

Mustang Messenger

Redmond High School PTSA 2.8.100

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

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17272 NE 104th, Redmond, WA 98052
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Presidents' Message

We've made it through the first semester! January is always such a crazy and stressful time for our kids with finals, lab reports and end-of-semester papers and projects. Hopefully they also had some fun this month attending basketball games and Tolo and participating in a winter sport, a club or a drama activity. They certainly have been busy, and PTSA has been busy, too!

The state PTSA is looking for a huge turn-out at "**Focus Day 2009**", to be held on the steps of the Capitol Building in Olympia at noon on February 26th. During the current Legislative Session, the topic of **Basic Education** is set to be redefined, for the first time in many years. A task force, assembled by Governor Gregoire, recently submitted their final report, and it is a massive overhaul of how we define "basic education". The "old" definition funded only 5 periods a day for high schoolers (LWSD foots the cost for a 6th period), little special education support, limited "specialists" (i.e. art, nurses, etc.), and little funding for computers, equipment, etc. The new proposal recommends sweeping changes including a minimum 6 period day for high school, mandated smaller class size, a huge overhaul of teacher compensation, etc. PTSA views the task force's report as very "pro-kid" and "pro-education". Focus Day is a public event where parents and PTSA members can partner with other pro-child groups to show our Legislature how strong our commitment is to fixing the problems with public education. We are hoping for a huge turn-out on the 26th. The district is arranging free buses...if you would like to attend, please contact Legislative chair Matt Loschen (mattloschen@verizon.net) for details.

For those of you with seniors, you should be aware that both the Redmond HS PTSA as well as Lake Washington PTSA Council offer merit-based **scholarships**. Go to www.lwptsacouncil.org for information on the Council scholarships, and see the article on page 4 in this Messenger for Redmond High PTSA scholarships.

We want to acknowledge the students who submitted entries for this year's PTSA **Reflections** Arts program. A reception and exhibition of all district entries was held at the Resource Center on January 16th. We have an amazing amount of talent here at RHS and throughout the district.

If your child is interested in taking a "mock SAT" practice test, mark your calendars for Saturday, Feb. 28th. This is a stress-free

way for your son or daughter to practice taking this test, and to see their results. See page 5 in the newsletter for specifics.

At our January 14th General Membership meeting, we elected our Nominating Committee who will prepare a slate of officers to serve on the PTSA Executive Committee for next year. If you are interesting in nominating someone or learning more about a position, please contact a member of the Nominating Committee (see article on the inside cover of the newsletter for contact information).

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 February 12th.

Staff Appreciation Team at Work Again

Staff Appreciation hosted a luncheon for the staff on December 10th. The menu included Lasagna, Cesar Salad, Garlic Bread, and an assortment of Italian cookies including homemade pizzelles. We would like to thank the following volunteers for baking and delivering all of the lasagna: Pam Adams, Diane Mroz, Carrie Ulvestad, Julia Reiss, Judy Russo, Sheri Sanders, Carrie Wright, Shannon McManus, and Denise Larson.

Staff Appreciation also hosted a luncheon for the staff on January 14th. The menu included a variety of heavy appetizers and desserts including orzo salad, veggie cream cheese pizza, baguette sandwiches, pesto cheesecake, crab pinwheels, hummus and pita, taco dip and chips, tapenade, cocktail weenies, veggie platter, marinated tortellini, tortilla roll ups, smoked salmon spread, pigs in a blanket, garlic dip and chips, meat and cheese platter, mini quiches, croissant sandwiches, fruit salad, chocolate cakes, chocolate chip cheese ball, brownies, and several different varieties of homemade cookies. We wish to thank the following volunteers for making it all possible: Laura Jones, Carrie Ulvestad, Dede Wren, Paula Lazzeri, Denise Larson, Bonnie Ellis, Jaci Halen, Bette Osman, Becky Ohrt, Jackie Floan, Marilyn Polis, Tricia Brazier, Diana Farrow, Kim Erlandson, Shari Hsu, Pam Adams, Inez Mobley, Diane Mroz, Judy Russo, Leah Lambert, Julia Reiss, Julie Conley, Cindy Swanson, Nancy Knight, Susan Nelson, and Celeste Lavender. Without these wonderful cooks and dedicated volunteers, we wouldn't have been able to pull this off!

