card and every time you shop they will make a donation to our PTSA.

Speaking of donations, I am happy to report that we have met our Pass-the-Hat goal of \$15,000! Thank you so much to the many families who contributed. This money will be used to fund

important programs and to purchase materials for our kids. Look soon for the installation of the green round picnic tables in the courtyard (with yellow and white umbrellas). PTSA contributed to the cost of these tables, as well as many other things, including the student planners your child received on the first day of school, backpacks filled with "emergency preparedness" supplies for every classroom, classroom supplies as requested by teachers, guest speakers, etc. Without your generous donations we would not be able to provide these things for our kids. Thank you also to our volunteers, almost 600 strong! It takes all of us working together to give the RHS classes of 2009, 2010 and 2011 their best possible high school experience. GO STANGS!!

Lois Hiskey and Deena Polk, PTSA Co-Presidents

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Mustang Messenger

The Mustang Messenger is the newsletter of Redmond High School PTSA. It is published once a month throughout the school year. The purpose of the newsletter is to report information from the PTSA and RHS staff to the school community.

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Next deadline is November 13.

On Wednesday, October 8th, a luncheon was held for the staff at RHS. Fourteen different varieties of chili were served along with cornbread, green salad, and mini pumpkin cheesecakes. We would like to thank the following volunteers who helped make this event a success by providing all the ingredients needed:

Diane Mroz, Cara Byrne, Tricia Brazier, Sonia Ingles, Jackie Floan, Pam Adams, Julia Reiss, Julie Criss, Carrie Wright, Judy Russo, Kathi Kopak, Marilyn Polis, Paula Lazzeri, Laura Jones, Shelly Schur, Kim Erlandson, Carrie Ulvestad, Leah Lambert, Gretchen Loschen, Bette Osman, Leah Lambert, Catherine Menezes, Denise Larson, and Amy Eisenmann. A special thank you to Shelley Bond for coming out of "retirement" to help with this event.

Staff Appreciation Co-Chairs
Linda Burke and Kathy Friedrich



2008-2009 Reflections Art Competition

"Wow"

RHS students: Express yourself!

The Reflections is a national art competition sponsored by the PTSA. The competition starts at the local school level with 25 entries progressing on to the Lake Washington School District PTSA competition. Redmond High Students have traditionally done very well with a number of entries receiving honors at the national level. The theme for this year's competition is "Wow."

Students can participate in six categories: Visual Arts, Literature, Photography, Music, Film Production and Dance/Choreography. Students can enter as many categories as they wish. Entry forms and rules are available in the Redmond High Library or by contacting Shannon McManus at extremeshannon@aol.com or 425-883-3736.

The deadline for entries is Monday, December 1st. Please turn in entries to the library.

It is important to fill out the entry form completely and students under 18 must have a parent or guardian's signature. Also, a **new requirement** is that the student must provide a title and an artist's statement on how his/her work connects to the theme.

Important: New rules were just sent from the Washington State PTSA Reflections Committee which include music and film production should be on a CD or DVD. No audio or video cassettes will be allowed.

Please contact RHS Chair, Shannon McManus at extremeshannon@aol.com or 425-883-3736.

PTSA Treasurer's Report - October

Thanks to everyone who donated to the PTSA and joined RHS PTSA, we exceeded our goals!



PTSA General Account \$25,998.40
Grad Night Account \$10,936.44
Baccalaureate Account \$653.73

Don't forget to get in your matching funds applications (forms are on-line for both Boeing and Microsoft). Send your completed forms to Peggy Hunt, RHS PTSA Treasurer, 17272 NE 104th St., Redmond, WA 98052.

Redmond High School PTSA Presents:

Surviving & Thriving with Your Teen during the Teen Brain Reconstruction Phase

Tuesday, December 2, 2008

7 – 9 PM

Redmond High School Performing Arts Theater

Laura Kastner, Ph.D will discuss the roots of *teen-rebellion, risk-taking, motivation problems, foolish mistakes and moodiness* in the context of what is happening in the developing teen brain. Recent brain imaging studies have documented how the thinking part of the brain is literally “under construction” during the teen years, wiping out neural connections that give way to a period of high vulnerability for risk taking and poor reasoning skills, but also high opportunity for brain maturation. Parents will learn the importance of controlling their own emotions, conflict resolution strategies and a disciplinary style that lowers teen risk-taking while building social and emotional competence.

