

# 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

Dear RHS families,

I can't believe April 10 marks the end of the 3<sup>rd</sup> quarter...the year is just flying by! Redmond High continues to amaze me with the activities and achievements of our students. Special congratulations to the boys basketball team for placing 5<sup>th</sup> in the state, and also to the cast and crew of "Urinetown" for putting on such a stellar show!

PTSA has been busy also! The nominating committee (Inez Mobley, Cindy Swanson and Melinda Wilson) have been recruiting people to serve as officers on the PTSA Executive Committee for the 2009-2010 school year. This group will be voted on at the next General Meeting, to be held April 15 at 10:30 in the Career Center. All PTSA members are invited to attend. The proposed slate of officers will be posted on Parent Organizer and on the PTSA website (<http://www.redmondhsptsa.org/index.htm>) prior to the meeting. Once the incoming officers have been voted on, work begins to recruit next year's committee chairs. If you would like to be involved in PTSA by working on or chairing a committee next year, please contact Lois Hiskey ([dhiskey@aol.com](mailto:dhiskey@aol.com)) for more information.

We are in the process of conducting our annual Needs Assessment. This is a procedure in which we survey the teachers for their 'wish lists' of what things they would like for their classrooms. A committee then reviews the requests and prepares a recommendation which is voted on by the PTSA Board. What is approved depends on the items requested, the amount of the request, and the amount available in funds we have not spent over the course of the year. In the past, we have been able to provide some wonderful items for our school. I will keep you updated later in the spring with progress we make and the decisions that are made.

I would like to invite all of you to attend the Lake Washington Schools Foundation Luncheon on Wednesday, May 13 at Juanita High School. The Foundation does such wonderful work in bringing enrichment funds to all of the schools in our district, and this year they are especially focusing on math and science enrichment. The keynote speaker is former NASA astronaut Pinky Nelson, and the luncheon will be emceed by King 5's Dennis Bounds. I would love for Redmond High families to show support of the Foundation by filling several RHS tables! If you

are interested in attending, please contact Lois Hiskey ([dhiskey@aol.com](mailto:dhiskey@aol.com)) for details.

The evening of May 20 will be very special one for PTSA. In addition to being our last General Meeting of the year, during which we will approve the budget for the 2009-2010 school year, it is also when we present two scholarships to graduating seniors, and announce the recipients of PTSA parent awards. Please join us at 7pm in the library for this festive event. Staff awards will be presented at the Moving-Up Assembly on June 9. If you would like to nominate a parent or staff member for an award, the deadline is April 24. Please see the nomination form inside the newsletter for more information.

Go Stangs!  
Lois Hiskey and Deena Polk  
PTSA Co-Presidents

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## RHS PTSA Board

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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 April 16th.**

## Thank You, Thank You's

THANK YOU goes out to the parents & staff that helped with the practice SAT held on February 28 at RHS. Deanna Thompson and Shari Newton for checking in students as they arrived; Jackie Thompson and Kalpana Gilroy for proctoring the test and Bob Holmes and Paul Mullen for having the facility ready for us that morning. Thanks to all of you about 65 students were able to find out how they might score on this college entrance exam.

Melinda Wilson and Nancy Chatterley, Practice Test Co-Chairs



Staff Appreciation provided the staff with Valentine's Day treats on February 12<sup>th</sup>. There were several varieties of homemade muffins, cupcakes, rice krispie treats, and cookies, as well as fresh strawberries and grapes. Each staff member also received goodie bags with an assortment of valentine candy and chocolate. We would like to thank the following volunteers: Bonnie Ellis, Shelly Schur, Jaci Halen, Denise Larson, Carrie Ulvestad, Celeste Lavender, and Debbie Marchione.

Staff Appreciation hosted a luncheon Wednesday, March 11<sup>th</sup>. The menu included 19 different varieties of salad including Thai peanut noodle salad, fresh tomato and mozzarella, Caesar with pancetta, pasta salad, chicken curry rice, pesto pasta salad, Chinese noodle salad, marinated winter veggies, broccoli salad, potato salad, creamy Italian with olives, salami, tomato and mozzarella, pea with bacon and smoked almonds, Greek salad, chicken Caesar, rice and veggies, and spinach with bacon dressing, along with soft bread sticks and homemade Irish lace cookies. We wish to thank the following volunteers: Pam Adams, Laura Jones, Carrie Ulvestad, Judy Russo, Marilyn Polis, Inez Mobley, Bonnie Ellis, Denise Larson, Paula Lazzeri, Lori Morton Allison, Diane Mroz, Jaci Halen, Diana Farrow, Colleen Murphy, Julia Reiss, Tricia Brazier, Lila McBride and, Nancy Knight. Without these dedicated volunteers, we wouldn't be able to host these events. Thank you.