Our PTSA at Work For You ~ Many Thanks

Staff Appreciation Co-Chairs
Linda Burke and Kathy Friedrich

2009-10 PTSA Executive Board Nominees Needed

The Nominating Committee is now taking nominations for the 2009-10 slate of officers for RHS PTSA. We welcome you to submit your recommendations for the positions of *president, vice presidents, secretary and treasurer*. If you are interested in one of these positions for yourself or someone you know & need job descriptions, please feel free to contact one of the Committee members.

Please submit your recommendations to a Committee member by Feb. 14.

Melinda Wilson – jamwilson@msn.com
Inez Mobley – bmobley@att.net
Cindy Swanson – cindy.swanson@comcast.net

PTSA Treasurer's Report - December 2008



PTSA General Account \$17,626.05
Grad Night Account \$10,423.76
Baccalaureate Account \$653.73

Please remember to get your company matching fund requests in! Please specify RHS PTSA and either turn the form in electronically through your company or send to RHS PTSA Treasurer at Redmond High School.

Thanks.
Peg Hunt Garing

Redmond High School PTSA Presents:

Teen Driving Safety: What Parents Need to Know

Date: Wednesday, January 28, 2009

Time: 7:00 – 9:00 PM

Location: Redmond High School Career Center (17272 NE 104th Street, Redmond)

Arthur VanDyke, Manager of Training Programs for Swerve will present techniques in teaching teens to drive more safely and defensively. The discussion will include statistics on teen driving, when and where collisions are likely to occur, parenting guidelines for new drivers, liability issues & new technologies for monitoring teen driving.

Paul Edwardson, new Redmond High School Resource Officer will discuss Redmond area teen driving habits & common violations. What is happening around campus and in the City of Redmond.

Recommended for all LWSD parents of students 15 and up

This event is sponsored by the Redmond High PTSA & the Lake Washington PTSA Council.

Questions? Contact Joanne Hall at jjjahall@juno.com

Susan Quattrociocchi, Ph.D. presents:

The Importance of the High School Foundation: The Parent's Role

Date: Thursday, February 12th

Time: 7:00 – 9:00 PM

Location: Cadle Theater at Lake Washington High School (12033 N.E. 80th Street, Kirkland, WA)

There is a growing body of research to substantiate what common knowledge attests: parents have a profound and lasting impact on both children's school achievement and successful career and college planning. Parents contribute to school and career success in several ways: through the spoken and unspoken messages they give about the importance of school; the actions they take at home and in school to promote and support children's academic achievement and career planning; and the parenting style they use in the home. *Learn how YOU can guide and empower your child to make the most of their high school experience.*

Dr. Quattrociocchi is the former Director of the Washington State Initiative, *A Call to Parents: How to Cut the High Costs and High Risks of Education after High School*. A popular national speaker and writer, Susan is a respected authority on the power of parental involvement and the educational/career needs of young people.

Recommended for all LWSD parents of students 8th grade and up.

This event is co-sponsored by the Lake Washington High School PTSA & the Lake Washington PTSA Council

Questions? Contact Joanne Hall at jjjahall@juno.com

RHS PTSA Meeting Minutes Summary

Sally Whitaker, PTSA Secretary

A General Membership meeting was held on January 14, 2009. Jane Todd gave the Principal's Report. She reported the incoming parent night has been rescheduled to January 28th. The focus will be on preregistration and course selection. A motion passed to grant a student \$150 to attend a regional choir concert. Also passed was a motion to appoint Inez Mobley, Melinda Wilson, and Cindy Swanson to the nominating committee. Melinda Wilson reported 138 Grad Night tickets have been sold; and there will be an SAT practice test on February 28th. The Treasurer's Report and more detailed minutes can be found on the PTSA website, www.redmondhsptsa.org.

