

MUSTANG MESSENGER

Redmond High School PTSA 2.8.100

PTSA Presidents - Lois Hiskey and
Inez Mobley
Editor – Jenny Hussin

Volume 30, Issue 3
December 2009/January 2010

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PTSA website www.redmondhsptsa.org

Principal’s Message — *Jane Todd, Principal*

Dear Parents:

When I first joined the staff at Redmond High School, I inherited a group, then called the Principal’s Advisory Committee, which was formed to address issues of communication between RHS Administration at the time and parents and students.

In my first year, we reformulated the goals of the group a bit, created a mission statement and a membership structure, developed a rotation and selection of members process and a meeting structure. We renamed ourselves the Redmond High School Council, and we have met once a month for the last three years.

Our conversations have ranged from troubleshooting issues with the Culminating Project to discussing a “green” Prom. While I have valued the contributions of the adults on the Council very much, I have to be honest and say that my favorite times have been when the students find their voice and realize that they have the floor and the attention of those adults around the table. Every time that happens they justify my belief that in education we are often guilty of underestimating our students and that if we could only find a time and a place to listen to them, we would be chagrined at our own attitude as well as forced to give young people more responsibility and authority in our system.

The thing over which we have continued to struggle is the communication feedback loop. For the staff, I often forget to ask staff members of the Council to share with the staff as a whole what we discussed.

For the students, we do not yet have a structure where student Council members are a regular item on the agenda for the Student Senate meetings, during which they could share information and gather information back from Homeroom reps. And the parents present an even larger problem in that there is no good way to have face-to-face communication. In addition, we have struggled a bit with the balance we must achieve between having the ability to have candid, off-record, and therefore safe, conversations during Council meetings and needing to be transparent and good communicators, involving all stakeholders.

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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 January 14th.

Principal's Message, *continued*

So, as a start, at our last meeting, we decided that we would begin to post a summary of the discussion at each Council meeting on the school's website, as well as the mission and membership roster of the Council, and the e-mail addresses to which parents, students and staff can write with questions, agenda items, concerns and kudos. We hope that this method will help parents, especially, feel they have someone to whom to turn when they either do not know whom to ask or do not feel comfortable writing directly to me. (And, because I cannot resist feeling a bit sad that anyone would feel uncomfortable writing directly to me, I feel the need to add that I hope it is a very rare occasion when this would be necessary.)

We did talk a bit about establishing a blog, but I must admit that I have not the foggiest idea of how to begin one, and even if I did, I am almost certain I would not be able to keep up with it. However, that idea is still an option if it proves necessary. I would appreciate your feedback on whether you think it would be useful. In the meantime, the e-mail address for parents on the Council is rhscouncil@lwsd.org. And you know where to find me . . .

Sincerely,

Jane



Jane Todd, Principal

Hand Sanitizer Request:

Anyone interested in donating bottles of hand sanitizer for use during this heavy flu season please drop them off at the RHS Main Office. Thank you!

PTSA Treasurer's Report

October Treasurer's Report

CD Account	\$10,000
Checking	\$33,257.97
Baccalaureate	\$361.06
Grad Night	\$6,193.45



Kathy Dennis

skdennis5@verizon.net

More detailed financial reports can be found on the Redmond High School PTSA Website <http://redmondhsptsa.org>

PTSA Co-President's Letter, *Lois Hiskey and Inez Mobley*

Because school is in session only until the 18th of December before we dismiss for Winter Break, this issue of the Mustang Messenger will be a combination December/January issue. We appreciate you taking the time during this hectic holiday season to catch up with the happenings at RHS, and are especially grateful to those of you who have chosen to receive your newsletter electronically. The reduction in printing and mailing costs saves PTSA several thousand dollars each year. This money can be used instead to fund worthwhile projects at Redmond High. Please feel free to print the newsletter on your home computer if you prefer to read a hard copy, which you can have available for your reference.