Staff Appreciation Co-Chairs

Linda Burke and Kathy Friedrich



## PTSA Treasurer's Report - February 2009



PTSA Checking Account Balance \$15,770.84

Grad Night Account Balance \$10,623.97

Baccalaureate Account Balance \$403.73

CD Account Balance \$10,000

*Peg Hunt Garing, Treasurer*

## Parent Education Programs

### **The Risky Business of Adolescence: Local trends in teen risk taking & experimentation**

Date: Monday, April 13, 2009

Time: 7:00 – 9:00 PM

Location: LWSD Resource Center Board Room (16250 NE 74<sup>th</sup> Street, Redmond)

What problem behaviors are most common in a community like Redmond? Who is likely to participate? *Leaders, followers & group thinking*. Come hear a panel discussion of alcohol & substance use & abuse; and other troublesome behaviors. What can parents influence to keep their teenagers and their friends safe? Learn how to establish age appropriate limits & consequences; and approaches to monitoring teen activities.

Panel members include: Moderator, **Ken Wong**, Director of Teen Programs, City of Redmond; **Jeannine Ewing**, Redmond High Health teacher and parent; **Eva LaFollette**, Licensed Mental Health Counselor on the Eastside; and a former RHS student in their early 20's.

#### **Recommended for Redmond area parents of students 15 and up**

This event is sponsored by the Redmond High PTSA

Questions? Contact Joanne Hall at [jjjahall@juno.com](mailto:jjjahall@juno.com)

### **College Planning: Finding the right fit for your student**

Date: Thursday, April 23, 2009

Time: 7:00 – 9:00 PM

Location: LWSD Resource Center Board Room (16250 NE 74<sup>th</sup> Street, Redmond)

**Frances Finan** of Competitive Edge Consulting will present an overview of the college planning process. This information will be helpful whether your student is a freshman, sophomore or junior with intentions to attend a 2-year or 4-year college. Frances will address SAT Score Choice, how the changing economy has affected college admissions and updates in admissions policies.

**Highlights will include:** \* Different pathways to college \* Resumes – what are colleges looking for? \* Summer options to consider – jobs, job shadows, summer camps \* Parent's role – how (and why) you can help your student narrow the focus \* Making the most of campus visits & college fairs

#### **Recommended for parents of 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> grade students**

This event is sponsored by the Redmond High PTSA

Questions? Contact Janet Dahl at [jmd@primerecognition.com](mailto:jmd@primerecognition.com) or Joanne Hall at [jjjahall@juno.com](mailto:jjjahall@juno.com)

### RHS PTSA Meeting Minutes Summary, Sally Whitaker, PTSA Secretary

A Board meeting was held on March 11, 2009. Melissa Pointer gave part of the Principal's Report. She discussed the "RHS Help" program for students with financial needs; and clarified the WASL start time. Lloyd Higgins gave the remainder of the Principal's report. He stated that Graduation will be at 7:30pm at Key Arena. He also stated a committee would be discussing how to handle the Honors Certificates Presentation. Peg Hunt, Treasurer, distributed a report that showed we have \$15,770.84 in our checking account. A motion was passed to grant \$250 each to two orchestra students towards their trip to Carnegie Hall in May. The Treasurer's Report and more detailed minutes can be found on the PTSA website, [www.redmondhspta.org](http://www.redmondhspta.org).

## From the Principal—*Jane Todd, Principal*

Dear Parents:

I do promise this will be the last of my cautionary tales for a while.

I used to joke that the drug of choice for my own male children was computer games. I use the term “joke” loosely, since I may have been laughing on the outside, but I am quite certain I was nursing a nagging worry on the inside. Occasionally, when the worry broke the surface a bit more (usually around grade times or when I wanted to use the computer) we tried to put into place some limitations on this sort of recreation. I think I must have sounded to my children like my mom did to me when she told me to go outside and get some fresh air. The salient difference being, of course, that my nose was always in a book, and not glued to a monitor of any sort. In any case, fairly soon after “laying down the law” both they and I would lose track of the time they were spending on the computer and we would effect an uneasy truce until the next red flag. I comforted myself, when I was engaged in conscious thought about this at all, that at least they were not running around doing who knows what with who knows whom and who knows where.

Hindsight is 20-20, they say. I have lots more clarity on what I should have done as a parent on any number of issues now that, if the heavens smile favorably on me at all, it won't be too much longer before my children become parents themselves. On this issue, in particular, I have learned a thing or two from research, from observation, as well as my own experience.