From the Principal—Jane Todd, Principal

In 2000, TheodoreSizer, who had been named Dean of the Graduate School of Education at Harvard at the age of 32, published another of many books. He had already earned a reputation in the education community for a series of seminal works on secondary education, *Horace's Compromise: The Dilemma of the American High School*; *Horace's School: Redesigning the American High School*; and *Horace's Hope: What Works for the American High School*. This new book was titled *The Students Are Watching*. While the subtitle is "Schools and the Moral Contract" what always resonates with me more than the text of this book is the main title.

I find myself thinking about adolescents and how good they are at pretending they are oblivious to anything in their lives besides their own interests, needs and social circles. I think about how many times I wondered if, as a parent, I had suddenly become invisible to my own children. I was almost certain I had lost the mechanism by which my voice could be heard and understood by anyone under twenty-five, and according to my children, simultaneously lost the ability to *really* understand what they were saying. In light of all this evidence of our obsolescence as parents (except of course when funds or car keys were needed), my husband and I felt fairly certain that whatever hopes, dreams, concerns or worries we had would be similarly ignored. It is only now that our family has successfully survived the adolescence of four young adults, who, by all measures, turned out to be healthy, relatively happy, motivated and considerate, that we understand our children knew just about everything my husband and I thought or felt all that time. If it was so easy for us, and other parents we know, to miss that obvious fact, imagine how much easier it is for school personnel to miss that we are specimens under glass for our students. In fact, all adults serve that purpose for young people. How else do they learn what being an adult means?

I have been forcibly reminded of this fact again and again this year. The worries that belong in the adult world – the state of the economy, and all its ramifications, the state of the politico-social world, and all those ramifications – have an impact on our students. It does not matter whether the family dynamic is such that open conversation on these issues takes place around the dinner table. It does not matter whether parents are likely to

share particulars of the impact of these conditions on the family with their children or whether this impact is a closely guarded secret. The fact is, if you, as a parent, are worried or upset -- talk about it or not -- your children know it. If we, as school personnel, come to work with worries about spouses who have lost jobs, or mortgages that may not be paid, or relatives or friends who are in dire straits -- talk about it or not -- our students know it. They may not know *what* in any detail – they just know, and the knowing has an effect. The effect may manifest itself in behavior that is out of the ordinary or more extreme. Or it may be that the teenager becomes more withdrawn, or begins talking about different sorts of plans (going to work rather than going to college.) Or it may be that that this change in behavior signals something more serious, such as a depressive disorder or some other form of mental illness.

In any case, some things that have helped in my work with young people over the years:

Provide an opportunity to share concerns. What is not spoken often assumes greater proportions than it should.

Convey that life is cyclical, human beings are strong and resilient and we as a society have survived worse.

Acknowledge emotion and encourage action. Doing something – anything – to lend a helping hand to those who are less fortunate helps create a perspective and a sense of empowerment.

Give young people credit. We often, as a society, underestimate their ability for discernment, for analysis, and for imagination. We often act as if we believed they have underdeveloped capacities for real emotion. Some of my best teachers have been the adolescents whom I am honored to serve, and we underestimate them at our own peril.

Connect with other adults – family members, school or church personnel, etc. – who may be able to work as a team on behalf of your child.

Remember and communicate that, young or old, we are in this together, and now, more than ever in my lifetime at least, we need the ideas, compassion and energy of every individual if we are to learn the lessons from this particular point of time in history.

Sincerely,

Jane

RHS PTSA Scholarship Opportunity

Seniors! The Redmond High School PTSA is pleased to announce the Scholarship Committee will award at least two \$1,000 scholarships to graduating seniors to be used for books, tuition or room and board at a vocational, 2-year or 4-year college or university.

The Scholarship Committee will award scholarships based on the following criteria:

- | | |
|--|--|
| 1. Extra-curricular and community service activities | 2. Academic excellence and motivation |
| 3. Future goals | 4. Essay response |
| 5. Character references | 6. Correct completion of the application |

Applications are now available in the RHS Career Center. The deadline for applications to be submitted is March 27, 2009, which is the Friday before spring break. Please contact committee chair Sally Morris at sally.morris@in-advantage.com or 425-241-6900 for more information.



and Redmond High School PTSA

Present

Mock SAT Practice Test and Scores Back Session

Practice Test:

Saturday, February 28

8:45 a.m. to 1:15 p.m.