We had another great turn-out for the **ACT Practice Test** held on Wednesday, October 28TH, with almost 50 students registering. Over 100 students signed-up for the Mock SAT test held earlier in the Fall. **Both the Mock SAT and the ACT Practice Test will be given again in the late winter/early spring.** This is an ideal test for sophomores and juniors to take to get an unofficial yet accurate score (the prior year's actual tests are used) and determine which test better suits your child's test-taking style. Look for details elsewhere in this issue, and thanks to Carrie Ulvestad and Shari Newton for coordinating these tests!

I would like to invite all of you to attend the LWSD PTSA Council's annual **Scholarship Basket Auction** at the Resource Center on **Thursday, December 3** from 10:30 – 11:30 a.m. There are dozens of wonderful gift baskets donated from each school's PTSA (Redmond High donated a UW Husky and a WSU Cougar basket this year), in all different price ranges, which are sold "silent auction style". Proceeds from the auction fund the Council Scholarship Fund, which provides merit-based scholarships to LWSD graduating seniors. This event is always very festive...hope to see many of you there!

With 15,000 members in the Lake Washington School district (including 620 at Redmond High), PTSA membership continues to be very healthy! It is so rewarding to see the commitment that parents feel to the schools and to the education of their children. 2010 is another "Levy Year", meaning an election will be coming in February to vote on funding for educational programs and operations and capital projects. You may be receiving a phone call from a parent volunteer or a Redmond High staff member reminding you to vote...so please remember to do so! For more information on the levy, go to the district website (www.lwsd.org) or to www.vote4lwsdkids.org.

The next **PTSA General Membership meeting** will be held on **Wednesday, January 13** at 4:00 in the Career Center. We invite all RHS parents to attend! At this meeting we will elect the Nominating Committee and begin the process of preparing a slate of officers for next year's Executive Committee. More information will be available in the next newsletter as to how you can recommend candidates for each position.

We wish you and your families a joyous holiday season and a relaxing winter break!

Happy Holidays and Go Mustangs!

Lois Hiskey and Inez Mobley, PTSA Co-Presidents



PTSA NEWS AND EVENTS

COLLEGE EXAM PRACTICE TESTS

If you missed taking the MOCK SAT and Practice ACT in the fall, here is another chance to take these tests.

- The Practice ACT will be held on **Wednesday, February 24th** with the Scores Back Session following on Wednesday, March 10th.
- The MOCK SAT will be held on **Saturday, March 20th** with the Scores Back Session following on Wednesday, April 7th.

Watch for additional information in your Mustang News as things develop. Please contact Shari Newton at shari@newsf.com or Carrie Ulvestad at carrieu@live.com with any questions.

We need your help!!!

Help RHS PTSA Earn MONEY: Shop at Safeway!

Take the time to enroll in **escrip** and whenever you shop at Safeway, RHS PTSA will earn **MONEY**. It costs you nothing!!

- 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 **Grad Night** expenses. **Sign up today and ask 2 friends**, family members or neighbors to sign up as well. We **desperately** need to earn \$\$.

Now accepting Macys Cards as well for on line shopping.

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

PTSA NEWS & THANK YOUS

Staff Appreciation News and Thank-yous

On Wednesday November 18th, Staff Appreciation provided treats for the Staff. We served a variety of muffins, coffee cakes, sweet breads, fresh fruit, and hot cider.

We would like to thank the following volunteers: Gayle Di Iorio, Renee Grant, Kathleen Moore, Julia Buckley, Stacy Mattingly, Carrie Ulvestad, Denise Larson, Cindy Swanson, Val Crockett, Mary Huson, Catharine Morris, Gretchen Loschen, Chrissy Mahan, Kathy Kopak, Cynthia Ashley, Claudia Ye, Caryn Wheat, Nancy Knight, and Dana Young for providing delicious baked goods and fruit.

Without your help, these events would not be possible.