A few years ago I heard a speaker talk about the research that had been done on adolescents who had been exposed, through all sorts of media, to a steady stream of violent images. He cited, in particular, such computer games as Grand Theft Auto, so you will know what he was referencing. What the researchers discovered is that the adrenalin response caused by viewing these images shuts down off the cerebral cortex in the brain from the limbic system. In other words, viewers are in a heightened state of “fight or flight” for prolonged periods of time; they are stuck in the emotional (or “reptilian”) part of the brain, and higher order thinking is simply not possible. That is alarming in and of itself, but the researchers further discovered that the effect lasts for a significant amount of time after the player stops the game. At this point it is uncertain just how long the effect can last, but it is hypothesized that in some cases the state may be permanent.

A while after hearing that, I bought the family a computer game called Pandora's Box for the holidays. The game involves lots of different puzzles that the player must solve in order to move up levels. Each level relates to a legend, and each puzzle reveals a famous piece of art or architecture. I suppose I reasoned that it might be a way to engage my boys in something educational, a way to wean them off the games I didn't like. I had never played video or computer games, but that holiday, I played quite a bit

of Pandora's Box. I was startled to realize that I began having trouble sleeping (usually not a problem for me, given that my husband can tell you about any number of times I have fallen asleep sitting straight up and in the middle of a conversation with him.) I was becoming an insomniac that vacation as my brain replayed images from Pandora's Box and my body tensed in a competition, albeit against myself, to solve the puzzles, as if I were still sitting at the keyboard. When I realized what was happening, I stopped playing, convinced I was becoming addicted.

Recently, a parent sent me another Reuter's article (“Playing violent video games has risks: study” February 6, 2009.) This one details research that indicates the following:

- Young men reported video gaming three times as often and reported playing violent video games nearly eight times as often as young women.
- Young men are more likely to use the internet for entertainment, daily headline news and pornography than young women, who use it for e-mail and schoolwork.
- Regardless of gender, clear correlations are seen between frequent gaming and more frequent alcohol and drug use and lower quality personal relationships, as well as more frequent violent gaming and a greater number of sexual partners.

I have worked with countless families and students over the past several years who tell me the reason homework is not getting done is because video gaming has taken up all available time after school. I have heard that psychologists specializing in gaming addiction are springing up all over the country. Even though we were lucky my boys did not make that connection to other addictions, looking back I am certain they were addicted to gaming, and I am sorry I was not more aware. In their cases, their girlfriends and/or wives are the ones who turned off the machine. If I were to go back, I would closely monitor the kinds of games they were playing; I would set strict time limits and control when playing could be done; I would consciously incorporate more activities involving interpersonal interaction into the life of the family and require that they participate. And I would seek opportunities in which they could test themselves, physically, mentally and emotionally – in real life with real people -- since, although the studies I have read recently do not mention it, I am convinced that my boys were playing (forgive the pun) out a biological imperative in the only way available to them.

As always, I hope you will take my thoughts how they are intended --- a sharing among adults who care about young people. Take care and have a wonderful spring break!!

Sincerely, Jane

## Melissa Pointer, Assistant Principal

### RHS Help

Many people think that suburban high schools like Redmond are not impacted by difficult economic times. Unfortunately, this perception of wealth directs community resources to other worthy charities. Unfortunately, however, this perception is far from true. Redmond serves a growing population of economically disadvantaged students. Additionally, with unemployment rates as high as they've been in decades and local companies such as Microsoft, Starbucks, and Boeing laying off hundreds of employees right here in our own community, families that have always managed to get by comfortably are now struggling financially. Many of these families are applying and qualifying for free or reduced lunch and state Basic Food or food stamps. Many have also lost their medical insurance and benefits and are simply unable to keep up with the costs associated with sending a child to high school.

While all students are entitled to a free public education, there are many incidental costs that families are expected to cover: lunch, school supplies, specialized class fees, ASB cards, sports physicals, AP and SAT/ACT test fees, formal dance tickets, college application fees, and more.

Each year we observe more and more families struggling to keep up with the growing cost of supporting a student that wants to fully participate in high school. We witness some of our students withdrawing from activities and opportunities available to them through our education system simply because they lack the financial means to fully engage in the high school experience. While only 9% of the RHS student body is currently receiving free or reduced lunch, we know there are many families that do not apply, and we also know there are hundreds of families that may not meet the income requirements to qualify but are significantly struggling financially. Because of this, we have implemented "RHS Help," a program that includes a confidential email address where students, parents, counselors, teachers, and coaches can make requests for financial assistance for a RHS student.