Scores Back Session:

Wednesday, March 11

7:00 to 8:30 p.m.

Location: Both sessions will be held at
Redmond High School

Cost: \$20/student

Checks payable to RHS PTSA

To register send your payment of \$20 & the form below to

RHS PTSA
Mock SAT
17272 NE 104 Street
Redmond WA 98052

Name _____

Address _____

Grade _____ Phone _____

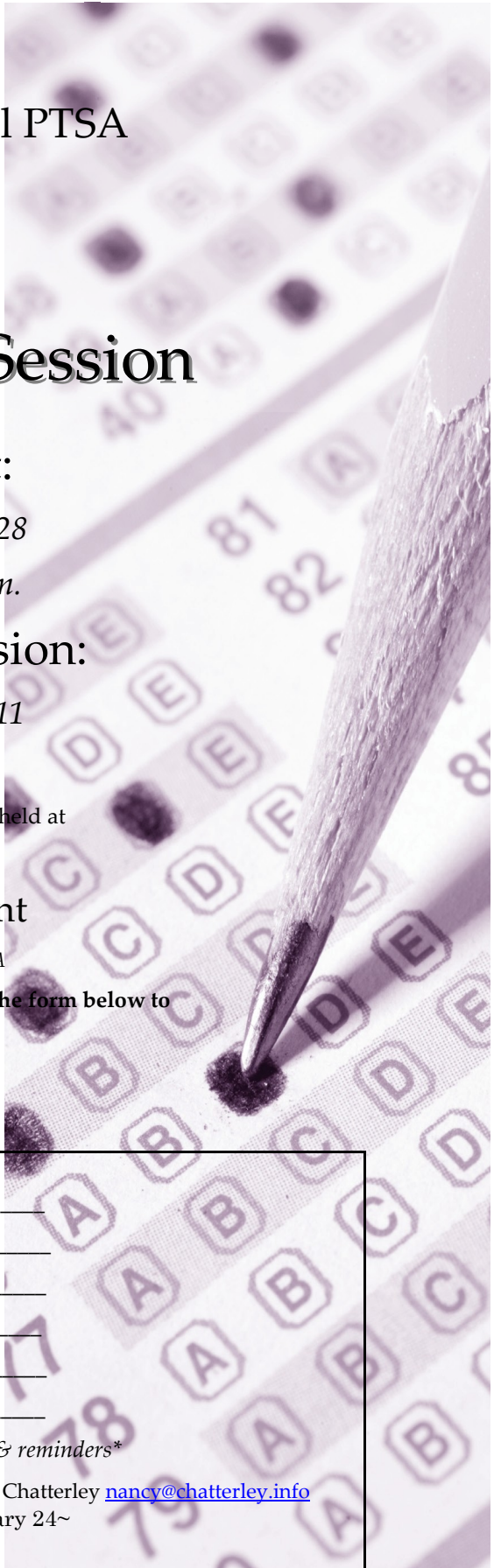
Student Email _____

Parent Email _____

an email is required for confirmation & reminders

Questions –Melinda Wilson jamwilson@msn.com or Nancy Chatterley nancy@chatterley.info

~Registration Deadline February 24~



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>

2008-2009 REGISTRATION

Yes, it is that time. Registration for next year will begin February 9 in advisory. Students will have until February 13 to turn in their forms and enter their requests in the computer and turn in their registration sheets to their advisors. Your student will be given a current transcript and credit check form, registration materials, and course catalogue in advisory. Please go over this information carefully with your student and help them make strong choices. Are they covering all graduation requirements? Is your student choosing a well balanced schedule – neither too challenging nor not challenging enough? Is your student covering requirements for their post high school plan? The RHS staff has worked hard to update and clarify the information in the course catalogue to give you and your student the information to make strong informed choices. Our course catalogue and a U-Tube presentation on the registration process are also linked on the counselor's school website if you need further information.