Linda Burke and Celeste Lavender
Staff Appreciation Co-Chairs

ANNUAL FRUIT SALE BENEFITING THE RHS BAND



The RHS Band kicks off their annual fruit sale the 10th of December! Premium oranges and grapefruits delivered direct from the supplier, guaranteeing their freshness, will be sold by band members through the 10th of January. So, go look up your favorite band student and while you enjoy this amazingly delicious fruit, remind yourselves how much your support means to this student. Fruit sales go directly to the band member's personal account to aid with the expenses of traveling to regional band competitions. These are wonderful experiences for our band students.

We would also hope that you can attend one or both of the upcoming concerts, December 8th and 9th, to enjoy an evening of beautiful music performed and directed by our very talented musical department!

Thank you for supporting Redmond Band. Go Stangs!

Becky Munsell, Redmond Band Boosters

THANKS TO OUR VOLUNTEERS

A huge THANK YOU to the following who helped in the concession stands:

SHELLY SCHUR, SHARI and DAN NEWTON, CAROL SINGLETON, DIANE BECK, CARYN WHEAT, CAROLYN COTTAM, JENNIFER CAMARA, BRIGITA SANDLER, ALLYN HIGASHI, DON, ADAM AND ROSE BRADY, AND JIM RADOLL.

We could not have operated without all of your help and wonderful ideas.

Thanks you so much to ROBIN ADLER, LISA CRYDER AND BONNIE ELLIS, for all of your help in the Student Store.

~ Fayette Radoll

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>

PSAT Results

In October sophomores and juniors took the PSAT/National Merit Scholarship Qualifying Test. If test scores arrive in time, we will return score reports before winter break. Students will not only receive their test results but they will also get their test booklets returned to them so they can seek help for problem areas, take pride in areas of strength, and learn what variables can affect scores. Students should also remember that for many this is the first pre-college type test they have taken, so they should not feel discouraged if their scores are not what they had hoped. After receiving scores students and parents should access the free PSAT/NMSQT College Planning Package at www.collegeboard.com/psatextra:

- 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 APPLICATION

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! This means if your student needs a school report or counselor recommendation by January 10th, their deadline will be December 4th due to the holiday break. If your student has taken late SAT or ACT tests, be sure to contact the test agencies to have the latest score sent

to the college(s) they are applying to. If you are waiting for last minute test results you can still submit your applications and have your test results follow as soon as they are available! Also, remember the FAFSA is available after January 1st for submissions for the 2010-2011 school year– please remember to fill those out and submit as soon as possible after January 1st.

In state public college priority due dates:

Central Washington University – April 1st

Eastern Washington University – February 15th

The Evergreen State College – March 1st

University of Washington – January 15th

Washington State University – January 31st

Western Washington University – February 15th

Please be sure to check individual college websites for updates and special program or scholarship deadlines.

SENIORS AND LEVEL 5 PROFICIENCIES

Counselors have been sending reminders to seniors regarding their level 5 proficiency requirements. Please check with your senior to see if they have been contacted and if they know what they still need to complete for graduation. Your student must have a minimum of one of each of the following items marked as proficient prior to being certified to participate in the graduation ceremony or to receive their high school diploma.

Formal Lab Report – A formal lab report is part of every science class taught at Redmond High School. Your student will need to meet the district requirements for proficiency on one *Formal Lab Report* prior to graduation. They must talk with their current science teacher to be certain they have a proficient report this year if they have not been marked proficient to this point.

Compare/Contrast or Cause and Effect Essay – This essay needs to be completed in a current English class if your student is not proficient on this requirement. They will need to meet the district requirements for proficiency on one *Compare/Contrast or*

Counselors' Corner

Cause and Effect Essay prior to graduation. They are responsible for talking with their current English teacher to be certain they have a proficient essay this year if they have not been marked proficient to this point.

Literary Analysis Essay - this essay needs to be completed in a current English class if your student is not proficient on this requirement. They will need to meet the district requirements for proficiency on one *Literary Analysis Essay* prior to graduation. They must talk with their current English teacher to be certain they have a proficient essay this year if they have not been marked proficient to this point.

Persuasive Essay - This essay needs to be completed in a US Government class if your student is not proficient on this requirement. They will need to meet the district requirements for proficiency on one *Persuasive Essay* prior to graduation. They must be responsible for talking with their current Government teacher to be certain they have a proficient essay this year if they have not been marked proficient to this point.

