

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:

I am old enough now to occasionally mutter under my breath something to the effect, “What’s this world coming to?” Most often, I am just being crotchety after a long, hard day, and I do not need or want an answer to the question, no matter how hard my husband may try to supply it. My true belief is that things are no better and no worse than they have ever been – mostly. I do think that we are experiencing an acceleration of, well, just about everything, so, while things may not be all that different than any other difficult time in history, things are coming at us right and left at lightning speed. And if we were not already aware of that, the evening news would tell us so . . . at 4:00 and 5:00 and 6:30 and 9:00 and 10:00 . . .

I sometimes wonder if the fairly alarming increase we are seeing in the number of students suffering from depression and anxiety and a whole host of other mental health issues is the direct result of a society on stimulants. I am aware of the chicken-or-egg dilemma here: Are we actually getting sicker or are our doctors getting smarter or because we are sicker they are smarter or . . . well, you get the idea. In any case, while I lay awake at night worrying about our students, and trying to figure out the question to my cranky question (see above,) I also find reason to hope. Here are some of my exhibits:

We raised over \$10,000 through donations and grants last year to help close to 300 families who would otherwise not have the means to buy yearbooks or prom tickets or school supplies.

This year, after an impassioned e-mail plea, we received over \$2,000 in gift cards so that families could buy their child school clothes, shoes and supplies.

We have worked hard to create a culture where families may apply for free/reduced lunch or ask for help from RHS Help without fear of social reprisal or stigma. We believe both the increase in the number of applications (currently more accurately reflecting what we know about our population than ever before) and the attitude of those applying are indications we have been successful.

We were desperately in need of a way to “adopt” one of our Seniors. The call went out and in a very short time she had a job, a place to stay, medical coupons for her health care, a pro bono eye exam, and a whole host of adults who were determined to make it easier for her to focus on graduating.

We instituted a text-a-tip line this year. Students are beginning to use the tip line, and, most often, they are using it to report a concern for a fellow student. Their alerting us has helped us help students who would perhaps otherwise not come to our attention.

Because of our focus on analyzing student academic data each year, we brought 126 students through Guidance Team last year. The vast majority of these students qualified for a 504 plan or an IEP. The rest were assisted in other ways, and we believe every student and family came away feeling heard and helped in that process.

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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: December, 2010

Principal's Message, continued

Our students continue to found clubs that are altruistic in nature, helping to build schools and fund scholarships for students in Third World countries, helping the Humane Society, and providing social activities and peer connections for severely disabled students. And they still turn out in droves, positive and spirited, to cheer on our sports teams.

There may be some that question whether it is a school's job to worry about most of what I mention above. For me, it has never been so much a question of whose job it is, but the compelling impulse to respond to the need before our eyes.

I feel, as always, privileged to work in a community where compassion, generosity and courage are such bywords. I can think of no better model for our children, no better lesson to teach. Thank you.

Sincerely,

Jane

The **Redmond PTSA** would like to thank you all those parents, guardians and teachers who have joined for the 2010-2011 year. Your membership helps to fund many of the outstanding programs at RHS.

Not sure if you have joined this year? Contact Mary Dougherty at mary.dougherty@comcast.net.

If you have not joined and wish to do so, please visit the RHS PTSA website, www.redmondhsptsa.org and download the membership form. The form and check can be dropped off at the school or mailed to the address below:

Redmond PTSA
17272 NE 104th St.
Redmond, WA 98052

Thank you for your support!
Mary Dougherty, Membership Chair

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

After the Dust Settled...

We have now gone through that transition period where the new sophomores have found their classes, learned the bell schedules, joined their clubs or other activities, and generally settled into high school life. The juniors have started visiting with college representatives, have taken the PSAT, and have started planning to take the SAT and/or ACT tests. The seniors have gotten – or are in the process of getting – their senior portraits, started the application processes, and are trying to figure out what they will do after they graduate! In the meanwhile, the volunteers of the PTSA **have been very busy** launching this year's programs to help support our students, staff and parents.

