

Mustang Messenger

PTSA Presidents—Shelley Flores and Deena Polk

Redmond High School PTSA 2.8.100

Editor – Diana Wagner

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17272 NE 104th, Redmond, WA 98052

PTSA website www.redmondhsptsa.org

www.lwsd.org/rhs

Principal’s Message—Jane Todd, Principal

Dear Parents:

It has been a great start to the school year. The weather has cooperated by being not TOO wonderful, we have strong and creative student leadership, and a calm and happy staff.

Current research to which our district subscribes counsels us to ask four questions as we educate young people: How do we determine what students will learn? How do we determine when they have learned it? What do we do if they do not learn it? And what do we do to extend the learning of those who have already learned it?

Perhaps those questions sound a bit like no-brainers to you, and in many ways they *are* quite simple. However, with regard to the first question, if you stop to consider that, unlike the 19th century when the definition of an educated person was one who had read every book published by the time he/she died (and it was possible at that time in history to accomplish that,) in today’s world there is not only an ever-expanding universe of information, but instantaneous access to that information and simultaneous difficulty created for us in determining the validity/usefulness/credibility of that information. In addition, despite the work done by national associations, states and school districts to create lists of standards in an attempt to cull out the most crucial, the most enduring and the most transferable content for students to learn, we would need a school system which educated students into their 30’s before granting a diploma if we were to attempt to have students master every standard. Our district has attempted to address this by creating “power standards” – identifying those most critical at each grade level, and, presuming student mastery of each, creating a sequential progression without repetition. This does not take into account, however, that students learn at different paces, that teachers teach with different emphases, interests and skill, and that the 30 or so students a teacher faces each period are individuals with personal histories

and circumstances. The first question, therefore, is not quite as simple as it seems. In response, our teachers at RHS are working in collaborative teams, routinely creating and administering pre-assessments to determine the skill sets and foundational knowledge with which the students have entered the class and deciding together on strategies for instruction and re-instruction based on the evidence of student performance.

The second question is equally complex when you consider that it is even difficult sometimes to agree on a definition of what it means to know something. If, for example and for discussion purposes, we decide that “to know” math, it means that students are able to apply their understanding to solve problems in an unfamiliar context, we are forced to ask ourselves if our tests measure that kind of knowing. At RHS we are asking ourselves those questions and we are working together to create better measurements of knowledge and skill. (continued on page 2)

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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 issue: November, 2010

Principal's Message, continued

On the third question, researchers generally agree that while remediation is sometimes necessary, it is the just-in-time (as soon as students do not understand something) mandatory intervention that is most effective. At RHS, we are beginning a program this year of lunch time tutoring. Any student with failing grades due to incomplete or missing homework will be assigned to lunch time tutoring until all homework is complete. Teachers are cooperating with us on accepting homework from these lunch time tutoring sessions. This intervention will start next week, and we will be monitoring student grades closely to assess the effectiveness of this strategy. By having this intervention specific to homework, we believe we will be able to then turn out attention to an intervention for students who are having difficulty passing tests.

While we have just started our work on responding to these questions, in partial response to the fourth question we believe that as we work on refining portfolio artifacts and as we strengthen our collaboration, we will be infusing more rigor into all classes. Our teachers are being trained in classroom strategies to help all students learn, but also specifically on how to differentiate for those who might need more time and more scaffolding, as well as for those who need to be given wings to fly.

I am very pleased, very optimistic and very excited about the work we are doing on behalf of students. It has always been our goal to positively affect each individual student in the building, to help each student achieve their dreams and ambition and graduate from RHS prepared to take on the world. Every day we get closer to realizing that goal, and we wish to thank our families for their support, their input, and their help on the journey. Here's to a very successful and fun school year!

