

REDMOND JUNIOR HIGH

Bear Tracks Weekly

Today is Monday, March 8, 2010

Stay in touch with the latest school news at the [RJH web site](#).

Learn more about PTSA events and activities at the [RJH PTSA web site](#).

RJH CALENDAR

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| 03.08.2010 | RJH - March Madness Dress-Up Week |
| 03.08.2010 | KJH @ Redmond Jr Girls Regional Volleyball Jamboree |
| 03.08.2010 | LWSD - Parent Ed: Boys in Today's World |
| 03.09.2010 | Bellevue Christian @ Redmond Wrestling |
| 03.11.2010 | LWSD - J.H. Orchestra Festival |
| 03.12.2010 | Evergreen @ Redmond Girls JV/V Volleyball |
| 03.12.2010 | Redmond @ Evergreen Wrestling |

SCHOOL NEWS

IT'S MARCH MADNESS! March Madness Dress Up Week starts **TODAY** and will end with a spirit assembly on Friday. Are you ready?

- Monday: “**Sports Team Day**” – dress up like your favorite college or professional sports team.
- Tuesday: “**Pajama Day**” – dress comfy but school appropriate!
- Wednesday: “**Crazy Hat/Hair Day**” – ‘nuff said...
- Thursday: “**Cartoon/Superhero Day**” – dress like your favorite cartoon or superhero character.
- Friday: “**Spirit Day**” – 9th graders wear BLACK, 8th graders wear RED, 7th graders wear WHITE.

CONGRATS TO STAFF STAR MRS. FERGUSON! Mrs. Paula C. Ferguson, Orchestra teacher at RJH and RHS, is the District's [staff star](#) for March. Last year, she was invited to bring the RHS orchestra and five students from RJH to perform at Carnegie Hall in New York City. This year, Mrs. Ferguson is hoping to lead string players of all ages to a **world record** for the largest string ensemble under one roof: don't miss your chance to sign up for [String Jam '10](#) and help Mrs. Ferguson set a world record!

EXTRACURRICULAR ACTIVITIES

FOURTH SEASON SPORTS. Track, baseball and tennis will begin practices on Monday, **March 22nd**. Seventh grade volleyball will begin on Monday, **April 5th**.

RJH TRACK. 7th 8th and 9th grade boys and girls interested in participating in track, please come to an informational meeting on **Tuesday, March 9th** in the COMMONS during homeroom. Come see Coach Pajimola demonstrate the hurdles, Coach Kolrud demonstrate the shot put, Coach Hagerman demonstrate the high jump, Coach Jussel demonstrate the 3200, Coach Baldwin demonstrate the triple jump and Coach Wujick demonstrate the 100 yard dash! Not really, but if you are interested come by and hear about this season. Make sure you check in with your homeroom teacher before you come down.

GIRLS TENNIS. There will be an informational meeting **Tuesday, March 9th** for all girls interested in playing tennis this spring. Come hear about all the fun you will have and the skills you will gain! The

meeting will be in the LIBRARY during homeroom. Hope to see you there! See Ms. Samppala or Ms. Tuckwell with any questions. Make sure you check in with your homeroom teacher before you come down.

COSTA RICA. This is a reminder for the 24 students going to Costa Rica on Spring Break that our final meeting is on **Tuesday, March 9th at 7pm in the RJH library**. See Ms. Samppala with any questions.

TRAVEL 2011. If you are wishing you had a fun trip planned this year and want to make sure 2011 is memorable, come to a meeting on **Tuesday, March 9th at 6pm in the RJH library**. You will hear about two awesome trips in 2011: one to Costa Rica during spring break; and another to Italy, France and Spain in the summer. See Ms. Samppala, Mrs. Johnsen or Mrs. Kelman for a flier.

AFTER HOURS THIS WEEK. Check out the [March/April calendar](#) for After Hours! This week's activities will include:

- **Tuesday March 9.** Fun times about to come! We will be making SILLY PUTTY in Mr. Leslie's classroom in Red Cedar Pod.
- **Thursday March 11.** Today After Hours will be playing Hunter's Game and Whitney will be giving anyone who wants one Manicures!! Meet in Mr. Leslie's classroom in Red Cedar Pod.