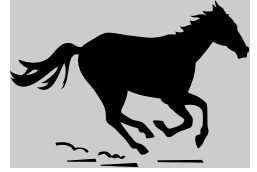
We had a fantastic turn-out for our first General Membership PTSA meeting on Curriculum Night September 22nd. Thank you all who helped us celebrate the start of new school year! Another reason to celebrate is our "Pass the Hat" fund raising campaign has brought in almost **\$19,000!** A very big "**Thank You**" goes out to all those who contributed, helping your PTSA continue programs on behalf of the students. We also have Tracy Hoein chairing the **new Corporate/Community Partner Program** which has brought to us three new community partners: Roos Orthodontics, Microsoft, and Archimedes Clubs. Welcome!

Our membership count is about 450 members – so far. We hope to increase that number to at least match last year's 669 members. We have had a great staff participation this year with 43 staff members signed up! The membership form is in this month's edition and on our web site. *If you haven't signed up – please join us. It is only \$11.00 per member per year.*

As always, we very much appreciate all of those who lend a hand to provide support for our students. We now have over **160 volunteers** signed up to help out. Nanci Wehr is this year's **Volunteer Coordinator**.

Our **Staff Appreciation** team, led by Pam Adams and Celeste Lavender, has been busy already with a Welcome Back brunch in August and a Cowboy Western Chili Feed the last week of October. Our **Hospitality** group with co-

chairs Andrea Quenneville and Stephanie Wilkins has provided refreshments and refreshment helpers for the first dance on September 3rd and for Homecoming Dance on October 23rd.



Our **Mock SAT/Practice ACT Test** co-chairs, Shari Newton and Teresa Knightley, have been very busy for the start of the school year. We had over 130 students take the Mock SAT in September and around 67 taking the Practice ACT test in October! These are record numbers, and it takes a lot of volunteer hours, patience and detail work to make sure it runs as smoothly as it does.

Our **Advocacy** Chair, Matt Loschen, has been very active keeping track of this year's elections, the details of the upcoming levy situation, and attending the Washington State PTA Legislative Assembly the first part of October. Look for more information on the upcoming state legislative session and Focus Day in February.

Joanne Hall has been instrumental again this year in partnering RHS PTSA **Parent Education** with the Lake Washington PTSA Council. The program has provided a number of fine classes for our parents to attend including Tim Driver's *Life Lessons for Athletes* in October at Eastlake High School. In November and December, we have *Parent's Role in Sports* also by Tim Driver at Rose Hill Jr High, and *A to Z Parenting Toolbox* by Laura Kastner at RHS PAC.

Even at the beginning of the year, we are planning for graduation! Our **Baccalaureate** chair, Gayle Di Iorio, has started planning and working with the volunteers. Look for more information as this year's program develops. Our **Grad Night** co-chairs, Cindy Swanson and Denise Larson, have been busy getting the word out about this fantastic event for our seniors. Tickets are on sale now!

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PTSA Financial Report

As of 10/27/2010

PTSA General Account \$32,711.84

Baccalaureate \$470.54

Graduation Night \$9,806.59

CD \$10,000



Thanks to all of you, RHS PTSA has met their Pass the Hat Goal - Go Stangs!

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

—Kathy Dennis, PTSA Treasurer

REDMOND HIGH YEARBOOK INFORMATION 2010-2011

Senior Portraits are due December 3, 2010: ** please respect this deadline and get your portraits in on time!!

Senior Picture Requirements to share with your photographer:

We accept Digital jpg images at high resolution

CD with your senior picture (send it RHS, attn: Jen Mauck)

Head size: 1"from the top of head to chin; Minimum outside dimensions: 1.5" wide; 2 ¼" tall

**** If you need assistance with senior portraits please notify Mrs. Mauck.**

Senior Tribute Ads are due January 12, 2011:

Senior Ads are a great way to congratulate your graduating senior in a picture collage and dedication. There are many sizes and price-ranges to choose from.