Please take an active role in this process. Your student needs your input and we need your support!

A REMINDER FOR SENIORS

If seniors are in need of any waivers, they need to make an appointment with their counselor as soon as possible. Students who have not had waivers approved by administration may have graduation requirements added to their schedule or risk endangering their graduation status.

DECISIONS. DECISIONS.

Seniors will soon begin hearing back from colleges on the status of their applications. With letters of acceptances come decisions. Most colleges will not ask for a decision until late spring – please read all communications carefully for due dates. According to a recent survey by *Kaplan*, parents and students do have some common interests.

PARENTS CONSIDER THESE ISSUES OF HIGH IMPORTANCE WHEN SELECTING A COLLEGE:

Cost	92.7%
Academic Reputation	77.8%
Specific Majors Offered	72.9%
Job Placement Reputation	61.6%
Proximity to Home	57.1%

STUDENTS CONSIDER THESE ISSUES OF HIGH IMPORTANCE WHEN SELECTING A COLLEGE:

Cost	66.6%
Specific Majors Offered	60.9%
Proximity to Home	48.3%
Academic Reputation	44.4%
Where Friends are Applying	40.2%

The best decisions are informed decisions. Take time to discuss the different opportunities with your student. The information above will be a good place to start!

COLLEGE FINANCIAL AID

If you are currently filling out the FAFSA and are encountering some difficult questions, we encourage you to call financial aid offices at any of our local community colleges or universities. They will be more than happy to help answer your questions. It is important to submit the FAFSA as soon after January 1st as possible. Many schools have early spring financial aid deadline dates. They strictly enforce deadlines and need your financial information as early as possible in order to give your student the best aid package. *Be sure to contact the college your student plans to attend to find out if they require additional forms.*

PRE-COLLEGE TESTS FOR JUNIORS

This is the time of year when we hear about the SAT and ACT. They sound more like alphabet soup than acronyms for pre-college tests. Colleges usually require one of these tests, and testing is normally done during the spring of the junior year and in the fall of the senior year.

The American College Test (ACT) or the Scholastic Aptitude Test (SAT) is required by in state and out of state schools. Some colleges specify one or the other, while others accept either one. The SAT or ACT is also required of those planning to participate in NCAA Division 1 athletics, for those applying to military academies, and for those applying for most scholarships. SAT Subject Tests are required by many colleges and universities; usually these colleges require two or three Subject Tests. It's a good idea to take at

least one of these at the end of the junior year. Please check with the schools your student is interested in to see how many and what type of subject tests they require. Both tests have excellent web sites: the SAT can be found at collegeboard.com and the ACT at ACT.org. These web sites not only allow you to register for these tests, but also have excellent college search tools, financial aid information, and online sample tests. In addition, students will need to refer back to these web sites to have their test results sent to the colleges during the application process. Test dates and registration deadlines are listed below. Because so many students take these tests in the spring, students need to sign up early. Registering close to the registration deadline may mean testing as far away as Tacoma.

RESOURCES FOR POST HIGH SCHOOL PLANNING

We are often asked for resources to help students and their families plan for life after high school. The counseling department has posted a list of web resources for you on our website. This list covers a wide variety of subjects: apprenticeships, community and technical colleges, college searches, financial aid and scholarships, athletic eligibility, colleges and learning disabilities, even college testing (see above article). This is by no means a fully comprehensive list, but we think it provides a solid starting base for post high school planning. These websites have all been checked this year, but are subject to change. Please remember that the Lake Washington School District does not endorse any of these websites; they are provided as resources only.

And, as always, remember that our Career Center and Sandy Davidson are also excellent resources for information and planning, as is your student's counselor!

TEST DATES FOR 2008-2009

OUR RHS CODE IS 480-978

	Test Date	Registration Deadline
SAT	March 14, 2009	February 10, 2009
	May 2, 2009	March 31, 2009
	June 6, 2009	May 15, 2009
ACT	April 14, 2009	February 27, 2009
	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

February 9-13	Registration for 2009-2010 school year
April 10	Last day of 3 rd quarter
May 4 – May 20	Advanced Placement Exams
June 11	Graduation

News for National Honor Society at RHS!