Students will learn about the program and how to access assistance through their advisory teachers. We want to let our students know that it is acceptable to ask for help and that the school has a support system and resources available to them that would allow them to receive the full benefits of their high school experience. Some of the resources available will cover the cost of the things listed above as well as free mental health counseling, eye exams and glasses, Running Start textbooks, graduation caps and gowns, and more.

If your student is in need of assistance from the RHS Help program, please send an email to the program's confidential email address ([rhshelp@lwsd.org](mailto:rhshelp@lwsd.org)) outlining your needs.

Funding for this program comes from a variety of sources. One

of the primary contributors is PEMCO Insurance Company by their generous donation of \$1500 in honor of RHS teacher, Mike Town, recipient of the Stanley O. McNaughton Golden Apple Award this year.

Funding also comes from generous donations from Saul Haas Foundation, the Redmond High School PTSA, Target Stores' "Take Charge of Education" program, and Microsoft's "Hunt the Wumpus" program.

While we are optimistic about the success of the program, we know that charitable contributions for programs like these are on the decline. We are hopeful that generous community members will see the long term benefits of this program and will commit to supporting us by making regular donations. With support from the community, we know that this project can be further developed each year. Our initial goal was to find ways to assist students with paying for the incidental expenses they incur in high school; however, there are many more ways we can support students and eliminate potential barriers to their success. One such idea we are working on, is to build a bank of laptops available for students to checkout when they have assignments or projects that require computer/internet use. Currently, the LWSd has a program where they give families in need a vintage PC free of charge. Although we are appreciative of the option, these computers are slow, do not perform well, and do not give the student an option of free internet access. With a bank of Wi-Fi ready laptops available for checkout, students will have access to quality machines that can be used in numerous free Wi-Fi locations around town. Although an exciting and very attainable project, it can only be accomplished by donations from the community.

If you are interested in donating to the program please email [rhshelp@lwsd.org](mailto:rhshelp@lwsd.org).

WAYS YOU CAN HELP
Monetary Donations Addressed to the "RHS Donation Account"
Donations of new or slightly used Wi-Fi ready laptops
For licensed medical doctors, donations of sports physical exams

## Counselors' Corner

Students are assigned counselors based on their last name.

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

### Scholarship News

Seniors are encouraged to pick up our Scholarship Bulletin either in the career center or online and look it over for possibilities. Applying for scholarships is self initiated; the counselors encourage your student to take the time and apply to those scholarships that appear to match his/her qualifications. Scholarships are not always looking for a 4.0 student. They could be looking for your student.

If your student has already been offered a scholarship to a college, please inform the Counseling Center by bringing a copy of the award letter to Mrs. LaBrie. It doesn't matter if your student plans to attend that particular school; please tell us anyway. This is the only way your student will receive recognition in the graduation program.

### Advanced Placement

Advanced Placement exams are scheduled for May 5 through May 22. Students have been preparing for their exams with their teachers. Of course, it goes without saying that students need to get a good night's sleep and eat a good breakfast the day of their tests. Being aware of the time and location, what materials to bring, and the testing procedures will help reduce test anxiety. Reading the registration materials passed out in March or referring to the College Board website will also help. Students are encouraged to leave early and allow plenty of time to drive to Lake Washington Technical College. Students are reminded that they CAN NOT leave any test early for any reason. The College Board has very strict rules regarding testing procedures, including no cell phones or other electronic devices. All students must bring picture identification (such as a driver's license or student body card with a picture) in order to enter the testing room. And do not forget pens and pencils! Congratulations to each student who has stretched, struggled, and survived each of these demanding college level courses. Good luck to each of them!!!

### Grades and Spring

As the days get warmer, many of our students find their thoughts turning to summer activities. Seniors especially often have a difficult time keeping themselves on track. Please remind your student that the school year is not quite over yet and they still have plenty of work to do! Use Webgrader to keep up with your student's progress, and if you have specific concerns do contact your student's teachers or counselor to see how they can improve before the end of the year. Remember, seniors must have all graduation requirements completed (including all level V essays and Culminating Project) or they will not be allowed to walk at the graduation ceremony! Also, colleges require a final high school transcript sent to check second semester grades and they do reserve the right to rescind acceptances if students show lack of progress. For sophomores and juniors, they do have the option of taking missing credits through summer school (information will be available on the district website soon).