Directions for senior tribute ads:

¼ page is 4 inches wide by 5 tall **\$70**

½ page is 8 inches wide by 5 tall **\$130**

Full page is 8 inches wide by 10 ½ tall **\$250**



****If you need any assistance financially with senior ads, please notify Mrs. Mauck.**

Submission methods:

1. Parents make up the ad on their computer. A few rules for this type of submission: pictures should be 300 dpi, at high resolution. We accept: Word documents—saved as a JPEG--, desktop publisher or Photoshop. Email it to jmauck@lwsd.org or send it to my box on a cd.

2. Parents give us a sketch of the ad and the words they'd like to use. Our staff members try to follow the directions as best they can and put it together. Please email me your scanned or uploaded pictures for the page.

Random Pictures! Get your friends and family pictures in the yearbook too all throughout the year! Help us get as many photos as possible to create a terrific book everyone will want to have. We need pictures of summer fun, outdoor sports and family and friends—we'd love to put your memories in the yearbook!

Here is how you can submit photos (including senior portraits) online:

Go to the site: <https://images.jostens.com/login?user=400029897&pw=yearbook>.

Follow the instructions on the site

SAVE your pictures with the first and last name of the student

If there are more than five people in the picture, save it with a contact name!

RHS Baccalaureate Gayle Di Iorio, Chair

VOLUNTEERS NEEDED

Come and help us continue a RHS tradition.

RHS Baccalaureate Committee can still use a few more volunteers to help with this years' program as we carry on the RHS tradition to "Celebrate the Senior Class". This annual inspirational program is put on for the graduating seniors a day or two before their graduation ceremony in June. All parents are welcome, parents of the junior and sophomore classes are especially encouraged to be a part of the Baccalaureate planning.

If you are interested, contact Gayle Di Iorio, Baccalaureate Committee Chair, at either 425-869-0955 or rgdiiorio@msn.com .

BACCALAUREATE - EVERYTHING PARTY!

Need party supplies? If you shop at Everything Party in Redmond, please mention to the cashier before (s)he starts to ring up your purchase that you are with Redmond High School. By doing this Everything Party will donate **10%** of your purchase price to the PTSA Baccalaureate fund. What an easy way to help support this wonderful event! Thank you for your support.

Staff Appreciation Celeste Lavender, Pam Adams, Co-Chairs



Staff Appreciation committee hosted a breakfast for the teachers & staff the morning of their first staff meeting of the school year on August 27th. We served a variety of Blazing bagels, muffins & danish pastry, fresh fruit, blueberry pomegranate juice, Starbucks coffee & assorted tea.

The staff loved it all and enjoyed the warm & delicious welcome to the new school year.

On October 27th, along with many wonderful parent volunteers, Staff Appreciation hosted a "Cowboy Western Chili Lunch" for the staff. Yee Haw... We served 14 different types of chili complete with cheese, onions & sour cream toppings. We also included cornbread, green salad, bottled water, pumpkin chocolate chip cookies & other autumn treats.

We would like to recognize and thank the following volunteers: Leann Ratajczyk, Donna Stopenhagen, Laurie Chirichigno, Chris Robison, Anne Dardenne, Mitch & Tricia Brazier, Nanci Wehr, Karen Dalton, Julie Westwater, Debbie Marchione, Tori Ehlerz, Gayle Dilorio, Kelly Petty, Renee Grant, Karen Osborn, Inez Mobley, Kelly Cagle, Michele Seamons, Sheri Pardi, Kathy Weiss, Sheri Sanders, and Chrissy Mahan.

We couldn't do these lunch events without our generous Staff Appreciation Volunteers.

Many thanks to all of you!

SAT/PSAT/ACT—Thank you!