Sincerely,
Jane

Community Partners

**Thank you to our corporate and community partners!
RHS PTSA wish to gratefully acknowledge the following businesses for their support in helping us advance our mission and fund critical programs that support our teachers and students:**

**Archimedes Clubs
Microsoft
Roos Orthodontics**

PTSA Co-President's Letter Shelley Flores and Deena Polk

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

Communication between home and school is critical. Redmond High is a huge place, with a lot going on...we don't want anything to fall through the cracks! In addition to this monthly —Mustang Messengerll newsletter, Redmond High also publishes the —**Mustang Weekly**", delivered weekly on Sunday afternoons via email. Here you will find time-sensitive announcements, sports and club schedules, communications from the school, etc. (The cost is paid for by PTSA). **If you are not receiving the Mustang Weekly, please send an email saying "subscribe" to rhs.ptsa.news@gmail.com!** Also, be sure to check the school website (www.lwsd.org/rhs) and the RHS PTSA website.

PTSA is designed to be a support system for the school. We provide volunteers as well as financial support. We encourage all parents to become PTSA members! So far this year approximately 320 members have enrolled and we look to add many more.

Financially, we aim to have just one main fundraiser...our annual "**Pass the Hat**" campaign. Your support is needed! **We have not achieved our goal of \$18,000.** This is the only PTSA fundraiser for the year (no gift wrap or cookie dough to distribute!). All funds are used to directly benefit the students of Redmond High. The student agendas each student received are funded by PTSA, as are annual classroom grants for every department and a grant to RHS Help. Last year some of the projects funded through your donations were two spectrophotometers and 14 pH sensors for Vernier LabQuest equipment (Science); 12 graphing calculators and one printer car-tridge (Math); Text-A-Tip school safety/crime prevention program (entire school); Lacrosse and Frisbee golf equipment (PE classes); subscription to

"AIMSweb", an electronic system for monitoring student progress (Special Ed); Seattle University's "Street Law" guest speaker series (Business and Personal Law classes); books for the Leadership class; partial registration costs for Leadership Conference (DECA students); a fax machine (bookkeeping office); and wrestling DVDS (wrestling team). A total amount of \$8,851 was allocated to secure these items for our school. Please add your support.

Want an easy way to support our PTSA? If you have a Safeway Club Card, you can have a portion of your purchase price donated to the PTSA each time you shop, just by registering with eScrip! To register, log on to www.escrip.com. Enter Redmond High School as your group name (our group number is 8566002). Complete the information requested and enter your Safeway Club number. This is our main fundraiser for the PTSA sponsored Grad Night Celebration. **If you registered with eScrip in past years, you MUST renew for your donations to continue. Log on to www.escrip.com and click "RENEW" to remain active.** Encourage your friends and family to sign up too!

PTSA meetings are held on the second Wednesday of each month. Please feel free to attend to hear about the goings-on at RHS. You do not have to have a PTSA job to attend meetings... and we won't give you one unless you want one! Our usual meeting time is 4:00pm in the Career Center, but several evening meetings will be held this year.

We know you all share our desire to provide the best possible high school experience for our kids. Please get involved....attend parent programs, ask questions, volunteer if you can. So far we have over 120 people signed up to volunteer at RHS! Studies show that parents who are involved with their children's education have kids who are more successful. Let's work together to bring success to all RHS kids.

Go Stangs!!

Deena Polk and Shelley Flores
PTSA Co-Presidents



PTSA Financial Report

As of 9/20/2010

PTSA General Account \$27,953.79

Baccalaureate \$470.54

Graduation Night \$8,179.85

CD \$10,000

For a detailed treasurer's report, please go to the PTSA website, <http://redmondhsptsa.org>.

—Kathy Dennis, PTSA Treasurer



SAT/PSAT/ACT—Everything you wanted to know...

Shari Newton, Co-Chair

Understanding College Preparatory Testing Options

PSAT/NMSQT

The College Board website states that the Preliminary SAT/National Merit Scholarship Qualify Test is a program cosponsored by the College Board and National Merit Scholarship Corporation (NMSC). It's a standardized test that provides firsthand practice for the SAT. This national test is offered once a year on the second Wednesday and Saturday of October. The Redmond High School Counseling office will offer this test.