### Counseling Center Website

In order to provide more access to resources, we are adding more to our website. Currently our course catalogue, list of on-line resources for post-high school planning, pre-registration information and video, and planning hints for 10-12 grade are all available through the counseling section of Redmond High School's website, <http://schools.lwsd.org/rhs/>. We encourage you and your student to access these resources!

### Summer School in the Lake Washington School District

Summer School for 2009 will once again be held at Redmond High School. Classes will be held July 6 – 31. The summer school catalogue and applications will soon be available on the Lake Washington District website ([www.lwsd.org](http://www.lwsd.org)) and then search "Summer School 2009". Students will be notified when hard copies are available at the school. This is an excellent opportunity to catch up on missing credits!

### Summer Enrichment Programs on College Campuses

Is your student interested in learning more about medical research or how to write the perfect novel? There are many summer programs for sophomores and juniors available through college and universities across the country. Many of these programs take place on college campuses allowing students a taste of what the college experience will be like. If your student is interested in summer programs, you can refer to university websites or see Mrs. Davidson in the Career Center for options and ideas.

### ADD TO YOUR JUNIOR'S LIST OF THINGS TO DO:

Juniors need to register to take the SAT or the ACT this spring. If unhappy with their scores, they can retake SAT/ACT in the fall.

Juniors also need to begin their college search this spring. Once they have their SAT/ACT scores, they will be able to find colleges where they'll be competitive.

Juniors also need to talk to older students home from college. Ask them what they like/don't like about their school.

Visit several campuses.

Refer to our list of college web resources online on our website.

#### TEST DATES FOR 2008-2009

#### OUR RHS CODE IS 480-978

	Test Date	Registration Deadline
SAT	May 2, 2009	March 31, 2009
	June 6, 2009	May 15, 2009
ACT	June 13, 2009	May 8, 2009

Juniors – please note that the spring test dates for both the SAT and ACT tend to fill up early, so be sure to register for the date you want early or you may not get the site or date you prefer!

#### DATES TO REMEMBER

April 10	Last day of 3 <sup>rd</sup> quarter	
	May 4 – May 20	Advanced Placement Exams
	June 11	Graduation

## Legislative News

Legislative Chairs and education activists from around the state converged on Olympia Feb 26<sup>th</sup> for Focus Day. This year we had a rally on the Capitol steps with 200 people attending as well as meeting with legislators. Our message to the Governor (who unfortunately was sick and couldn't attend) and legislators was that we support their efforts to fund and reform education **\*this session\***. There were no illusions about this being easy, given 1) the economy, 2) the history of failed reform efforts, 3) conflicts between some education advocates (including WSPTA) and the WEA (the state teacher's union) over how best to serve Washington's students. In fact since the session has started state investment in education has become much more tenuous, and the original bills created from the recommendations by the Basic Education Funding Taskforce (including Reps Hunter, Tom and Jarrett) have been replaced. The new bills, SB6048 and SHB2261, are known as "Bills of Intent", in other words shell measures that will be worked out in later negotiations. The PTA hopes be one of the stakeholders in these future meetings, which may well determine the future of reforms like Core24, merit pay, full day kindergarten, levy equalization, model schools, etc. All of our speakers emphasized the importance of pressuring our legislators to back these measures: to do that call 1-800-562-6000 or use <http://apps.leg.wa.gov/memberemail/Default.aspx> to email (most readers will want to contact Sen. Oemig, Rep. Goodman or Rep. Springer. For those of you reading this on line, you can see a summary of Focus Day's key speeches here:

Focus Day, What We Learned: <http://www.youtube.com/watch?v=8soGHOC-J3o>

The entire event is also available on YouTube (contact me for links). Matt Loschen 425 442 4981 [MattLoschen@verizon.net](mailto:MattLoschen@verizon.net)

## Weigh in on Budget Priorities –Survey Open Now

Because of anticipated cuts in the state budget, Lake Washington School District is currently anticipating that the district will receive nearly \$5 million less in state funds next year and that amount could change. The district is seeking parent opinion on what items should receive priority in funding as it develops the budget for the 2009-2010 school year. An online survey is available on the [district Web site](#) now through April 5, 2009. Just click on the link on the right hand side of the page under "What's new on this site."

In 2006, the last time that the district faced significant budget cuts, a committee consisting of community members, parents, teachers and administrators developed a budget-decision screen. This screen has been used since then in determining where cuts can be made in each school year's budget. The current survey asks parents and community members to rate the items currently on the screen to determine if the district still has the right priorities for funding. The survey also asks the public to rate specific budget items on how important each item is to fund.