Laura Kastner, Ph.D writes and lectures widely on adolescent development and family relationships. Since 1980, she has been a clinical professor of psychology and behavioral sciences at the University of Washington. She is a practicing psychologist and mother of two.

Dr. Kastner’s books include, *The Seven Year Stretch: How Families Work Together to Grow through Adolescence* and *The Launching Years: Strategies for Parenting From Senior Year to College Life*, both co-authored with Jennifer F. Wyatt. Kastner and Wyatt’s latest book is due out in spring 2009, now titled *CALM: Cooling Down Hot Times with Teens*.

This presentation is recommended for parents of students ages 12 and up.

Sponsored by the Redmond High School PTSA & the Lake Washington School District PTSA Council.

If you have any questions, contact Joanne Hall at jjjahall@juno.com

RHS PTSA says THANK YOU!

To Lily Horstmann, Gabriele Llamas and Theresa Watson for agreeing to be the Translation Team this year and for translating the *Mustang Messenger* to Spanish. (Posted on RHS PTSA website).

To Celeste Lavendar and Colleen McLaughlin for organizing refreshments and volunteers for the ASB student dance in September and the Homecoming Dance.

To Janet Dahl and Joanne Hall for putting together and hosting the Parent Networking event with RHS counselors, principal and Career Center to explain " Who Does What".

To the Football and Cheer Boosters for organizing and sharing tailgating events at all the home football games with the school community!

To Nancy Chatterley and Melinda Wilson for coordinating the Practice ACT test in September.

RHS PTSA Meeting Minutes Summary

A Board of Directors meeting was held on October 8, 2008. Principal, Jane Todd, stated she was working on getting the advisory period time spent on advising students in researching career goals and secondary schooling, etc. Peggy Hunt presented the Treasurer’s Report. The current balance in the checking account is \$25,998.40. She also stated that “Pass the Hat” raised \$535 more than anticipated. Matt Loschen gave a report on the Legislative Assembly that he attended. The Board agreed to disburse donations of \$25 for the new Rachel Carson School PTSA and \$150 to the Assistance League. Sue Nelson reported there would be a Multi Cultural Night on October 22, 2008. Committee updates were given. The Treasurer’s Report and more detailed minutes can be found on the PTSA website, www.redmondhsptsa.org.

Sally Whitaker, PTSA Secretary

From the Principal—Jane Todd, Principal

Dear Parents:

At just about this time of year, four years ago, while I was still the principal at Juanita High School, we received notice that one of our recent graduates had been killed in Fal-lujah. As we grieved as a school community, I wondered to myself how any parent ever survives the loss of a child. As I worked my way through empathy for our alumnus' parents, anger at the loss of a life barely lived, frustration over the world situation, and many other emotions, the theme of loss kept returning to my mind. A death is horrible because it is irrevocable, but it occurred to me that there are other ways to lose a child. Those losses, fortunately, do not have to be irrevocable but altering course will take some intestinal fortitude on the part of us elders. I do not pretend to be a perfect parent, nor to have perfect children myself, and so it seems a bit odd to me to be dispensing advice to anyone on the subject of parenting. My only claim to experience comes from having spent thirty-one years in education and working with tens of thousands of adolescents in that time, along with surviving the teenage years of my own four children, and being old enough to be receiving publications from AARP. Don't ask me how that last thing happened.

In any case, events over the last couple months prompted me to look up the article I wrote this time of year, four years ago, for the publication of the JHS PTSA and to excerpt it here:

If you cannot trust your teenager to not have a party in your home while you are gone, do not go away.

If you cannot trust your teenager not to raid your liquor cabinet, don't have a liquor cabinet.

If you cannot trust your teenager to be with friends in another part of the house without serving alcohol, do not leave him/her alone.

If you think your child might be using drugs, it's your job to be the detective. Kids do not really want their parents to ignore the obvious, much as they may protest to the contrary.