Shari Newton, Co-Chair

SAT - Thank you to the Redmond High School Administrative Staff, PTSA and Mock SAT volunteers for making it possible to have a successful Mock SAT test. Special thanks goes to Pam Summa, Paul Mullen and Bob Holmes for helping to coordinate the event with the PTSA. Mary Bourguignon and Kathy Dennis teamed up with us to advertise and process the registrations. It really made things flow smoothly.

Special thanks goes to Cathy Dietz and Kate Dunn for coming in early on a Saturday morning to check-in 130 + students for the test. Also, special thanks goes to Teresa Shibuya, Kalpana Gilroy, Ken Knightley, Lori Hendry, Tori Ehlerz and Alison Crosier for coming in early and staying until the afternoon to proctor the Mock SAT test to the students. We would not have been able to achieve such a big task without all the help, coordination and devotion to the program and school. The PTSA is very lucky to have you.

ACT - Another successful Practice ACT was accomplished thanks to the dedication and coordination between the Redmond High School Administration staff and the PTSA volunteers. Special thanks goes to Teresa Knightley for her devotion to our students. She adjusted her daily schedule so she would be able to come to the school in the middle of the day to assist with checking in our students for the Practice ACT test. It makes life a lot easier when you have someone so committed to the implementation of the program. Thank you very much for your assistance. I really appreciate it.

RHS Library Wish List and Opportunities

Shelly Macer, RHS Librarian

Hey Mustang Parents!

We have a fabulous library for students to utilize. We have a current collection of research materials, databases as well as an amazing reading selection for young adults. One way that we stay current and interesting is through donations made by parents through Amazon.com. The Wish List link can be found on our RHS Library Home Page and can also be accessed through Amazon. Our wish list is posted on Amazon.com under "RHS LIBRARY" or Shelly Macer, RHS Librarian. We appreciate any donations made to help keep our library on the cutting edge of research and able to promote great books.

Thank you for continuing to support literacy and the RHS Library.
smacer@lwsd.org/425-936-1831

Did you know?

RHS is a member of the Washington Talking Book and Braille Library run by Washington state for FREE. Any student who needs large print, audio books or Braille materials can see Mrs. Macer in the library for books. Visually impaired students as well as students who might benefit from listening to a book rather than reading it can take advantage of this free service from Washington state.

We have access to their library and they will ship the materials to us overnight. Students who would like to listen to audio books will check out the digital cartridge machine that is quite compact and plays the audio books along with the cartridge.

Eastside Ski and Ride

(Formally known as Lake Washington Snowsports Council)

Dedicated to introducing students to the thrill of snowsports since 1966

NO PRICE INCREASE!

Registration for 2011 is Now Open online! Go to go to www.eastsideskiandride.org and look for us on Facebook at www.facebook.com/eastsideskiandride

Info Nights coming soon at your local junior high or high school.

The first will be held at Lake Washington High School on Monday Evening November 8th from 7-8:30pm.

Lake Washington PTSA Council

Cordially Invites You to Our

Annual Scholarship

Basket Auction

December 2nd, 2010 9:30 am*

LWSD Resource Center Lobby,

Enter to win one of several great raffle prizes!

All proceeds provide scholarships to Graduating seniors and staff in our district.

***Silent Bidding Begins**

Nov. 5th, 2010

And ends Dec. 2nd 2010

at 10:30-- 11 am.

MOCK SAT/PRACTICE ACT

Sign ups Now!

It is never too late to start thinking about registering for the spring Mock SAT and Practice ACT.

The Mock SAT will be offered on Saturday, January 15th. The Practice ACT will be offered on Wednesday, February 9th. Click on <http://www.redmondhsptsa.org>, then under the college and career planning section, for the registration form. For additional information or questions contact Shari Newton at shari@newsf.com

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.

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.

SPOTLIGHT...