In addition to seeking public opinion on budget priorities, the district will continue to monitor the budget work being done in the legislature and will adjust the amount of cuts needed accordingly. For planning purposes, the process of determining these cuts needs to begin now, instead of waiting until the end of the legislative session.

## REDMOND HIGH SCHOOL PTSA AWARDS

### Golden Mustang, Outstanding Educator, Golden Acorn, Outstanding Advocate

RHS PTSA is looking for input from RHS staff, parents, students and community. The PTSA is seeking recommendations in identifying exceptional advocates and volunteers within our school community. Below you will find several award categories. Awards are presented to honorees at RHS. Recommendations can be sent to the RHS office addressed "PTSA Awards" or you can email recommendations to [Redmondrose@juno.com](mailto:Redmondrose@juno.com).

You may nominate more than one person for each award.

Deadline for submissions is April 24, 2009.

The **Golden Acorn** award is given to a person who has given exemplary volunteer service to children and youth in our school community. This award consists of a gold pin in the shape of an acorn, a special certificate and a contribution of \$65.00 in that person's name to the Washington State PTSA Financial Grant Foundation. The foundation provides scholarships each year to high school graduates entering college or vocational school.

**Golden Mustang Award** is unique to the Redmond High School community. The recipient should be a positive role model for all students. It is someone that goes above and beyond the call to encourage the success of our students, in turn making RHS a better place. The award is offered at the discretion of the Awards Committee and may not be awarded every year.

**Outstanding Educator Award** is also offered by the Washington State PTA to recognize individuals who go beyond the normal expectations of their jobs to make the learning environment fun, beneficial and challenging. A pin and certificate are awarded as well as a donation to the State PTSA Scholarship Foundation.

**Outstanding Advocate Award** Established in 2004 recognizes and honors individuals for their advocacy work on behalf of children and youth. An outstanding advocate could be a PTA grassroots advocate teacher, assistant, administrator or community member.

Past award recipients are posted on the RHS PTSA website at <http://www.redmondhsptsa.org/awards.htm>

If you have any questions please contact Barb Nappen at 425.885.3391 or [Redmondrose@juno.com](mailto:Redmondrose@juno.com)

I nominate: \_\_\_\_\_

Award title: \_\_\_\_\_

Nominee's volunteer or advocacy accomplishments: \_\_\_\_\_

\_\_\_\_\_

I nominate: \_\_\_\_\_

Award title: \_\_\_\_\_

Nominee's volunteer or advocacy accomplishments: \_\_\_\_\_

\_\_\_\_\_

I nominate: \_\_\_\_\_

Award title: \_\_\_\_\_

Nominee's volunteer or advocacy accomplishments: \_\_\_\_\_

\_\_\_\_\_



Senior Grad Night: Is Just Around The Corner!

Senior "Grad Night" Celebration 2009



PARENTS! DON'T LET YOUR STUDENT MISS THIS FUN EVENT!  
STUDENTS! DON'T MISS THE BEST SENIOR CELEBRATION YET!



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. A Redmond High School tradition for over the years, the Senior Class Celebration gives the graduating class the opportunity to honor their achievement and celebrate one last time with their classmates. The evening has become a much planned and anticipated event, culminating in an "all-nighter" of secret destinations and non-stop fun with the opportunity for wonderful memories. The Grad Night Committee hopes each student wishing to attend will consider it one of the highlights of their high school years.

The evening begins with bus transportation to the venues on June 11<sup>th</sup>, 2009 following the graduation ceremony. The logistics will be announced once we know graduation times. Students will be transported and entertained for the next eight hours and may be picked up between 6:00 -6:30am the morning of June 12<sup>th</sup>, 2009 at Redmond High School. Please make arrangements to pick up your student! We will not let any students drive themselves home after staying up all night! **They must have a ride home!**

Tickets are now available for the cost of \$140.00 until June 5<sup>th</sup>. **(Yes, it's expensive, but we keep them safe, sane and entertained all night long.)** Now is the time to buy your senior a ticket if you haven't already!

**The following rules will be strictly enforced:**

- Alcohol and drug products will **not** be used or brought in by students. Should a student be found in possession of, or under the influence of alcohol or drugs prior to boarding the bus or at any time during the party, the student will be sent home immediately.
- Phone calls will **not** be allowed by any students during the evening. If there is an emergency, a grad night chaperone will make the call for you. **Cell phones will not be allowed!**
- No one will board the bus without a consent form on file.
- Students may **not** leave the celebration unless picked up by a parent/guardian.
- Purses, wallets, backpacks, duffel bags or any other type of bag will **not** be permitted on the bus.