If you cannot trust your teenager to be where he says he is, doing what he says he is, with whom he says he is, don't give him the keys to the car or a cell phone so you cannot trace his whereabouts.

If your teenager thinks that having a car is more important than getting good grades, change his mind for him, even if it means that you will be doing more chauffeuring than you want.

Expect that your teenager, good kid that she is, will still need to experiment and experience, to take risks and to make mistakes. Don't make that experimentation something for which you have, implicitly or explicitly, given permission or provided opportunity. It doesn't matter what you did or did not do when you were her age. It's HER life we're worried about.

It is your job to teach what you expect, both by your words AND your example, to be approachable so that you can be a shoulder to cry on and a dispenser of wisdom when a problem needs to be solved, and to offer suggestions but not solutions. Remember that you can neither make mistakes for your child nor can you solve her problems. If you don't allow her to rectify her own mistakes and make her own decisions, with your support and advice, while she is at home, how on earth will she be able to do so when she is living on her own? Kids need practice.

Disappointment is a fact of life. Your child will experience it whether you want him to or not. Your job is not to shield him from it, but to help him have the strength to learn from it and move on.

Young people need, more so than ever before, to know that they have adults – both chronological and emotional – in their lives who will love them unconditionally and who will provide the conditions under which they can test themselves, learn lessons and grow to adulthood as strong, responsible men and women. They need adults who take seriously the responsibility to protect our community's young from too-early exposure to adult entertainment and adult pursuits, who are willing to sacrifice their own freedom and pleasure for the sake of the children for whom they are caregivers, who are smarter and wiser, stronger and more mature than those same children.

Being a parent these days is harder than it ever was, for lots of reasons: lack of extended family to take some of the pressure off from time to time; lack of clarity around what is acceptable since sometimes everything and anything seems to be okay; too much work, too much chaos, too little time, too little energy; the pace of life; mobility; dissolving or dissolved relationships; etc., etc.

Be reassured, however, that you are not alone in whatever parental confusion you may feel, and parenting is not, nor has it ever been, an exact science. I will leave you then, with one more bit of advice:

Reach out to other parents. Raising kids is too complex and dangerous an endeavor to go it alone.

I also leave you with a sincere apology if I have offended anyone. I trust you all know that is never my intent.

Sincerely,

Jane

Melissa Pointer, *Assistant Principal*

Attendance Policy Changes

Last spring, RHS staff members worked to revise our attendance policies. We analyzed Lake Washington School District policies, state laws regarding attendance (RCW 28A.150.290, WAC 392-122-213, and WAC 392-122-275), and policies from neighboring schools and districts to develop our new attendance policies.

It is very important that parents and students understand the new policies. There have been significant changes to the policies and in an effort to be fair and consistent, it is our intention to fully implement and enforce the new policies this year. The new policies can be found at www.lwsd.org/rhs in the Announcements section, in your RHS Parent Handbook, or in the RHS Student Handbook.

WASL Reminder

WASL Testing will take place later this school year. As a reminder there are graduation requirements related to the WASL. See below:

WASL MATH:

Students must pass the WASL Math assessment in order to be eligible for graduation **OR For the classes of 2009-2012**

Earn two math credits after the student's 10th grade year and TAKE THE WASL MATH ASSESSMENT ANNUALLY IN AN ATTEMPT TO PASS. *Please note, if your student chooses to meet the requirement as described here, they WILL earn a diploma but they will not earn a Certificate of Academic Achievement (CAA). Currently, the CAA is not being considered by colleges as an admissions requirement.

WASL READING and WRITING:

Students must pass the WASL Reading and Writing assessments in order to be eligible for graduation. If a student fails the Reading or Writing portion of the WASL they must continue to retake the portion they failed each spring until they pass.

Additionally, the Legislature has also approved three alternative assessments that students may use to meet the Reading, Writing, or Math requirements. These are called CAA options. To be eligible, students must have taken the WASL at least once and met other eligibility requirements. A summary of the CAA Options for parents and students is available at: www.k12.wa.us/assessment/CAAoptions/pubdocs/CAAOoverview.pdf

WASL Testing dates this year are as follows:

Reading	March 16-17	Writing	March 18-19
Math	April 13-14	Science	April 20-21

The daily schedule for testing will be posted on the RHS website by the last week in February. If you have any questions about the WASL please feel free to contact me.