Maintaining your student's requirements for graduation is their responsibility. Your student will need to make adequate progress on their Culminating Project and Career Cruising Portfolio in order to keep on track for graduation as well.

COLLEGE SEARCHES

Many parents and students ask us how best to find colleges and when is a good time to start. Our response is usually "as soon as possible". While interests may change if you start earlier in the process, you will be more familiar with what is available to your student, making the senior year a little less stressful for your whole family. There are many good websites available for colleges visits, but perhaps the most effective tool are the college visits arranged by our wonderful career specialist Sandy Davidson. We are visited on our RHS campus by representatives from colleges around the state, country, and world who speak to our students for about an hour on what their spe-

cific schools have to offer, requirements for admission, and general information about their campuses. This fall students had many choices each week. While most of the students attending are seniors, ***students of any grade are encouraged to attend*** college sessions that they are interested in to help with future planning. The counseling department is thrilled to have such a resource for our students and encourage all to contact Mrs. Davidson for more information!

A SECOND FINANCIAL AID NIGHT

With the FAFSA form coming on line January 1st, the counselors have arranged for a second Financial Aid Information Night on January 13th, thanks to the generosity of Seattle University. They will be sending a speaker to talk to parents and students about how to access college financial aid at any college or university. The lecture will begin at 7:00 p.m. and last for approximately 1 hour. We hope to see you there!

CSS FINANCIAL AID PROFILE

CSS/Financial Aid PROFILE[®] is the financial aid application service of the College Board. More than 600 colleges, universities, and scholarship programs use the information collected on the PROFILE to determine eligibility for nonfederal student aid funds. The PROFILE is a fully Web-based application system that provides students a secure and efficient method for reporting their financial data to schools. Please check with the college of your choice to see if they require this in addition to the FAFSA form. You'll be charged a nonrefundable registration fee of \$9, plus \$16 for each college or scholarship program to which you want information sent. A limited number of fee waivers are granted automatically to first-time applicants based on the financial information provided on the PROFILE.

To see a list of colleges requiring the CSS, get more information, or to complete the application, go to <http://www.collegeboard.com/student/pay/scholarships-and-aid/8374.html> or call PROFILE customer service at (305) 829-9793 / TTY (800) 915-9990.

Counselors' Corner

REGISTRATION FOR NEXT YEAR

In February we will begin registration for the 2009-2010 school year with RHS students. This year we are going to combine registration with Career Day and Career Cruising in home rooms so that our students can see the connections between high school classes and their future plans. You can help prepare your student for this planning process as we send the information home regarding next year's schedules. 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 future goals? What about other activities/athletics? **Your student needs your input, and we need your support.**

TEST DATES FOR 2009-2010

	Test Date	Registration Deadline
SAT	January 23, 2010	December 15, 2009
	March 13, 2010	February 4, 2010
	May 1, 2010	March 25, 2010
	June 5, 2010	April 29, 2010
ACT	December 12, 2009	November 6, 2009
	February 6, 2010	January 5, 2010
	April 10, 2010	March 5, 2010
	June 12, 2010	May 7, 2010

OUR RHS CODE IS 480-978

DATES TO REMEMBER:

January 1	File online FAFSA as soon as possible after January 1
January 13	Financial Aid Night #2
January 22	Last day of 1 st semester
February 3	Career Day/Registration for 2010-2011 School Year

Message from the Drug/Alcohol Intervention Specialist

December and Alcohol

Research from CESAR (Center for Substance Abuse Research , University of Maryland) sites national data that shows more people are trying alcohol for the first time during the month of December than any other month of the year. The holiday season may include some traditions and/or attitudes that are higher risk for youth to first try alcohol. There are clear links between alcohol use and age of first use, and incidence of alcoholism, mental health problems, academic failure, sexual assault and other violence, accidents and death. **Delaying the first use of alcohol** as long as possible is therefore statistically shown to help prevent many such problems.