**All Seniors will be searched before entering the busses!**

Tickets are available by sending your check payable to RHS Grad Night with the coupon below to: **Melinda Wilson at 22707 NE 142<sup>nd</sup> Place Woodinville, WA 98077.** Your receipt will be your ticket and mailed to you. Thank you.

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

\* \* \* \* \*

Senior's Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
 Parent's Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Parent's Email Address: \_\_\_\_\_  
 Are you interested in helping? \_\_\_\_\_

## More Senior Grad Night Info

### BUS SIGN-UPS WILL BEGIN IN MAY

Your senior must have purchased a “ticket” and together you must have completed and signed the **Permission to Attend Form** to sign up for a bus with their friends. Buses fill up fast and will be done on a first come, first serve bases. Volunteers will be checking to see if all necessary paper work has been filled out before signing any seniors to buses.



### WANTED ~ PRIZES FOR GRAD NIGHT!

The Senior Grad Night Celebration Committee is currently seeking donations from businesses, community leaders and parents for prizes for the seniors attending the Grad Night Celebration on June 11<sup>th</sup>. Gift cards, sport tickets, CD's, CD players, iPods, movie passes or ANYTHING a graduate would enjoy would be greatly appreciated! If you would like to provide a tax-deductible donation of an item, please contact:

Deena Polk at 898-7070 or [deenapolk@hotmail.com](mailto:deenapolk@hotmail.com)

***It's not too late to get involved with the Senior Celebration!!  
Chaperones are needed and you don't need to be a senior parent!***



- You'll be kept busy and it really is fun watching the students have such a blast for one last time as a class!
- There's a lot to eat and coffee too!
- You are on an active rotation schedule so you have fun and don't get bored!
- ***Believe It or Not, the Seniors Want You There!***

If you would like to become involve in anyway, please contact, Deena Polk



## Bacca.....What!?? Baccalaureate

**Baccalaureate** is an awesome tradition here at RHS, and many students don't even know about this wonderful celebration until their senior year!

Baccalaureate celebrations have been taking place in conjunction with graduation ceremonies since the 1400's! It all started at Oxford University and is a tradition older than America itself. As the years have passed, and America has changed, the look and feel of Baccalaureate has changed too. Today, it is a ceremony for seniors to reflect on their high school years, express encouragement and gratitude, and inspire one another as they go forward into their future. Each year Baccalaureate reflects the talent and personality of the graduating class it represents.

It is an evening put on by the seniors, and each graduate is encouraged to participate in this inspirational event. Seniors will have an opportunity to share their talents and speaking abilities as well as enjoy an inspirational speaker. **Sign-ups to audition for speeches and performances will be available at the senior meeting on April 10th.**

We are looking forward to a special evening shared with classmates, friends, and family, and hope that everyone will make time in their graduation festivities for Baccalaureate to be held on **Tuesday, June 9th at 7pm at The City Church in Kirkland.**

*Barb Hernacki and Terri Whidby - Baccalaureate Co-Chairs*

## Sports and Theatre

### Redmond Mustangs Gymnastics

Summer Program: June 1 ~ July 31, 2009

Practices are Tuesday and Thursday from 6:30pm—8:30pm

Coach Jason Farr runs the summer gymnastics program. Our summer program is a great way to keep in shape for next season or be introduced to the sport. New or potential members are always welcome, and returning members are encouraged to come and work out during the summer. Our program is run at Eastside Gymnastics Academy. Mustang Gymnastics gets the benefit of working out in a state of the art facility that is a stones throw from the school, with one of the most experienced coaches around.

“The last season showed tremendous improvement and I am excited to take the team to a new level this season! I look forward to working with new girls as well as returning members. Each year the team gets stronger and more cohesive as a group. The enthusiasm that the girls show is what makes this a great team and a strong group of friends. I look forward to seeing a strong turn out this summer. We will work hard and have fun doing it!”

If you are interested or have questions please contact the Athletic Director, Mr. Applegate or Coach Farr. (Coach Farr can be reached at 425-486-7429 or by email at Jason@evergreenathletics.com).

GO STANGS!!!

### Redmond Football 2009

Welcome to the 2009 Redmond Football Season. We are in full swing for our preparations for the season. If your son is planning on playing this year, please e-mail Coach Pluschke at [mpluschke@lwsd.org](mailto:mpluschke@lwsd.org) to update your contact info: Athlete, Parents, Home #, Cell# (Both Parents and Athlete), E-mail Address that you check frequently. All Athletes should be Lifting for football, lifting workouts can be picked up from Coach Pluschke.