It also gives you a chance to enter the NMSC scholarship programs and gain access to college and career planning tools. The scholarship/recognition programs include National Merit Scholarship Corporation, National Hispanic Recognition Program, National Scholarship Service, and The Telluride Association. For additional information, go to www.collegeboard.com.

SAT

The SAT is owned, published and developed by the College Board which is a non-profit organization in the United States. The SAT measures the student's critical reading skills, math problem-solving skills and writing skills. It is a 3 hour and 45 minute test. The maximum score for a SAT is 2400.

The Redmond High School PTSA offers a practice SAT (called a Mock SAT) twice a year. The MOCK SAT is another way to practice taking the SAT before registering for the official SAT test. (You will register for the official SAT test through the College Board website.) The Mock test scores are not distributed to anyone other than the student. The format for conducting the test mimics the real test so the student understands what they need to bring to the test, practice the timing of the different sections, and experience the question material under pressure. Two weeks after taking the practice test, there will be a Score Back session where the student learns how to interpret the results, focus on improvements of the skills, and learn scoring improvement techniques. For additional information, go to www.collegeboard.com.

ACT

The ACT is a standardized test for high school achievement and college admissions in the United States. The ACT consists of four sections: English, math, reading and science reasoning and is 3 hours long. There is an optional writing essay but the student would have to register separately for that test which would add an additional 30 minutes. Each section of the test is scored between 1- 36. Those scores are then averaged to an overall score of 1- 36. Most four-year colleges and universities in the United States accept the ACT.

The Redmond High School PTSA offers the practice ACT twice a year. The practice ACT test readies the student for taking the real ACT test. The students will only have to register once to take the ACT test and essay. The test scores are not distributed to anyone other than the student. The format for conducting the test mimics the real test so the student understands what they need to bring to the test, practice the timing of the different sections, and experience the question material under pressure. Two weeks after taking the practice test, there will be a Score Back session where the student learns how to interpret the results, there is focus on improvements of the skills, and learn scoring improvement techniques. The ACT testing strategies will be different from the SAT strategies. For additional information; go to www.act.org ; www.actstudent.org.

(continued on page 5)

PRACTICE SAT AND ACT OPPORTUNITIES

The Redmond High School PTSA is sponsoring low-cost test prep sessions for the SAT and the ACT., at which students take a sample exam and then return several weeks later to have their scores analyzed. These scores are NOT released to colleges. They're just to help students prepare to take the real exam. Each test is only \$20, payable to RHS PTSA.

To register, download the registration form and return it with \$20/test. Questions? Contact Shari Newton.

CLASS FULL—WAITING LIST!! PTSA "Practice" ACT: October 20, 2010

PTSA "Mock" SAT: January 2, 2011

Scores back January 6, 2011

Registration Deadline January 12th, 2011

PTSA "Practice" ACT: February 9

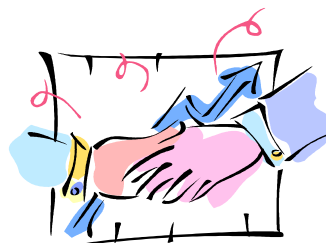
Registration forms available the end of October—watch your Mustang Weekly for details!

SAT/ACT/PSAT (continued from page 4)

When students register to take the Official ACT that formally gets submitted to colleges, they are only registering for the 4 section multiple choice test. They must do a separate registration for the ACT essay. Not all colleges require or even request the essay, so ACT had made it an entirely separate portion of the test. We replicate the same type of process by allowing students the option on taking the essay or not. With the SAT, the essay is automatically included within the 10 sections of the test so SAT test takers always take the essay. We always advise students to register for the essay with the ACT, just to have it done. That way if they are still deciding where to send scores, they have the essay score if needed.

Way to go!

Thanks to all of the staff members who have already joined the PTSA this year. 36 and counting!