AFTER HOURS FIELD TRIPS. Here is another field trip opportunity with After Hours. Transportation to and from RJH will be provided by City of Redmond staff. Contact [Nancy Chang](#) for field trip permission forms – or pick up a form at After Hours: April 15th Bellevue Indoor Skatepark, \$6, 2:30 – 4:30pm.

AFTER SCHOOL CLASSES. After Hours is offering some great classes this spring – sign up your student today! Please fill out a [registration form](#) to register your student. Scholarships are available. To learn more, contact [Nancy Chang](#).

- **Teen Clay Wheel Intensive: Wednesdays April 14 – June 2. 1:30 – 4:30 pm.** The City of Redmond's After Hours Program presents Teen Clay Wheel Intensive an 8-week class for students eager to experience the pottery wheel. Students learn the basic concepts of how to turn pots, use colored glazes, and create something that will be around for thousands of years. Prerequisite: prior clay experience. Special Raku Kiln firing expertise during the last class. Transportation will be provided from the junior high to the Old Redmond Schoolhouse Community Center. **Students will need to be picked up from the Old Redmond Schoolhouse Community Center.** Registration deadline: March 21, 2010 The class fee is \$200 – includes all supplies needed. The minimum / maximum limit for the class is 6 / 10 students.
- **Vertical World! May 5, 12, 19, and 26 1:30 – 3:30 pm.** Learn the basics of rock climbing at Vertical World. Transportation is provided to and from school by After Hours Staff. **Pick-up (1:00pm) and drop-off (4:00pm).** Registration deadline: April 21, 2010 Cost is \$70. The minimum / maximum limit for the class is 5 / 7 students.

REDMOND YOUTH SUMMIT. The Redmond Youth Partnership Advisory Committee (RYPAC) is holding a youth summit on **March 9th** called [Reaching Beyond Your Limits](#) from 8:30-1:30 pm at the Old Redmond School House Community Center. This is an excused absence for RJH students who participate. It will allow youth and adults to share their ideas on the concerns and needs of young people in Redmond, exploring solutions to address these issues. Students must have parent permission to attend and then clear it with school. The City of Redmond will provide transportation to and from RJH. For more information and to register, please visit the [RYPAC web site](#).

SUMMER LEARNING OPPORTUNITIES. There are many educational and volunteer opportunities for summer, and many opportunities to prepare for college. Many of these opportunities are available to students who will be entering 9th or 10th grade; and some are even available for younger students. Many local colleges offer classes or college prep programs during the summer. For instance, WWU offers [College Quest](#); WSU offers [Cougar Quest](#); the UW offers [summer programs](#) in writing, computer programming and more; and [Bellevue College](#) is offering classes in art, languages, writing, and business.

YMCA B.O.L.D. SCHOLARSHIPS AVAILABLE! The Metrocenter YMCA's BOLD (Boys Outdoor Leadership Development) is offering scholarships to summer Mountain School for boys 11-18 years old. Mountain School includes backpacking, rock climbing, fishing, mountaineering, and outdoor photography. Interested students should complete [this application](#). For more information, see Mrs. Knable in the Douglas Fir Pod, Room 161. The deadline to apply for this program is **April 30th**.

PTSA NEWS & PARENT EDUCATION

SPECIAL PRESENTATION ON TEEN DECISION MAKING. Join RJH School Resource Officer Bill Corson and mental health counselor Laura Doerflinger on **March 22nd** from 7:00-9:00 PM in the RJH Commons for a presentation on [teen decision making](#). You'll learn more about the complex mix of factors that can result in questionable decision making by our teens and you'll gain strategies for guiding and monitoring our students.

SCHOOL DISTRICT TO HOLD BUDGET MEETINGS. The Lake Washington School District will hold a series of five [community budget meetings](#) to gather suggestions on the need to cut the budget. In addition, the District will offer an online survey beginning March 16th (watch for survey info in next Monday's Weekly). Meetings will be held:

- March 16 – Juanita High School, 7-9 p.m.
- March 17 – Rose Hill Jr. High, 4-6 p.m.
- March 17 – Lake Washington High School, 7-9 p.m.
- **March 24 – Redmond High School, 7-9 p.m.**
- March 25 – Eastlake High School, 7-9 p.m.