Spotlight on Shelley Flores, Redmond High School PTSA Co-President



Last month we highlighted Deena Polk. This month we put the spotlight on Shelley Flores. Shelley has two sons and both are students at Redmond High School. One is a senior and the other a sophomore. Though active in PTSA's through the years, this is Shelley's first year as an RHS PTSA elected officer. Shelley's volunteer career started over six years ago when she took a leave of absence from the accounting profession. She wanted to be able to spend more time with her family as well as become more involved in the community.

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

Shelley: I was the Treasurer at Horace Mann Elementary PTSA for two years, President at Redmond Jr. High PTSA for two years, and RJH PTSA Membership Chair for two years. I have also been involved with the Lake Washington PTSA Council as Redmond Area Vice-President for two years, Web Editor for two years, and I am Membership Chair for the Council this year. I have also volunteered with other groups, such as DECA and Redmond Regional Orchestra Boosters.

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

Shelley: I really enjoy working with all of the dedicated and committed people involved with this organization – volunteers, parents, staff and students. They are my inspiration.

MM: What do you think are the most important aspects of what the PTSA can do for our students? **Shelley:** Most people only see the outward signs of PTSA involvement – cookies/treats, funding for scholarships, grants for classroom equipment, financial aid for clubs or sports, or volunteers at events. I think the most important aspect of PTSA is what most people don't get to see – the *advocacy*. Advocacy comes in many forms and at many levels – like asking about StandardScore at a PTSA meeting, or meeting with the City of Redmond representatives to help create after school activities for junior high school students, or asking tough questions of Dr. Kimball at LWPTSA Council meetings, or meeting on the steps of the Capitol Building in Olympia. The main goal of PTSA is to advocate for the children – give them a voice.

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

Shelley: Well, that will be a few more years. I will most likely be back at work helping to pay for college! I would really like to work part-time and continue with volunteering as much as I can - and still pay for college!

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

Shelley: Like Deena said in last month's Spotlight, being involved at the high school level has helped me stay connected to my children. I have also come to know them as they grow into adulthood and hope to continue to have a good relationship with them. I like to remind my kids that I don't just volunteer for them; I volunteer for all of the students at Redmond High School.

PTSA Co-President's Letter, Continued from page 3

As for our **Parent Communications**, Mary Bourguignon has been producing the *Mustang Weekly* e-newsletter each week for over **900 subscribers!** Diana Wagner has now produced two editions of the *Mustang Messenger* – our monthly newsletter that is sent on our web site. And Sukirti Ranade has been keeping our web site (www.redmondhsptsa.org) up-to-date! Check out each of these great resources!

Our **Reflections** theme this year is “**Together We Can...**” and our chair, Alison Johnson, has been getting the word out to our students and staff about this great arts recognition and achievement program.

Please show our students just how important they truly are by getting involved and staying informed. Attend a concert, sports event, drama production, PTSA meeting, or Reflections reception. Help out with the many programs of the PTSA, or become a member. **This year's Reflections theme is so appropriate because “Together We Can” provide for the health, education, safety and welfare of all of our students!**



ENRICH ENGAGE EMPOWER

Lake Washington Schools Foundation News, Fall 2010

Back to School Donations. Thanks to you, our **generous** school community, \$12,000 was donated in response to our request for support. Your dollars help to support important programs in our schools...just read below!

Fall 2010 Classroom Grants. The Lake Washington Schools Foundation is pleased to announce the recipients of the 2010 Classroom & School Grants. Over \$40,000 was awarded to 30 different schools in the District. This year, the Foundation is transitioning to a new Spring Grant program, replacing the Fall Grant Program. In transitioning to a 2011 Spring Grant program, Fall Classroom and School Grants were limited this year to one per school, focused on extended learning and capped at \$1,500. Not all schools submitted grants.

In the spring of 2011, LWSF will fund classroom and school grants with an emphasis on helping each school reach the goals they set for their Continuous Improvement Plan. Grants awarded this spring will initiate our new grant cycle schedule.