Counselors' Corner

NUTS & BOLTS

Your student will be able to see his/her counselor by signing up in the appointment book with our secretary, Nancy LaBrie (425-936-1830). A slip will then be sent to the classroom at the appointed time.

Students are assigned counselors based on their last name.

A-E	CHERYL DENNIS
F-Ld	JENNIFER MARTINSON
Le-Rh	ELLEN ZAMBROWSKY-HULS
Ri-Z	ANITA PAGE

Cathy Sindelar is our data processor. For grading information or changing addresses and phone numbers, please call her at 425-936-1804.

PROFESSIONAL GROWTH

In keeping with our commitment to learn as much as we can to help your students with the college application process, the RHS counselors recently attended Washington Council for High School-College Relations Fall Councilor's Workshops. They were able to attend workshops and network with college admitting officials from both public and private colleges and universities throughout Washington. Updates on admissions, programs, and financial aid were highlighted. Our counselors brought back a wealth of information to share that will benefit Redmond High School students.

POST HIGH SCHOOL PLANNING

An updated version of our Post-High School Planner will be on line soon if it is not already when you receive this newsletter. It has a wealth of information for all students and their families – not just seniors - on how to apply to colleges, how to request records from the high school, and many nuts and bolts issues that often come up in this exciting but stressful process. For the link, please go to the RHS website, click on counseling, and look for the Post High School Planner.

PSAT

This year RHS is offering the PSAT/NMSQT (Preliminary SAT/National Merit Scholarship Qualifying Test) to all sophomores and juniors!

- Date: Wednesday, October 13, 2010**

- Where: Redmond High School**

- Cost: \$15.00 - payable to RHS, sign up with the RHS Bookkeeper.**

Benefits for students taking the PSAT:

*The PSAT encourages students to start planning for life after high school. The score report gives students personalized and comprehensive feedback on their test performance, including suggestions on how to improve specific academic skills.

*Students receive "My College QuickStart™", a free personalized college planning kit based on their test results, which they will be able to access until they graduate high school. It includes a customized SAT study plan with complete practice test, personalized list of colleges, based on the student's location and preferred major, personalized lists of majors and careers and access to MyRoad™, an interactive majors, college, and career exploration program.

*On average, students who take the PSAT/NMSQT earn higher scores on the SAT than those who do not.

By taking the test, juniors may qualify to enter National Merit Scholarship Corporation's scholarship competitions, as well as programs that give special recognition to high-achieving Hispanic and African American students.

*Student Search Service™ gives PSAT/NMSQT takers the option to receive free admission and financial aid information from colleges, universities, and scholarship programs.

*The PSAT/NMSQT assesses critical reading, mathematics and writing skills that are important for success in college. The program promotes earlier and more expansive inclusion of students to increase their college-going aspirations while there is still time for students to effectively plan and prepare (especially important for sophomores).

Remember- The PSAT will be given only one time, Wednesday, October 13, 2010. The test fee is \$15.00. Sign up with the RHS Bookkeeper. Registration has already started. Please register as soon as possible.

Counselors' Corner (continued)

COLLEGE APPLICATIONS

Remember that seniors are responsible for mailing college applications or using the college website to send applications online. In addition, it is the student's responsibility to contact ACT and/or the College Board to order test scores.

SENIORS NEED TO REQUEST TRANSCRIPTS EARLY FROM THE COUNSELING CENTER. TURN AROUND TIME IS 3 SCHOOL DAYS FOR TRANSCRIPTS. TURN AROUND TIME FOR SCHOOL/COUNSELOR REPORTS AND LETTERS OF RECOMENDATION IS MINIMUM OF 2 WEEKS. MAIL EARLY. DON'T WAIT UNTIL DEADLINES!!