NOMINATE OUTSTANDING EDUCATORS AND VOLUNTEERS! Each year, the RJH PTSA seeks nominations for Golden Acorn (outstanding volunteer) and Outstanding Educator to recognize the service of our wonderful volunteers and teachers. Nomination forms for each award are now available and are due on **April 5th**:

- **Golden Acorn:** This award is presented to people who have given exemplary volunteer service to children and youth in our school community. The Golden Acorn Award is very special and is given for continued and dedicated service. This is an excellent way to honor PTSA members for their contributions to this association. Complete a [nomination form](#) for a volunteer you feel is worthy of this honor.
- **Outstanding Educator:** This award is appropriately named to honor an educator who enables students to be the best that they can be and helps students develop the tools they need to be successful now and in the future. Complete a [nomination form](#) for the RJH educator you feel best exemplifies these ideals.

PTSA OFFICER NOMINATIONS FOR 2010-2011. The RJH PTSA Nominations Committee, consisting of Mary Bourguignon, Elizabeth Hansford, and Becky Latt, has submitted the following names as the candidates for 2010-2011 elected officers for Redmond Junior High PTSA. Elections will be held at the PTSA General Membership Meeting on Tuesday, **March 16, 2010**. The meeting begins at 7 p.m. in the RJH library.

Candidates:

President: Lisa Schildt
Co-Vice President: MaAn Shridhar
Co-Vice President: To be determined
Secretary: Heather Brown
Treasurer: Carrie Casanas

HOSPITALITY COMMITTEE HELPS WELCOME 6TH GRADE PARENTS TO RJH. On February 23rd, members of the PTSA Hospitality Committee provided refreshments as part of the welcome to RJH for 6th Grade Parent Night. The treats kept parents fueled as they learned more of what to expect for their entering 7th grade students next year. Many thanks to these volunteers for their contributions: Linda

Avery, Lynn Bailie, Amy Barry, Priya Cherukapalli, Mette Clarke, Fumiko Emura, Karen Figurelle, Atsuyo Hamano, Kelli Haworth, Katerina Kuznetsova, Michele Moore, Shigeyo Narumoto, Tomoko Matsuyo, Julie Rayl, Tovi Romano, MaAn Shridhar, Ritsko Suzuki, Linda Van Hoff, and Nanci Wehr. Thanks, too, to Shelley Flores for staffing the PTSA information table early in the evening, and to MaAn Shridhar for staffing the table later in the evening. Elizabeth Hansford helped with set up. If I've neglected to mention your name, please let me know so that I may include a correction. I greatly appreciate the generosity and willingness to help that each of these volunteers demonstrates. (submitted by Lisa Schildt)

NINTH GRADE STUDENTS: WANT TO TAKE A MOCK SAT? The RHS PTSA is sponsoring a Mock SAT, which will be offered to give students a chance to practice taking the SAT exam. Freshmen, it's never too early to start practicing! The Mock SAT is scheduled on **Saturday, March 20th from 9:00 until 1:15 pm**. It will be held at Redmond High School. The "Score Back" Session will be held on Wednesday, April 7th at 7:00 pm at Redmond High School. This Mock SAT will not be reported to any agency or school. To register, please complete the [form](#) on the RHS PTSA website. For additional information please contact [Shari Newton](#).

PARENT EDUCATION. The Lake Washington PTSA Council is presenting a number of [parent education classes](#):

- **Boys in Today's World.** In this workshop for parents and sons (ages 9-12), Laura Doerflinger, MS will assist you in learning better ways to relate to your sons so that they will develop a positive self-image. She will also discuss boys' physical, emotional and social growth; bullying; and parenting strategies. It will be held from 7:00-8:30 PM on **March 8th at Redmond JH**.
- **Raising Kids to be Successful in Learning & in Life.** In this presentation, Linda Morgan will discuss how parents can nurture their children's talents and help with setbacks and failures, test anxiety, and boredom. Sessions will be held from 7:00-8:30 PM on March 17th at Robert Frost Elementary; from 10:00-11:30 AM on March 23rd at the LWSD Resource Center; and from 7:00-8:30 PM on April 6th at Inglewood JH.
- **Adolescence Simplified.** In this workshop for parents of 4th-8th grade students, Julie Metzger will review the latest research on teens' brains and bodies; pre-teen and teen developmental stages; and strategies and communication skills. Workshop will be held from 7:00-8:30 PM on April 12th at Rose Hill JH.
- **The Young and the Restless.** The Social Lives of our Children. In this workshop for parents of 4th-8th grade students, Julie Metzger will explore students' social and emotional lives, particularly in this age of texting and social networking sites. Workshop will be held from 10:00-11:30 AM on April 21st at the LWSD Resource Center.
- **Staying Close while Standing Back,** The Art & Science of Parenting your Increasingly Independent Adolescent. In this workshop for parents of 7th-10th grade students, Julie Metzger will discuss strategies to encourage teens to be resilient, accountable, and interdependent people in a fast-changing world. The presentation will also cover communicating with teens about risky choices. It will be held from 7:00-8:30 PM on May 18th at Inglewood JH.