Free and Reduced Lunch Eligibility Changes

Effective October 1, 2008 more families in the RHS community may now be eligible for Basic Food (Food Stamps) and Free and Reduced School Meals because the Federal Government increased the monthly income limits to qualify. For example, a family of four now qualifies for Basic Food if they earn \$3534.00 or less per month. If a family qualifies for Basic Food, they automatically qualify for Free and/or Reduced School Meals. Here are reasons to sign up for Basic Food if you are eligible:

1. Households that qualify will receive monthly benefits to buy food
2. More households can now qualify
3. DSHS has made the process of applying easier
4. Fewer reporting requirements and longer eligibility periods make it easier to keep getting Basic Food every month
5. Automatically enrolls school-age children in the free school meal program
6. Qualifies households for low-cost local phone service through the Washington Telephone Assistance Program
7. Shows that the household will meet the Women Infants and Children (WIC) income test

To find out if your family is eligible for these programs go to www.food.wa.gov

Rhshelp@lwsd.org

As our country's economy continues to spiral downward, the costs related to school and student life continue to increase. In an attempt to assist families in need, we have developed a list of resources available for RHS students. The list includes information on waivers for Lab/Class Fees, SAT/ACT/ AP Test fees, and Sports Physicals to Free Mental Health Counseling and Low Cost Formal Dresses/Gowns. The complete list will be published by the end of the month on the RHS website, via student and parent email, and on posters in classrooms across campus. To request assistance with accessing any of these resources, students or parents can email rhshelp@lwsd.org or their RHS Guidance Counselor to make a confidential request.

Counselors' Corner

Counselors:	Cheryl Dennis	A – E
	Jennifer Martinson	F-Ld
	Ellen Z-Huls	Le – Rh
	Anita Page	Ri– Z

Counseling Center website - <http://www.lwsd.org/school/rhs/For-Students/Pages/Counseling-Center.aspx>

Services Available through the Counseling Center

One of the Counseling Center's main goals is to facilitate your student's high school years to make the experience as successful as possible. Students are encouraged to make an appointment with their counselor but can be referred by parents, teachers or administrators. Your student's counselor is available to help on many different fronts.

Academic Counseling – Previous to the registration in the spring, counselors go into the junior and sophomore classes to discuss vocational and academic options and appropriate selection of classes. We may meet with students to review more efficient study habits and organizational skills. For students whose academic life is sometimes a little too hectic, we are happy to share some stress and time management techniques. It isn't always easy to balance courses, activities, leadership roles, athletics, employment, and family commitments!

Guidance Counseling – Counselors meet with students to provide supportive services for academic and social concerns. They maintain close community affiliations for appropriate referrals if needed.

Post High School Planning – Most students take advantage of the wealth of information that is available from the Counseling and Career Center. We offer college advising, testing, scholarship and financial aid information. We support students in their entire application process – from assistance completing applications and securing recommendations to essay and resume writing. We also have information on two year community colleges, apprenticeship programs, vocational and specialty colleges as well as the military.

Students wishing to make appointments with their counselor need to stop by the counseling office front desk and sign up in the schedule book. Parents wishing to make an appointment should call Nancy LaBrie at 425-498-7134.

CLASS CHANGE REQUESTS

As the end of first quarter draws near, some students might be re-evaluating their class choices. Please remember that year long classes are just that – a commitment to the class for the year. If a student wishes to drop any class in the middle of the semester, the class grade will automatically be "F". If a student is struggling, it is recommended that the student meet with the teacher to get additional assistance or suggestions to improve study habits. Students can also take advantage of after school student-to-student tutoring given by the honor society, or see their counselor for additional suggestions for tutoring help.

PROFESSIONAL GROWTH

In our last newsletter we mentioned how all four counselors recently attended the National Association of College Admissions Counselor's (NACAC) annual national convention in Seattle, along with the Washington Counsel for High School/College Relations meetings. We have also had the chance to meet with individual state colleges at their fall counselor meetings. The following is just a portion of the information the RHS counseling staff has gained, and we will be sharing more with you over the coming months.