RESOURCES

As your senior begins to search for colleges, there are several web sites that will make the process easier and more efficient. As the counselors travel to various seminars over the next month we will be updating our website, so please check it for the latest resources, **including how to find schools, NCAA eligibility, scholarships, and test sites.**

TEST DATES FOR 2010-2011

OUR RHS CODE IS 480-978

	Test Date	Registration Deadline
SAT	November 6, 2010	October 8, 2010
	December 4, 2010	November 5, 2010
	January 2, 2011	December 23, 2010
	March 12, 2011	February 11, 2011
	May 7, 2011	April 8, 2011
	June 4, 2011	May 6, 2011
ACT	December 11, 2010	November 5, 2010
	February 12, 2011	January 7, 2011
	April 9, 2011	March 4, 2011
	June 11, 2011	May 6, 2011

Parent Education - Save the dates!

December 2nd

Laura Kastner presents "A - Z Parenting Toolbox"

January 24th

Julie Metzger presents "Great Conversations between Parents and High School Teens: Top 10 Talks to Have Together"

Where are my RHS PTSA Forms?

We may have missed getting a packet to you!

We apologize if you did not receive an RHS PTSA informational packet in the mail in August. However, you can still get all of the forms you need right on our web site at <http://www.redmondhsptsa.org>.

Please take a few minutes to read the Welcome letter, complete the **Membership Form**, complete the **Volunteer Form**, sign up for our weekly e-newsletter, *Mustang Weekly*, and consider some of the options for helping fund PTSA this year. We have our annual "Pass the Hat" fundraiser which can be included on the Membership Form. You can drop the forms off at the high school main office or mail to:

Redmond High School PTSA 17272 NE 104th Redmond, WA 98052

Questions? Please contact Deena Polk at (deenapolk@hotmail.com), or Shelley Flores at (shelley.flores@comcast.net).

Join Us Today! *And remember your membership fees and contributions are tax deductible.*

WE could not do it without you!

(Please forgive us if we have inadvertently left you off of the list. We do appreciate everyone who comes to volunteer!)



August PTSA Packet Helpers

Mary Bourguignon, Jennifer Camara, Joan Chinn, Gayle Di Iorio, Shelley Flores, Peg Hunt, Celeste and Sarah Lavender, Deena Polk, Claire Ronneberg, Michele Seamons

Fees and Photo Days

Robin Adler, Gretchen Armijo, Kim Axelrod, Kim Cashon-Smith, Carolyn Cottam, Keli Dean, Cathy Dietz, Shelley Flores, Kalpana Gilroy, Joanne Hall, Deb Healy Peg Hunt, Alison Johnson, Vicki Krum, Celeste Lavender, Tammy Lively, Susan McGrath, Lorri Miller, Tina Monsaas, Becky Munsell, Jennifer Myrick, Shari Newton, Rosemary, O'Connell, Claudia Schach, Carol Singleton, Gale Smith, Cindy Swanson, Jeanne Thiede, Pam van Straubenzee, Debbie Wapstra, Nanci Wehr, Caryn Wheat, Rhonda Winner

Schedule Hand-outs

Lynelle Allen, Mary Bourguignon, Stephanie Boyd, Cathy Dietz, Shelley Flores, Jim Gilroy, Kalpana Gilroy, Joanne Hall, Libby Hanaford, Tammy Lively, Susan McGrath, Rosemary O'Connell, Debra Samson, Sheri Sanders, Sue Schumaker, Carol Singleton, Gale Smith, Jerry Smith, Cindy Swanson, Debbie Wapstra, Nanci Wehr, Rhonda Winner, Dede Wren

Book Hand-outs

Shelley Flores, Kalpana Gilroy, Susan McGrath, Carol Singleton

Dance Chaperones for September 3rd Dance

Regee Anson, Deborah Burditt, Beth Evans, Chip and Julie Firth, Shari Newton, Sheri Sanders

SPOTLIGHT...

Spotlight on Deena Polk, Redmond High School PTSA Co-President



Deena has three children who have been (or still are) at Redmond High School. Her youngest is a Junior this year, so all of that experience makes Deena a valuable member of the PTSA Board of Directors. She knows the history of the PTSA and the school as well as understands the potential of what is yet to be. Deena currently works at PrepareSmart, an emergency preparation supplies company. She is going back to school in October to get her certificate as an Occupational Therapy Assistant. In getting to know Deena, we asked the following questions:

MM: What other volunteer roles have you taken on over the years?