Statistics show how underage drinking affects the health and safety of teens:

Among high school students who reported riding with a driver who had been drinking, 80% were frequent drinkers and only 14% never drank.

Among 12 to 17 year old current drinkers, 31% had extreme levels of psychological distress and 39% exhibited serious behavioral problems.

In 2000, youths ages 12-17 who reported past year alcohol use (19.6%) were more than twice as likely as youth who did not (8.6%) to be at risk for suicide during this time period

Girls ages 12-16 who are current drinkers are four times more likely than their non-drinking peers to suffer from depression.

In 2004, 1.6 million youth ages 12-17 needed treatment for an alcohol problem. Of this group, only 126,000 (8%) of them received any treatment at a specialty facility, leaving an estimated 1.4 million youths who needed but did not receive treatment.

Of all children under age 15 killed in vehicle crashes in 2003, 21% were killed in alcohol-related crashes.

See these sites:

www.niaaa.nih.gov/

www.alcoholfreechildren.org/en/audiences/parents.cfm

for youth: www.thecoolspot.gov/index.asp

Tena Youngberg, CDP, NCAC

RHS Drug/Alcohol Counselor

Clinical Counselor, Youth Eastside Services

Student Directory Correction

Same name mix up!

Haley Peterson (junior) had her name spelled incorrectly, and her phone number was listed incorrectly. Junior Haley Peterson's correct phone number is 425.702.9528.

DISTRICT CALENDAR FUNDRAISER

Back by popular demand, the district has printed a limited number of district calendars for purchase. The cost is \$10/calendar and the funds after printing cost will go toward sports scholarships.

Don't miss this great opportunity! Calendars may be purchased at the LWSD district office at Redmond Town Center.

Grad Night Celebration



2010 Grad Night - Senior Celebration



Tuesday June 15th

(following commencement)

Grad Night 2010 provides an **all night** drug-and alcohol-free graduation celebration.

The evening contains fun-filled activities, something for everyone, lots of food and snacks, and the chance to be with friends until sunrise.

This RHS PTSA sponsored event keeps our seniors safe, sane and entertained all night long!

Buy your ticket Now & Save \$25

Tickets currently discounted

\$125 until December 31st

\$135 January 1 - February 28

\$150 thereafter.

How to get tickets:

Buy ticket at school:

Thursday, Dec. 3rd & Dec. 10th at lunch in the cafeteria.

Order ticket:

Send your check made payable to

"RHS Grad Night" with the coupon below to:

Jannie Nitso at 7510 245th Way NE, Redmond, WA, 98053.

Your receipt and ticket will be mailed to you.

Questions?

Kathleen Kulchin at (425) 868-9833 or kulchin5@comcast.net or

Jannie Nitso at (425) 836-5482 or jannienitso@cbbain.com

.....
Senior's Name: _____ Home Phone: _____

Parent's Name: _____ Parent Cell #: _____

Address: _____

Parent's Email Address: _____

Are you interested in helping? _____

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.

Arts, Theatre & Graduation Portfolio

Drama Fest Auditions

Drama Fest 2010, a series of student-directed monologues, ten-minute plays, and one-acts, will be February 23-26, 2010. Auditions will be held after school on **December 1 and 2**, with callbacks on December 3.

Students in the Redmond Learning Community, including Redmond Junior High and Evergreen Junior High, are encouraged to audition with a one- to two-minute memorized monologue.

For more information, please contact Mr. Dan Lovitt, Ms. Doty's substitute, or email him at dlovitt@lwsd.org.

~ Julianna Castro

Reflections

Redmond High school students submitted 22 entries to the Reflections program this year! Of these, 20 will be advanced to the council

level. Congratulations to the following students: Sung Bo Shim, Tiffany Kwakwa, Edward Zhang, Jeremy Dance, Kaleb Berg, Julia Chusid, Heather Gibbons, Keira O'Hearn, Sarah Du, Amber Amin, Jessica Christian, Jeremy Crawford and Claire Asplund!