PTSA SPECIAL NEEDS GROUP MEETING. The PTSA Special Needs Group will meet on Tuesday, **March 23rd** from 7:00pm – 9:00pm at the LWSD Resource Building. The topic will be, "GET READY, GET SET, now LET'S GO: What you need to do NOW to prepare your child's next step." The presentation will be made by Richard Haines from the LWSD Transition Academy. Next year are you: Moving up to Kindergarten? To junior high? To high school? To independence? This presentation will help you learn what you as parents and students need to do NOW to get ready for your next step. All are welcome to attend. Membership not required. For more information, please contact [Beth Angelo](#).

DON'T MISS THE LEGACY FOR LEARNING LUNCHEON. The Lake Washington Schools Foundation is holding its annual [Legacy for Learning Luncheon](#) on **Wednesday, April 28** at Juanita High School. The Foundation, a partner with PTSA and the district, works tirelessly to bring enrichment programs to all schools in our district. Superintendent Dr. Chip Kimball will be the keynote speaker. The luncheon is free, but you will be asked for a donation to the Foundation while you are there. **Volunteers are needed** to be

table captains and to help set up and tear down after the event. If you are able to help or if you can attend the luncheon, visit the [LWSF](#) web site to sign up or to RSVP.

COMMUNITY DIGEST

PRESENTATION ON KIDS, EMOTIONS, & ACTIVE PROBLEM SOLVING. Parent Map Pathways Series is pleased to present Dr. Laura Kastner in a [presentation](#) on the new brain research that is shedding light on the causes behind the chaos of the teen years. This evening will give parents insights and tools for finding a better way to relate to their teen. The presentation will be held at The Bear Creek School on March 16th from 7:00-9:00 PM. Tickets are \$20 and are on sale through [Brown Paper Tickets](#). There is a discount available for entering a special Lake Washington School District code: "SCH10."

EXPANDING YOUR HORIZONS. Girls interested in math, science, and technology, the [Expanding your Horizons](#) conference on Saturday, **March 27th** from 8:00-11:50am will help you explore different fields and learn about everything from astronomy to zoology. There's even a program for parents!

MUSICIANS NEEDED FOR ROCKATHON. The Old Fire House Teen Center is seeking musicians between ages 13 and 19 – solo artists or bands – to compete in the 4th Annual OFH Classic [Rockathon](#). Applications are available at the Old Fire House Teen Center at 16510 NE 79th Street or [online](#). The deadline for applications is Wednesday, **March 24th** at 5:00 PM.

RYPAC Kickback March 17 6:30 – 8:30pm. Help plan [Green Redmond](#), an environmental service project. RYPAC will join other Eastside youth councils for the Eastside Extreme Makeover taking place May 22, where we will build a trail at Farrell Mc-Whirter Park! We will have snacks and refreshments. Room 207 at the Old Schoolhouse Community Center (16600 NE 80th ST). Contact [RYPAC](#) for more information.

THOROUGHLY MODERN MILLIE JR. Evergreen Junior High PTSA, in cooperation with SecondStory Repertory Theatre, will present "[Thoroughly Modern Millie, Jr.](#)" on **March 11-13** at the RHS Performing Arts Center. Performances are at 7 p.m. on March 11 and 12, with a 2 p.m. matinee on March 13. Tickets are \$5 for students and seniors and \$7 for adults.

Bear Tracks Weekly is published by the Redmond Junior High PTSA. To subscribe, please contact weekly@rjhptsa.org. For more information about the PTSA, please visit our web site at www.rjhptsa.org.