Washington Council for High School/College Relations

RHS counselors received updates on programs and admissions from in state public and private colleges. These include admissions standards, deadlines, procedural updates, and scholarship information. This has helped the counseling staff give a more accurate picture of what students should be working towards.

Washington State Community and Technical colleges also gave updates on policies, new programs being offered and transfer programs. They also unveiled a new website, checkoutacollege.com, which students can use to search for colleges (either community or 4-year) based on career interests. This exciting new website has been added to the RHS counseling web site resource list available on the counseling website.

University of Washington Updates

According to Philip Ballinger, Director of Admissions for the University of Washington Seattle, these are the latest statistics for this year's incoming freshman class. Dr. Ballinger did emphasize that these are profile items only, not standards required for admissions.

- Average GPA of entering class: 3.72
- Middle-50% GPA range: 3.59-3.9
- Average Test Scores (SAT CR and M as well as ACT scores presented on SAT scale): 1210
- Middle-50% SAT score ranges: CR + M: 1110-1300, CR: 530-650, M: 570-680, W: 530-640
- Middle-50% ACT range: 24-29

Dr. Ballinger also updated us on transfer enrollment from local community colleges. The UW enrolled a transfer class of 1,557 students, 1,167 of whom were from Washington Community Colleges. They admitted 65.6% of the Washington State community college transfer applicants and only able to admit 27% of applicants from other 4-year universities. The UW must give strong preference by policy to transfer students from Washington CCs.

National Association of College Admissions Counselors

The counseling staff was very pleased to be able to attend the NACAC conference in Seattle September 23-26. Over 5000 high school counselors, college admissions directors/counselors, and

private consultants attended. Most of the high school counselors in attendance were from private schools, so the RHS counseling staff is deeply grateful that Jane Todd supported our attendance. In addition to a lively keynote address by Sherman Alexi on reaching the unreachable student (one day after his appearance at RHS), counselors attended workshops and lectures on a large variety of topics. A sampling includes:

- College Counseling in Cyberspace Strategies
- Ask The College Deans and Directors
- Transformed Admissions Landscape
- College Search and Application Process for Students Who Learn Differently
- Creating and Updating Your High School Profile
- Perspective on Non-Traditional College Choices
- Why Good Students Write Bad College Essays
- Commissioner's Report on Standardized Tests
- Avoiding Senior Year Blues

In addition to information given at these and other workshops, RHS counselors received the most current data provided by NACAC based on a survey of the high school graduating class of 2007. Here are some highlights that you and your student might find interesting:

- The national average college acceptance rate is 7 out of 10 applicants accepted, or 68%.
- Admissions officers reserve the right to revoke offers of admissions, and for the fall of 2007 35% of all colleges reported exercising this option. The top three reasons for an admissions to be revoked is:
 - Student's final grades dropping
 - Falsification of application information
 - Disciplinary issues
- Applications to four year colleges continue to increase. This upswing is fueled by a number of factors:
 - Growth in number of high school graduates
 - Ease of on-line applications
 - Growth in number of college applications each student submits
- For Fall 2007, 30% of students waitlisted for admissions were admitted off the waitlist.
- Top factors in admissions decisions:
 - High school grades in college prep courses
 - Rigor of curriculum
 - Test Scores
 - Overall GPA
 - Essay and rank
 - Demonstrated interest in attending the college applied to
 - Counselor and teacher recommendations

The more selective colleges will tend to place greater

emphasis on more than just the top four factors listed. They need more information with which to evaluate each applicant.

- For 2007, 77% of colleges reported offering information on their website that is tailored to parents of prospective students. Parents are encouraged to look for these sections to help answer questions or ease concerns.