The Council Reflections Reception will take place at the Lake Washington School District Resource Center at Redmond Town Center on **Friday, January 8 at 6:30**. All are invited to view the Reflections entries from all the schools in our district!



~ Gretchen Loschen

GRADUATION PORTFOLIO NEWS



Parents—Remember to log on to Career Cruising to view your student's portfolio. Some teachers have already assigned their class artifact and have required students to upload these to their portfolio. Asking your student about these artifacts is a great discussion starter about school! If your password has expired, ask your student to re-invite you as a guest and a new login/password will be sent to your email. (We are currently working with Career Cruising on the issue of parent passwords expiring after 2 weeks.)

1st Semester Portfolio Requirements:

- All students need 6 teacher-required artifacts; career skills survey completed/updated; 3-5 careers saved to portfolios
- Juniors also need to have completed the college search/comparison; 3-5 schools saved to portfolio
- Seniors also need to have uploaded copies of post-secondary applications or completed the post-high school plan if not attending school immediately after graduation

*At this time, seniors should also be completing the scholarship search on Career Cruising following the directions on page 20 of the Graduation by Portfolio Handbook.

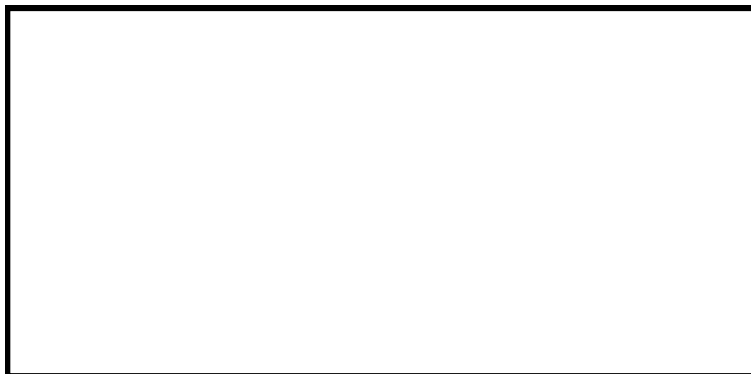
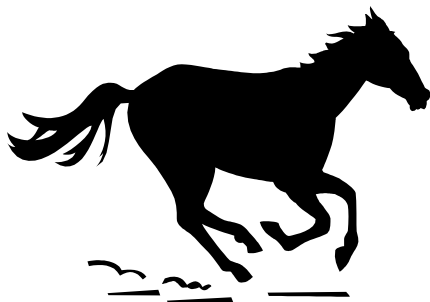
Students will need to have an up-to-date portfolio to buy TOLO dance tickets which go on sale January 12. You can view a copy of the portfolio handbook, other announcements, and helpful links on the Academic & Career Planning page on the RHS website. Contact Grace Brady with any questions at gbrady@lwsd.org.

Grace Brady, Graduation Portfolio Coordinator

Mustang Messenger

Redmond High School PTSA

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



RHS Calendar of Upcoming Events

Dates subject to change; please be sure to check the PTSA website at www.redmondhsptsa.org or the school website at www.lwsd.org/school/rhs.

Thursday	Dec. 3	LWSD PTSA Council meeting Scholarship Basket Auction	LWSD	9:30 am
Wednesday	Dec. 9	PTSA Board Meeting	Career Center	4:00 pm
Friday	Dec.11	Winter Spirit Assembly	RHS	
Thursday	Dec.17	Mr. Mustang Show	PAC	7:00 pm
Mon./Fri.	Dec.21-Jan 1	No School Winter Break		
Thursday	Jan. 7	LWSD PTSA Council Meeting	LWSD	9:30 am
Wednesday	Jan. 13	PTSA General Membership Mtg	Career Center	4:00 pm
Thursday	Jan. 14	Mustang Messenger Newsletter Deadline		
Monday	Jan. 18	No School – Martin Luther King Jr. Day		
Friday	Jan. 22	Last Day 1 st Semester		
Tuesday	Jan 26	Special Needs meeting	LWSD	7:00 pm