Deena: I have been the Evergreen Jr. High PTSA President. This is my 2nd term as Redmond HS PTSA Co-President. I have been Grad Night Chair for RHS PTSA for classes of 2008 and 2009 and Emergency Prep Chair for RHS PTSA 2009 and 2010. Additionally, I have been involved with various other PTSA Committees and Booster Clubs at Redmond High.

MM: What is your favorite part of being involved with PTSA?

Deena: Being connected to the school and the staff. Meeting new parents and going to various school/PTSA sponsored activities.

MM: Do you have a special memory of your children at Redmond High School you would like to share?

Deena: For my oldest daughter, Jordan, who is now a Jr. in college, it was participating in Miss Mustang and her lip singing skit. For my daughter, Brittany, who is now a sophomore in college, it was when the RHS cheerleading squad won state in 2008. I look forward this year to my youngest, Chelsea, participating on the RHS gymnastics team.

MM: What do you think are the most important aspects of what the PTSA can do for our students? **Deena:**

To have a valued partnership with RHS, to give all students opportunities to have a positive learning experience with new and updated materials, participate in clubs and sports, and how to plan for their future.

MM: What are your plans for when all of your children have graduated high school?

Deena: Working in occupational therapy and traveling.

MM: Any other thoughts about life at RHS as a parent or volunteer?

Deena: Being involved at the high school level has helped me stay connected to my children and grow into our relationship as adults.

Buy a Calendar— Benefit "LINK" Mentoring!

"Back by popular demand: A limited number of printed calendars are available for purchase. The cost is \$5, cash or check only please. Proceeds go to the district "LINK" mentoring program. If you would like to purchase a calendar please contact **Shelley Rios** at (425) 936-1200 or go to the district resource center at the Redmond Town Center."

Important—Your input is Needed!

Strategies for Space in LWSD

**Survey closes
October 7!**

Strategies for Space: addressing overcrowding in Lake Washington School District

Input sessions to lay out strategies, including possible levy options, changes to boundaries

In schools around the district this September, the scramble was on to find enough classroom space for all the students arriving through our doors. Hundreds more students showed up than last year, exceeding increased enrollment projections. By the fall of 2012, there will be over 1,000 more students in our system than our classrooms can accommodate.

The move to four-year high schools in the fall of 2012 actually helps the situation, by moving students out of overcrowded elementary schools and moving students into the high school level, where more space is available. That move, though, while relieving most elementary school space needs, creates space needs at two of the district's comprehensive high schools, Eastlake and Redmond High School.

Your input is needed!

Please attend one of three input workshops to give the district your preferences and advice for meeting these space needs. There are low cost options, such as running two shifts at some high schools (students attending only morning or only afternoon) and changing elementary school boundaries. Other options require funding measures to be passed by voters, such as a levy to add classrooms on to high school buildings. Your advice will help the school board determine what, if any, measures to put on the ballot next February.

Come in any time during the hours scheduled in this open house format to get information, ask questions, take the survey and make comments.

Input session schedule:

Tuesday, September 28, Eastlake High School, 6-8 p.m.

Thursday, September 30, Juanita High School, 6-8 p.m.

Wednesday, October 6, L.E. Scarr Resource Center, Redmond Town Center, 5:00-7:30 p.m.

Alternative – web survey

If you cannot attend one of these sessions, **the information and survey will also be available on the district website by September 25.**

Donations Wanted—Outfit the PE Department!

The PE Department at RHS is looking to help families clean out their garages and closets this Fall.

We are looking for any donations of sport or fitness equipment, such as Softball/Baseball Gloves, Footballs, Frisbees, Golf Clubs, Tennis Racquets and Tennis balls etc...

We are also in need of anyone looking to get rid of a Stereo Receiver for our weight room.

These items are tax deductible and would be greatly appreciated by our PE Staff and students.