Now that first semester is complete, it's time for students to apply for membership in the National Honor Society. To qualify, students need to have a cumulative grade point average of 3.5 (for sophomores, that means 9th grade and the first semester of 10th grade) and to complete an application. Applications will be available in Mr. McDonald's room, E-208, as well as on the Honor Society page of the school web site by February 9th and will be due no later than Thursday, March 5th. The induction ceremony is held in April.

Gregg McDonald, NBCT
World Studies and American Government

Open Enrollment Period

The Lake Washington School District Open Enrollment period for the 2009-2010 school year, is from February 2-23, 2009. The dates are posted on the district web site. The closed school list will be posted on the district web site just before Open Enrollment begins. Note this date is a month earlier than past years.

Nancy LaBrie
Counseling Secretary

Tena Youngberg, CDP, NCAC-I Drug/Alcohol Intervention Specialist

Adolescent Use of Alcohol and Other Drugs

The teen years are a time for taking risks, facing challenges and discovering new adventures. Young people and their parents are often not aware that alcohol and other drugs are more detrimental to the developing body than at any other time in their lives. Research supports that the adolescent brain continues to develop until about age twenty five. The use of alcohol or other drugs can seriously interrupt the development of a healthy brain and lead to other significant problems.

Social and Developmental stages during adolescents allow kids to discover who they are. They spend less time with their parents and lean more toward their peer group as a way of defining themselves. Friends become especially important to them as evidenced by their constant desire to text message each other or use social networking sites on the internet. Kids also explore relationships as they learn more about themselves. As it has through the generations, music plays a role as a way of expressing thoughts or feelings. It is important to understand that during this stage of development, kids actually need friends as opposed to adults who want friends.

The desire for more independence often comes with trying new things i.e.; alcohol and other drugs. Rates of injury and even

death triple during adolescence. Risk seeking behavior and dangerous activities like drinking and other drug use contribute to these statistics. By being involved in your teen's life, you can make a difference.

- Know your teen's friends; contact the other parents to confirm they are there when your teen goes to visit.
- Set clear boundaries (limits) of what is/isn't acceptable behavior. Hold kids accountable.
- Listen to what your kids are saying about their friends; use it as an opportunity to have a conversation about choices. Do so without judgment.
- Alcohol or other drug use is not a rite of passage. It can lead to serious problems. Learn as much as you can about substance abuse and the legal implications of underage drinking or other drug use.
- Be aware of school attendance, behavior and grades.
- Seek a professional if you suspect ongoing substance abuse.

RHS is pleased to be the recipient of an LWSD Foundation grant to acquire the tools necessary to teach students the art of working with warm glass. Students will learn fusing, draping and slumping to create beautiful glass creations in an art form popular in the Pacific Northwest. We thank the Foundation for the support for this program!

Advocate for Education at the Focus Day Rally, February 26th

"We're being given the choice between chewing off our own arm or chewing off our own leg".

-Rudi Bertschi, a senior policy analyst at the Office of the Superintendent of Public Instruction

I'm sure you've heard that Washington State is going through hard budgetary times, and that many expect things to get even worse in the coming weeks. Education is certainly a target for serious budget cuts, taking us in exactly the opposite direction from what was envisioned by the Basic Education Funding Taskforce only a few months ago. The legislature is currently making decisions that could dramatically impact the quality of our children's education. To show your support for education attend Focus Day, a PTA-organized rally in Olympia February 26th. Speakers will include Gov. Gregoire and education leaders from both parties. For more information and carpool opportunities see http://www.wastatepta.org/leg/focus_09/FD09_Welcome_Adgenda.pdf.

If you're interested in seeing the final report of the Basic Education Funding Taskforce, here it is in PDF format: http://www.wastatepta.org/leg/FUNDING_COMMITTEE/Basic_Education_Finance_Final_Report.pdf

Feel free to contact Matt Loschen (MattLoschen@Verizon.net), your PTA Legislation Chair, for more information.

Senior Grad Night: Last Chance Before Prices Go Up Again!