The 30 Fall 2010 extended learning classroom grants that were awarded include thirteen literacy grants, nine math, five science grants, and three combined literacy, math, and/or science. Elementary school grants ranged from the purchase of books appropriate for all levels of readers to before-school tutoring program for ELL students needing extra help with English. Other grants focused on science enrichment for 1st graders and after-school book and math clubs. High School grants include a peer mentoring program at Lake Washington High School, the study of comparative government at International Community School, a Model United Nations program at Juanita High School, and Robotics at Redmond High School. For a complete list of grants awarded, see www.lwsf.org/grants. In general, the grants enhance learning, extend the learning day through before and after-school programs, develop tutoring, mentoring, or homework programs, and allow teachers to tailor their instruction to the specific needs of students (assessment and alternative teaching tools). Congratulations to grant recipients.

Building a Math Culture, *Explorations in Math*. This year, six schools in the Lake Washington High School learning community teamed up and applied for a successful program called *Explorations in Math (EIM)*; AG Bell, Franklin, Lakeview, Rose Hill, Twain, and Peter Kirk Elementary schools each received a \$1500 grant to improve the math culture in their schools. EIM is a proven program that supplements the District curriculum. The goal is to help develop a math culture in primary schools to prepare confident and competent math thinkers through the after school math clubs and activities, family math nights, and other school-wide math activities, see <http://explorationsinmath.org>. Last year, three EIM grants were awarded and proved so successful that six schools received funding this year.

Access Fund Grants. This is the Foundation's 4th year distributing the Access Fund for secondary students with financial needs. \$10,500 was allocated to ten secondary schools for individual student needs including class fees, supplies related to specific classes, test fees, school activity cards and fees, field trips & musical instruments. The funding helps to keep the student in school, to get the student more involved in school activities, or simply removes a roadblock to their success.

Thanks to volunteer Joanne Hall for all of her work on the Access Fund determining school needs and working with our partner, InvestEd on this grant program.

Volunteers Needed. The Lake Washington Schools Foundation always welcomes volunteers. Volunteers are needed to mentor students through LINKS. The Marketing and Communications Committee needs volunteers with marketing, graphics/design, and writing or reporting experience. The Programs Committee is also looking for members who want to be involved with programs such as classroom grants, the Access Fund, and LINKS. In addition, we are still looking for school Ambassadors at a few schools to help connect LWSF to each school and volunteers for our Spring Luncheon on April 20. Please sign up at www.lwsf.org/volunteers.

Mailing List. If you would like to receive regular electronic updates from the Lake Washington Schools Foundation, please sign up at www.lwsf.org —find us on Facebook, too.

For more information contact Executive Director, Doug Seto, at dseto@lwsf.org or 425-936-1414

Counselors' Corner

Counselors: Cheryl Dennis
Jennifer Martinson
Ellen Zambrowsky-Huls
Anita Page

A – E
F - Ld
Le – Rh
Ri– Z

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

Services Available through the Counseling Center

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

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

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

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

Students wishing to make appointments with their counselor need to stop by the counseling office front desk and sign up in the schedule book. Parents wishing to make an appointment should call Nancy LaBrie at 425-936-1804.

POST HIGH SCHOOL PLANNING

Our Post-High School Handbook is now on line, along with the power point presentation given to all seniors in October! This is a great reference tool for all students to help with their post high school plans. 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 Handbook.

CLASS CHANGE REQUESTS

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

FINANCIAL AID NIGHT

On November 17th, at 7:00 pm, RHS will sponsor a financial aid workshop in the RHS Performing Arts Center. We will have a guest speaker who will explain the philosophy behind financial aid and how the final parental contribution figure is deduced. Parents will also be walked through the FAFSA's more difficult questions. This presentation by Making It Count was well received last year and parents of all grade levels are invited to attend.