Advisory

This year counselor's are teaming with advisors to make advisory more meaningful for underclassmen, as well as seniors. Working in a coaching capacity, counselors are helping develop lessons that will benefit sophomores and juniors, such as registration and the state's Navigation 101 curriculum for post high school planning. For more information on Navigation 101, please refer to the OSPI website: <http://www.k12.wa.us/navigation101/Parents/default.aspx>

PSAT Results

On October 15, RHS juniors and sophomores took the Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test. This year we had a record 495 students take the test, more than double from last year. We hope to receive the scores before we leave for Winter Break in December, and will post on ParentOrganizer 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 Update

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.
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. Visit Redmond High School 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 transcript and having test scores sent. Test scores must be requested directly from the College Board or ACT. For more details on the college application process, please look at the Post High School Planner (also referred to as the Senior Handbook) available on the RHS website in the counseling section. **RE-QUEST TRANSCRIPTS EARLY FROM THE COUNSELING CENTER. MAIL EARLY. DON'T WAIT UNTIL THE DEADLINES!!**

Counselors' Corner (continued)

Letter of Recommendation

An important part of the college application and scholarship process is the recommendation letter. Students need to pay close attention to what the college they are applying to is requesting – 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 (at least 2-3 weeks), give a copy of their resume, and include an addressed and stamped envelope. The counseling center has a senior personal fact sheet for your student to use for requesting letters. For more details on how to request letters of recommendation, please look at the Post High School Planner (also referred to as the Senior Handbook) available on the RHS website in the counseling section.

NCAA Initial Eligibility Clearinghouse

Students considering participating in intercollegiate athletics need to go to www.ncaaclearinghouse.net. 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.

TEST DATES FOR 2008-2009		OUR RHS CODE IS 480-978
	Test Date	Registration Deadline
SAT	December 6, 2008	November 5, 2008
	January 24, 2009	December 26, 2008
	March 14, 2009	February 10, 2009
	May 2, 2009	March 31, 2009
	June 6, 2009	May 15, 2009
ACT	December 13, 2008	November 7, 2008
	February 7, 2009	January 6, 2009
	April 14, 2009	February 27, 2009
	June 13, 2009	May 8, 2009

DATES TO REMEMBER

October 30	Last day of 1 st quarter
November 10	During this week, students will hand carry home report cards
November 12	Financial Aid Night for Redmond High School, 7 p.m., Performing Arts Center
January 1	File online FAFSA as soon as possible after January 1
January 23	Last day of 1 st semester
April 10	Last day of 3 rd quarter
May 4 – May 15	Advanced Placement Exams
June 11	Graduation
June 16	Last Day of School

Yearbook Information

Senior Pictures due November 5th.

Parents: Senior Tribute ads are being accepted by the yearbook staff.

Please email Mrs. Mauck at jmauck@lwsd.org with the size you want to reserve. The deadline for payment and ad submission is **January 20, 2009.**

Directions for senior tribute ads:

Dimensions:

¼ page is 4 inches wide by 5 tall	\$70
½ page is 8 inches wide by 5 tall	\$130
Full page is 8 inches wide by 10 ½ tall	\$250

Yearbook Information (continued)

Directions for Senior Tribute Ads (continued)

All the ads are in color!

Submission methods:

1. Parents make up the ad on their computer camera ready and submit a printed copy on high quality paper to us. We just put a sticker on it and mail it in!
2. Parents give us a sketch of the ad and the words they'd like to use. Our staff members try to follow the directions as best they can. We'll call if there's a question. Pictures are submitted loosely and we tell the company where they go in the ad. Pictures can be reduced or enlarged by the company as long as they're proportional. Pictures are returned in the spring after the book comes out. They're undamaged.
3. Parents make up the ad on their computer and submit it digitally or on a cd. A few rules for this type of submission: pictures should be 300 dpi. We can accept the following formats: Photoshop, InDesign, Jpeg, TIFF, or PPD. The yearbook company will not accept digital ads in Word, Publisher, or Power Point.



Attention Senior Parents

Senior "Grad Night" Celebration 2009



Now is a good time to start thinking about senior graduation because as you may have experienced, the past twelve years seemed to have lasted about ten minutes.