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 11th, 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 12th, 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 \$135.00 until February 28th and then they will be \$140.00 until June. **(Yes, it's expensive, but we keep them safe, sane and entertained all night long.)** Buy early and beat the rush!

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 142nd 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
Melinda Wilson at (425) 882-9432 or jamwilson@msn.com

* * * * *

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



Lake Washington Schools Foundation Annual Phone-A-Thon

February 23-26, 6:30-8:30 PM

Dear parents, PTA members, educators and community at large,

Our kids are preparing for their future and need your help!

During the “Calling for Kids” campaign, students will be calling the 16,000 families of the Lake Washington School District asking for support to update and enhance technology and materials for their children’s secondary science education (7th-12 grades). These enhancements will give students the skills they need to pursue careers in science, technology, math and engineering through scientific inquiry, observation and experimentation.*

As a result of the generosity of our donors during our last phone-a-thon, we raised enough funds to purchase hand-held LabQuest devices to aid in reading, storing, and analyzing of science experiment data for all of the district’s high school science labs.

How you can help:

Adult Volunteers! Microsoft, Puget Sound Energy and many other companies match volunteer hours therefore doubling your volunteer contribution!

Make calls while working alongside students advocating for their education.

Chaperone and cheer on students as they make calls.

Help recruit students at your school. Posters and information to come.

High School Student Volunteers!

Students earn credit toward volunteer hours required for graduation or a \$20 donation to a school club of choice, i.e. DECA, Cheer Boosters, Athletic Boosters, Choir and more.

Dinner, training and phone script provided.

Donations!

Answer the call and give as generously as you can.

For more information or to make a donation visit www.lwsf.org or call (425) 702-3414.

***Scientific Inquiry, Observation and Experimentation**

More and more scientists rely on technology to enhance scientific investigations. With the enhancement of science lab technologies and materials, students will be able to investigate and experience scientific ideas that they otherwise would only read about. These technologies will enable students to truly explore authentic scientific inquiry. This will enhance all students’ scientific knowledge and experiences with hands-on and real-life applications using technology.

Sports, Concerts, and Theatre

Track and Field begins March 2nd. Why might your son/daughter want to turn out for track and Field?

Track and Field is a wonderful sport that offers something for everyone.

- You can choose to sprint, run relays, hurdle, throw, jump, vault, or run distance.
- We are a team sport that offers the opportunity to compete as an individual.
- Our sport is coed, no one is cut, no previous experience is required.
- No one has to sit on a bench or stand on a sideline-everyone participates.
- You can do it to get in shape for another sport or to develop a healthy lifestyle.
- You will make new friends and have fun.
- The benefits of exercise will improve your academics, and being a member of a track and field team looks good on college resumes.
- You will develop important values such as self-discipline, commitment, and responsibility that will help you in your future.

All six of our coaches are teachers in the building. Please contact us if you have questions.

David Peabody	Boys head Coach	Sprints/Relays	dpeabody@lwsd.org
Denis Villeneuve	Girls Head Coach	Distance	dvilleneuve@lwsd.org
Kate Atvars	Assistant Coach	Long/Triple Jump/Hurdles	katvars@lwsd.org
Jason Palmer	Assistant Coach	Pole Vault and Javelin	jpalmer@lwsd.org
Mike Pluschke	Assistant Coach	Shot and Discus	mpluschke@lwsd.org
Heather Chadwick	Assistant Coach	High Jump/Sprints	hchadwick@lwsd.org

Concerts

Come join us for a night of singing and entertaining from elementary through high school choir students at our annual **Redmond Regional Choir Concert** on Thursday, February 12th at 7:pm in the RHS-PAC. Help support these wonderful choir program in our schools by attending this very special event. Doors open at 6:45pm and admission is free. If you have any questions, please contact the RHS Choir Director Arianna Guthrie at aguthrie@lwsd.org

Mr. Geoffrey Castle, district students and faculty, and the Redmond High School Chamber Orchestra will perform February 5th at 7pm in the PAC. Following the concert there will be a question and answer session where students can ask about how all the elements that went into the show and the sounds happen. The event is open to all. Seniors ages sixty-five and up, and children eight years old and under will have free admission. The ticket price at the door will be twenty dollars. Mr. Castles' CDs and posters will be offered for sale at intermission. Concessions will also be offered for sale.