Please contact Mike Pluschke at 425-836-1811 or at mpluschke@lwsd.org if you have any questions or would like to set up a time to drop off any items wished to be donated.

Thanks from the PE Department at RHS.

Adolescent Use of Alcohol and 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 who specializes in adolescent substance abuse if you suspect ongoing use of substances.

Tena Youngberg, CDP, NCAC
Drug/Alcohol Counselor RHS Tues/Fri
Clinical Counselor, Youth Eastside Services

Synthetic Marijuana - aka K2, Spice

Often sold over the counter in 'Head Shops', gas stations and over the internet as 'Herbal Incense' or 'Potpourri'. This synthetic marijuana is dangerously more potent than marijuana. Although labeled as 'Incense' and 'not for human consumption', it is being smoked with a variety of serious side effects. The package usually contains herbs that have been sprayed with an assortment of caustic chemicals to produce a 'high'. There is no way of knowing exactly what chemicals are being sprayed on this product and there is no 'quality control'.

Smoked as a legal alternative to marijuana, kids are often unaware of the potential risks involved. Currently there are no laws in Washington State to pre-

vent its sale or use. Many states however have already made it illegal or are moving quickly to make it illegal. Many European countries have banned these synthetic 'Incenses' given the dangerous side effects experienced by many youth.

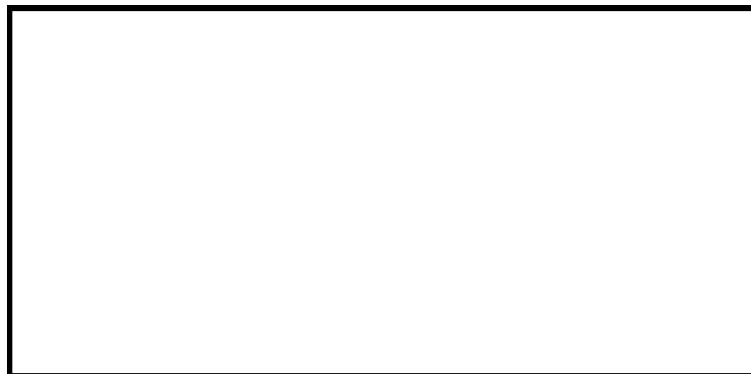
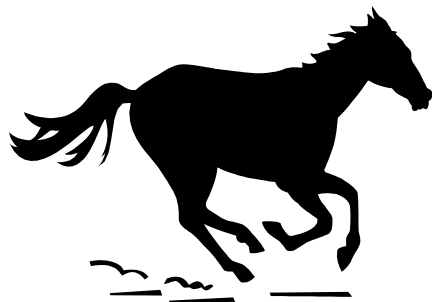
Side effects have sent many young people across the US to hospital emergency rooms with anxiety attacks, hallucinations, paranoia, nausea and increased heart rates with dangerously high blood pressure.

Tena Youngberg, CDP, NCAC
Drug/Alcohol Counselor RHS
Clinical Counselor YES

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 www.redmondhsptsa.org or the school website at www.lwsd.org/school/rhs.

Thursday	October 7	LWSD PTSA Council Meeting	LWSD Resource Center	7-9 pm
Wednesday	October 13	PTSA Testing for Soph/Juniors	Redmond High School	All day
October 18—	October 22	Homecoming Week	Redmond High School	
Wednesday	October 20	PTSA Practice ACT Test	RHS (see poster at door)	1:30-5:30 pm
Saturday	October 23	Homecoming Dance		8-11 pm
Tuesday	October 26	LWSD PTSA Special Needs Group Meeting	LWSD Resource Center	7-8:30 pm
Tuesday	November 2	Election Day		
Wednesday	November 3	Last Day of 1st Qtr		
Friday	November 5	Veteran's Day Assemble	Redmond High School	
Wednesday	November 10	PTSA General Meeting	RHS Career Center	4-6 pm
Thursday	November 11	Holiday—Veteran's Day		