This preliminary notice will tell you five very important things:

1. The RHS PTSA-sponsored "Grad Night 2009" is **Thursday, June 11th** following commencement.
2. The tickets cost \$110.00 until December 31st. Then they will go up to \$135.00 through February and \$140.00 thereafter. **(Yes, it's expensive, but we keep them safe, sane and entertained all night long.)** Buy early, beat the rush, makes a great gift with a nice certificate, too!
3. We 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.
4. 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.
5. Tickets will be sold on Thursday, **Dec. 4th and Dec.11th during** lunch. You may also order tickets by sending your check payable to RHS Grad Night with the coupon below to: **Melinda Wilson at 22707 NE 142nd Place Woodinville, WA 98077**. Your receipt will be your ticket and will be mailed to you. Thank you.

Questions: Contact: Deena Polk at (425) 898-7070 or deenapolk@hotmail.com or
 Melinda Wilson at (425) 882-9432 or jamwilson@msn.com

* * * * *

Senior's Name: _____ Home Phone: _____

Parent's Name: _____ Parent Cell Number: _____

Address: _____

Parent's Email Address: _____

Are you interested in helping? _____

Legislative Assembly News and Announcements

1) Alerts Those of you who would like to receive Legislative Action Alerts (basically appeals to contact your Reps. in Olympia to push for votes, etc) can do so here:

<http://www.wastatepta.org/programs/Legislation/listservs/actionalert.htm>

You can also sign up for the various email distribution lists (aka Listservs) in this area of the PTA site.

2) Survey We had 28 respondents to our issues survey, and our top 5 priorities were as follows:

1. Basic Education Funding
2. Strengthening Science and Math Curriculum and Education
3. Support Rational Approaches to Teacher Compensation
4. Washington State Assessment System Improvements
5. Support State Board of Education Core 24 Framework

Remarkably, when PTA reps from across the state convened at the Legislative Assembly (LA) last weekend and voted on the top 5 priorities for the state PTA they came up with *exactly* the same list in *exactly* the same order. You might chalk this up to my brilliant and persuasive diplomatic skills, but in fact I'd say that even before the LA there was a strong consensus on what problems Washington faces. You'll be seeing more of this list in the coming months.

3) Funding Also at the LA was a great presentation by Rep Hunter on the Basic Education Finance Task Force (aka the Grimm Commission). This is VERY important but far too involved for me to list here (perhaps next time?). In any case there will be a repeat performance on Tuesday, Oct 14th, 7PM at the Sammamish HS Performing Arts Center. If you have questions on this feel free to mail me and I'll do my best!, or check www.whatittakesforkids.com.

4) Taxes There was also an excellent presentation by the EOI (Economic Opportunities Institute) on tax reform ideas to improve education funding (arguably the Achilles heel of the BEFTF proposal). There will be a meeting of the EOI on November 13th. contact me if you're interested in this (featuring Bill Gates Sr) or check www.eoionline.com.

5) Focus Day Also please get Focus Day on your calendars (Feb 26th). This will be more of a "show of strength" this year, and should be part of a very momentous legislative session.

State PTA Says NO to I-895

While the PTA, as a non-partisan organization, will not take stands on most political races it is allowed to voice an opinion on initiatives. The Washington State PTA Board of Directors voted at its August board meeting to **oppose** I-985, which would transfer a portion of the sales tax from the state general fund to address transportation issues. According to the Office of Financial Management, the initiative could result in as much as \$665 million being diverted from the general fund over a five year period (see <http://www.ofm.wa.gov/initiatives/985.asp>). While some of the eighteen board members were empathetic to the need to improve transportation, a significant majority voted to oppose the initiative because of concerns that the diversion of general fund moneys would result in unacceptable cuts to other programs, particularly K-12 education, health care and other programs that are important to children.

For more information on PTA's legislative initiatives email MattLoschen@verizon.net

Matt Loschen
RHS Legislative Chair
MattLoschen@Verizon.net
425 442 4981

RHS Graduation Venue Set For 2009!

The 2009 Redmond High School graduation commencement ceremony will be held at The Key Arena in Seattle on June 11th at 7:00pm.

Parents and Adolescent Substance Abuse, Tena Youngberg, CDP, NCAC

A 2008 national teen survey of attitudes toward substance abuse has revealed some interesting findings. Many of the kids surveyed reported a more likely chance to use substances when they were not being monitored by parents. This monitoring included after school activities, friends, prescription drugs in the home, being out on school nights and being involved with their child's education.