RHS Theatre Arts

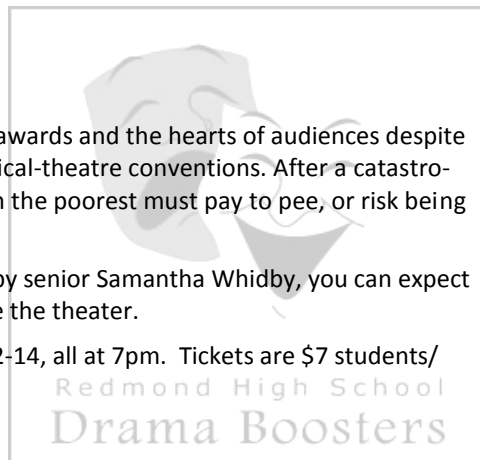
Spring Musical Opens March 5th

Shake off the winter doldrums at *Urinetown*, the musical comedy that won three Tony awards and the hearts of audiences despite its awful title. Directed by Misty Doty, the satire lampoons both socio-political and musical-theatre conventions. After a catastrophic drought has left the Urine Good Company complete control over "amenities," even the poorest must pay to pee, or risk being hauled off to Urinetown for punishment. A love story and a revolution ensue.

With music direction by Andy Robertson, set design by Steve Okun, and choreography by senior Samantha Whidby, you can expect a great show that will entertain you *and* give you something to think about as you leave the theater.

Urinetown is at the Performing Arts Center for only six performances: March 5-7 and 12-14, all at 7pm. Tickets are \$7 students/seniors, \$10 adults, available online at www.redmondrama.org or at the door.

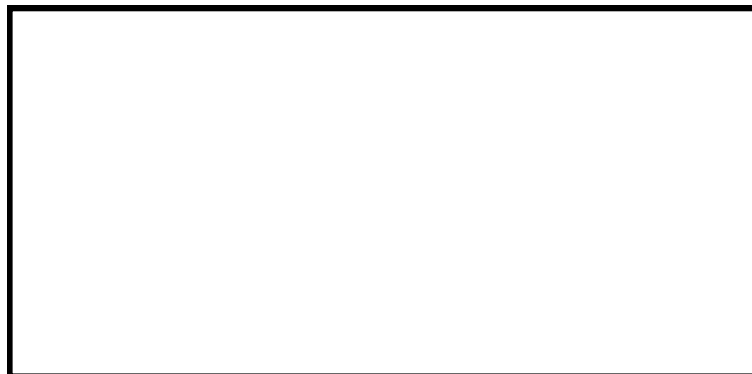
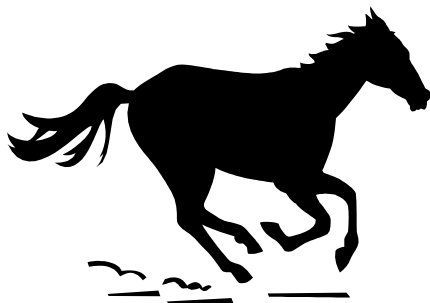
Please contact mcarson@lwsd.org for more information.



Mustang Messenger

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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)*

Wednesday	Jan. 28	Teen Driving Safety: What Parents Needs to Know	Career Center	7-9pm
Friday	Feb. 6	Founder's Day Luncheon	Sahalee Country Club	11:30
Wednesday	Feb. 11	PTSA Board Meeting	Career Center	10:30
Thursday	Feb. 12	The Importance of the High School Foundation: The Parent's Role	LWHS	7-9pm
Mon.-Wed.	Feb. 16-18	No School	Mid-Winter Break	
Thursday	Feb. 26	PTA Focus Day	Olympia	
Saturday	Feb 28	Mock SAT Practice Test	RHS	8:45-1:15
Friday	Mar. 6	No School	LEAP Day	