PSAT RESULTS

On October 13, RHS juniors and sophomores took the Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test. This year we had a record 685 students take the test, which is almost 200 more than last year. We hope to receive the scores before we leave for Winter Break in December, and will post on Mustang News when results will be available for student pick up. After receiving scores students and parents should access the free PSAT/NMSQT College Planning Package at www.collegeboard.com/psatextra to:
View PSAT/NMSQT answers and explanations
Get a personalized SAT study plan
Find lists of colleges, majors and careers

Counselors' Corner (continued)

SCHOLARSHIP UPDATES

Why pay a scholarship search service to use their database when you can get the information for free? Check out these services:

Redmond High School publishes monthly scholarship bulletins. You can check for this by going to the high school website and clicking on Career Center.

Visit your local library.

Go online to www.fafsa.ed.gov to complete and submit the Free Application for Federal Student Aid. Excellent links to varied scholarship programs are attached to this site.

Explore financial Aid information on Career Cruising with your student.

Visit Redmond High School website for more information: <http://schools.lwsd.org/rhs/>

COLLEGE APPLICATIONS

Remember, that students are responsible for mailing or completing online their college applications. This includes mailing transcripts and having test scores sent. Test scores must be requested directly from the College Board or ACT. For more details on the college application process, please look at the Post High School Handbook available on the RHS website in the counseling section.

**REQUEST TRANSCRIPTS EARLY FROM THE COUNSELING CENTER.
MAIL EARLY.
DON'T WAIT UNTIL THE DEADLINES!!**

LETTERS OF RECOMMENDATION

An important part of the college application and scholarship process is the recommendation letter. Students need to pay close attention to what the college they are applying to requests – read carefully to see if they are requesting letters from a teacher or counselor, or even if they request letters at all. When requesting a letter of recommendation, please remember that your student is one of many requesting letters so please leave plenty of time (at least 2-3 weeks), give a copy of their resume, and include an addressed and stamped envelope if needed. The counseling center has a senior personal fact sheet for your student to use for requesting letters. For more details on how to request letters of recommendation, please look at the Post High School Handbook available on the RHS website in the counseling section.

NCAA ELIGIBILITY

Students considering participating in intercollegiate athletics need to go to <http://eligibilitycenter.org>. This registration certifies the eligibility of student athletes to participate in sports during their freshman year in college. Students are reminded to follow the directions to the letter. If you have any questions, see your counselor.

TEST DATES FOR 2010-2011		OUR RHS CODE IS 480-978
	Test Date	Registration Deadline
SAT	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



Redmond High School PTSA

Membership/"Pass the Hat" Donation Form

Redmond High School PTSA counts on your support. The first way to support RHS PTSA is to become a member, and the second way to support your local PTSA is to contribute to the excellent PTSA programs at Redmond High School through our one main fundraiser – our "Pass the Hat" campaign.

1. PTSA Membership – Advocate for Children! Vote at the General Membership meetings! Membership is the **foundation** of our organization. Please send in your \$11.00 all-inclusive membership fee for **each** member.

Parent / Guardian / Grandparent / Other Relative	Sign up for PTSA Membership
	Yes / No
	Yes / No
	Yes / No
	Yes / No

Address							
City		State		Zip		Phone	
Email							

2. "Pass the Hat" Fundraiser Donation – This is our **one** main fundraiser for the year. PTSA programs **depend** on your financial support to provide additional enrichment activities; improvements to the school; fulfillment of teacher requests for classroom enhancements, supplies and equipment; and club/sports equipment.

Payment – Make your check payable to **RHS PTSA** – One convenient payment for all PTSA related items, and return it in the envelope provided! **THANK YOU!**

PTSA Membership Dues (\$11.00 <u>per</u> member per year)	
Membership includes one PTSA Student Directory per member – unless otherwise indicated.	\$
"Pass the Hat" Fundraiser Donation - Provides funding for the all PTSA programs at RHS. It's tax deductible and may be eligible to be matched by your employer!!	\$
TOTAL	\$