Also there are a few important dates for you to put on your Calendar:

Kickoff Meeting: Wednesday, April 29<sup>th</sup> 7pm at RHS Cafeteria

Spring Practices Start: Juniors and Seniors June 1<sup>st</sup>. Sophomores: June 15<sup>th</sup> (ten days worth of Practices)

Team Football Camp: June 27-July 1<sup>st</sup> at Central Washington University

### RHS Theatre Arts in Bloom

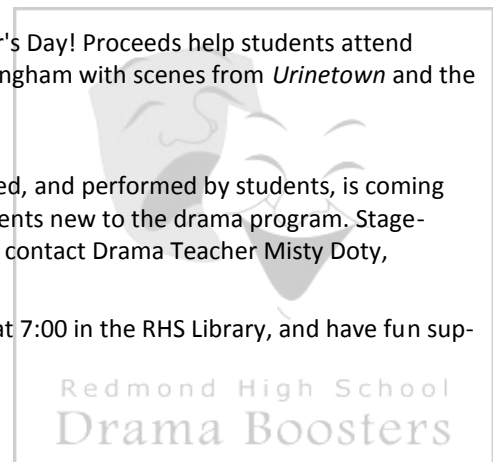
Beautiful Spring Flower Baskets from Drama Boosters will arrive just in time for Mother's Day! Proceeds help students attend events like the Washington Thespian Conference. Last month 47 students went to Bellingham with scenes from *Urinetown* and the one-act *Spring Fling*. You can find order forms on our website below.

**Orders due by April 16.**

Drama Fest, the series of one-acts, 10-minute plays and monologues all written, directed, and performed by students, is coming May 12-15 to the PAC. The large number of creative opportunities always attracts students new to the drama program. Stage-struck students are encouraged to come to **Auditions April 7-8**. For more information, contact Drama Teacher Misty Doty, [mcarrson@lwsd.org](mailto:mcarrson@lwsd.org), or check the website.

Parents have a role to play, too! Come to the next Boosters General Meeting, April 16 at 7:00 in the RHS Library, and have fun supporting our students.

Please visit [www.RedmondDrama.org](http://www.RedmondDrama.org) for all the latest Theatre Arts news and events.



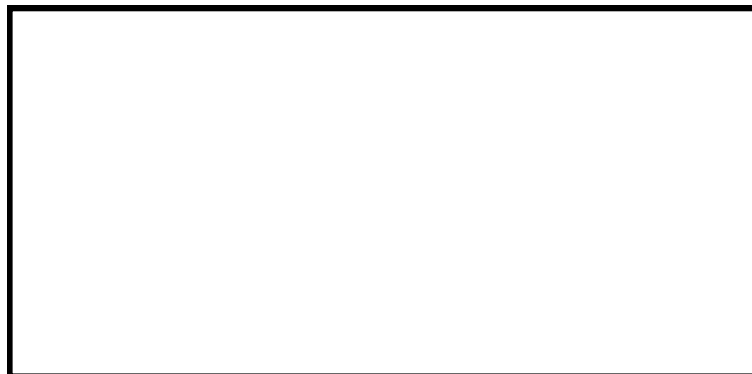
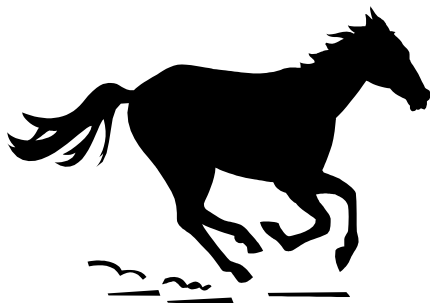
# Mustang Messenger

**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](http://redmondhsptsa.org) or  
the school website at [lwsd.org/school/rhs](http://lwsd.org/school/rhs))*

Mon.-Fri.	Mar. 30 <sup>th</sup> –April 3 <sup>rd</sup>	Spring Break	No School	
Wednesday	April 8 <sup>th</sup>	ACT Test and Scores Back Session	Cafeteria	7:00pm
Friday	April 10 <sup>th</sup>	Last Day of 3 <sup>rd</sup> Quarter		
Friday	April 12 <sup>th</sup>	Awards Nomination Forms Due	RHS Office	
Monday	April 13 <sup>th</sup>	Parent Ed Class The Risky Business of Adolescence: Local Teen Risk Taking & Experimentation	LWRC	7:00pm
Wednesday	April 15 <sup>th</sup>	PTSA General Meeting	Career Center	10:30am
Thursday	April 23 <sup>rd</sup>	Parent Ed Class College Planning: Finding the Right Fit For Your Student	LWRS	7:00pm