Of the teens that come home after 10:00pm on school nights, 50% reported that alcohol, marijuana and other drug use occurs regularly. Almost 30% of students who come in between 8-10:00pm say that alcohol, marijuana and other drug use occurs.

Among prescription drug abuse; 34% of youth stated that they get drugs from their home medicine cabinet. This is a greater percentage than those who get drugs from classmates or drug dealers. **Parents who leave prescription drugs unattended create a perfect storm for their children or their children's friends.** This is the first time in the history of this survey that teens have reported prescription medication easier to obtain than beer. Of the most abused prescription drugs are the narcotic pain relievers; Oxycontin and Vicodin.

Marijuana continues to be easier to obtain than beer. Half of the 16-17 years olds that were surveyed reported using marijuana over cigarettes. A fourth of the teens surveyed stated that they knew a parent of a classmate that uses marijuana. Ten percent reported knowing kids who used marijuana with their parents.

In essence, the survey highlights the importance that parents play in preventing adolescent substance abuse. Setting firm boundaries around what is and is not acceptable followed by consequences, allows kids to be responsible for their choices. By monitoring teen's activities and holding them accountable, parents become more of the solution to the problem of adolescent substance abuse.

*National Survey of American Attitudes on Substance Abuse
Columbia University*

DECA

Redmond DECA is proud to say that its first major project of the year, the October blood drive, was a great success. Over 80 students donated blood which exceeded expectations and was enough to beat last year's turnout. The bar has now been set pretty high for next year's participation. Coming up for Redmond DECA is the Starlight Starbright Toy Drive. Redmond DECA will be working with the Redmond Ridge Starbucks who will help sponsor this event. Toy donations for this great cause will be accepted soon, more on this to come. The Fall Leadership Conference starts Sunday, October 26th at the Meydenbauer Center in Bellevue. Students should be looking forward to the various workshops, career fairs and entertainment in store for them! Stay tuned for many more Redmond DECA projects and events to come during the oncoming winter months.

Paige Mullins, Baily Mullins
Public Relations Officers

RHS Theatre Arts presents **Noises Off**, by Michael Frayn

November 6-8 and 13-15 at 7:00pm in the PAC

Critics have hailed this comedy as "the funniest farce ever written." RHS students play a dysfunctional theatre troupe putting on a British comedy called "Nothing On," from dress rehearsal through late in the run. A rotating set shows the onstage performance and backstage mayhem.

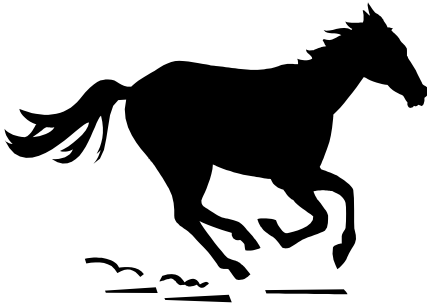
These days we could all use some laughs, so gather your family and friends for an evening of hilarity. Tickets are a budget-friendly \$5-\$7, available online at www.redmondrama.org or at the door.



Mustang Messenger

Redmond High School PTSA
17272 NE 104th St.
Redmond, WA 98052
425-498-7130

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RHS Calendar of Upcoming Events

*(Dates subject to change, please be sure to check the PTSA website at redmondhsptsa.org or
the school website at lwsd.org/rhs)*

Thursday	Oct. 30	Last Day of 1 st Quarter		
Friday	Oct. 31	No School, LEAP Day		
Tuesday	Nov. 11	No school/Veteran's Day		
Wednesday	Nov. 12	PTSA Board Meeting	Career Center	10:30am
Wednesday	Nov. 12	Practice SAT test		3-7pm
Wednesday	Nov. 12	Financial Aid Night	PAC	7:00pm
Thursday	Nov. 13	Deadline for Mustang Messenger		
Wednesday	Nov. 19	Practice SAT "scores back" session	Cafeteria	6-8pm
Wednesday	Nov. 26	Half-day		
Thurs/Fri	Nov. 27/28	No school/Thanksgiving break		