REDMOND HIGH SCHOOL WINTER SPORTS

GYMNASTIC SEASON BEGINS NOVEMBER 8, 2010

WINTER SPORT SEASON BEGINS NOVEMBER 15, 2010

SPORT	LEVEL	COACH
*Gymnastics	Varsity, JV	Jason Farr – jfarr@evergreenathletics.com
*Swimming/Boys	Varsity, JV, Soph	Julie Barashkoff – jbarashkoff@lwsd.org
Basketball/Girls	Varsity, JV	Andre Bararshkoff – abarashkoff@lwsd.org
Basketball/Boys	Varsity, JV, Soph	Jeff Larson – jlanson@lwsd.org
Wrestling	Varsity, JV	Paul Mullen – pmullen@lwsd.org

***Ninth graders residing in the RHS attendance area may compete in these sports. All 9th graders must process their eligibility forms at Redmond High School, but purchase their ASB card at their junior high school.**

ATHLETIC ELIGIBILITY PROCESS

All student athletes must complete the athletic eligibility process for each sport and for each season they participate.

1. Academic Eligibility

Is based upon a student's GPA from the previous semester. Athletes must be currently enrolled in at least (4) four full-time subjects.

Athletes must have passed all classes with a 2.0 GPA from the previous semester.

A student who does not make the initial grade requirement will be placed on academic probation.

As soon as the student is passing all classes and has a 2.0 GPA, they may then be reinstated for competition by the athletic director.

2. School Fines

Athletes must pay all school fines and return all equipment/uniforms from previous sports teams.

3. ASB Card and Sports Participation Fee

• Athletes must submit proof of payment of **ASB fee of \$40** and **Sports Participation fee of \$275 per sport** **Sports Participation fee of \$275 must be paid when turning out for non-cut sports.** (swim/wrest/gym)

• **Sports participation fee of \$275 is due 3 days after the team is announced for cut sports (basketball)**

Any concern regarding payment must be resolved with Mr. Appelgate prior to due date

4. Eligibility Forms – both sides of all five forms must be completed All forms are on line.

- Gold Physical Examination Card for Interscholastic Athletics / Emergency Card
- Purple Kingco Athletic Eligibility
- Yellow Drug, Alcohol and Tobacco Year Round Code
- Green Health Insurance Portability & Accountability Act – Athletic Trainer Consent
- White Sport Specific Safety Rules

White Concussion Form

5. Clearance Cards

• A clearance card will be issued to the student athlete after all the above requirements are met. Student athletes must present the clearance card to their coach on the first day of tryouts.

Without a current clearance card, athletes will not be allowed to participate.

Parent Night: Will be determined by each individual coach. Please contact the coach for details.

Sports Participation Fee Refunds are issued through the Athletics Department under the following conditions:

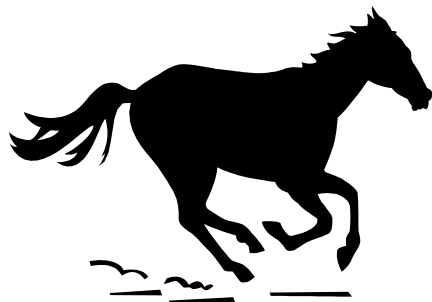
Student is cut from the squad by the coach after tryouts.

Student quits due to illness, injury or family moving prior to the 1st contest.

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

Wednesday	November 10	PTSA General Meeting	RHS Career Center	4-6 pm
Thursday	November 11	Holiday—Veteran’s Day		
Tuesday	November 23	LWSD PTSA Special Needs Group Meeting	LWSD Resource Center	7-8:30 pm
Wednesday	November 24	Pre-Holiday	1/2 day	
Thursday-Friday	November 25-26	Thanksgiving Holiday	No School	
Thursday	December 2	LWPTSA Council Meeting	LWSD Resource Center	9:30-11:30 am
Thursday	December 2	Scholarship Baskets Final Day	LWSD Resource Center	
Friday	December 10	Winter Spirit Assembly		
December 20	To January 2	Winter Break	No School	