

# REDMOND JUNIOR HIGH

## *Bear Tracks Weekly*

**Today is Monday, March 15, 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

03.16.2010	<a href="#">LWSD - J.H. Choral Festival</a>
03.16.2010	<a href="#">LWSD - Budget Input Session</a>
03.16.2010	<a href="#">RJH - PTSA General Membership Meeting</a>
03.16.2010	<a href="#">RJH - Regional Choir Concert</a>
03.17.2010	<a href="#">LWSD - Budget Input Session</a>
03.17.2010	<a href="#">LWSD - Budget Input Session</a>
03.17.2010	<a href="#">RJH Region Concert--Jazz</a>
03.18.2010	<a href="#">LWSD Junior High Band Festival</a>
03.18.2010	<a href="#">KiJH @ EJH Boys Wrestle-Rama</a>
03.19.2010	<a href="#">No School: LEAP Day</a>

### SCHOOL NEWS

**ATTENTION NINTH GRADERS WHO TAKE CLASSES AT RHS.** Junior high students who travel to Redmond High School for classes should note that RHS students will be starting High School Proficiency Exam (HSPE) testing this week. The HSPE (formerly WASL) is required for high school graduation. Because of the testing schedule, 9<sup>th</sup> graders will not be attending their RHS classes on testing days. RHS has posted [information](#) about the HSPE, as well as a [bell schedule](#) for testing days.

**NO SCHOOL THIS FRIDAY.** Don't forget that this Friday, **March 19<sup>th</sup>**, is a LEAP day, which means no school for students.

### EXTRACURRICULAR ACTIVITIES

**PLAN THE NEXT DANCE!** Hey RJH students! Want a say in our next dance? The leadership class is planning the last dance of the year and we want your ideas! We are interested in any ideas you have on how we can make this dance the best of the year, and any themes you'd like to suggest. Submit your ideas to the box in the office by **Tuesday**. We look forward to seeing your ideas!

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

- **Tuesday March 16.** Come Celebrate St. Paddy's Day with After Hours. We will be making Rice Krispie treats and playing pin the shamrock on the leprechaun.
- **Thursday March 17.** After Hours gang: whip out your sewing skills because we will be making our own hacky sacks!

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

**SERVICE OPPORTUNITIES.** Students, you will hear about various service opportunities throughout the year. We have many students completing fantastic volunteering. Some are doing it for Honor Society membership and some because they care to give. All service hours are posted on the Bulletin Board outside Student Services. More opportunities are listed on the board, too, including:

- Redmond Elementary after school program
- Redmond El Rock-N-Walk
- District wrestling tournament on Saturday, **March 20<sup>th</sup>** (9:00 am-6:00 pm). See Coach Hagerman for more information.

**AFTER HOURS FIELD TRIP.** After Hours will be taking a field trip on April 15<sup>th</sup> to the Bellevue Indoor Skatepark. Cost will be \$6 and the field trip will last from 2:30 – 4:30pm. 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.

**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](#).

- **Hiphop Dance April 7, 14, 21, and 28 1:30 – 3:30 pm.** Come learn hiphop and break dance moves. Transportation is provided to and from school by After Hours Staff. **Pick-up (1:00pm) and drop-off (4:00pm).** Registration deadline: March 22, 2010 Cost is \$40. The minimum / maximum limit for the class is 5 / 7 students.
- **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.
- **Hiphop Dance May 5, 12, 19, and 26 1:30 – 3:30 pm.** Come learn hiphop and break dance moves. 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 \$40. The minimum / maximum limit for the class is 5 / 7 students.

## **PTSA NEWS & PARENT EDUCATION**

**SPECIAL PRESENTATION ON TEEN DECISION MAKING.** Join RJH School Resource Officer Bill Corson and mental health counselor Laura Doerflinger next Monday **March 22<sup>nd</sup>** 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 has posted a [budget Q&A](#) and started a [budget blog](#), which will link to an online survey that will begin on **March 16<sup>th</sup>**. Meetings will be held at:

- 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 5<sup>th</sup>**:

- **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 2010-2010 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

**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 20<sup>th</sup> 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 7<sup>th</sup> 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](#):

- **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 16<sup>th</sup>** 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."

- **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 17<sup>th</sup> at Robert Frost Elementary; from 10:00-11:30 AM on March 23<sup>rd</sup> at the LWSD Resource Center; and from 7:00-8:30 PM on April 6<sup>th</sup> at Inglewood JH.
- **Adolescence Simplified.** In this workshop for parents of 4<sup>th</sup>-8<sup>th</sup> 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 12<sup>th</sup> at Rose Hill JH.
- **The Young and the Restless.** The Social Lives of our Children. In this workshop for parents of 4<sup>th</sup>-8<sup>th</sup> 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 21<sup>st</sup> 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 7<sup>th</sup>-10<sup>th</sup> 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 18<sup>th</sup> at Inglewood JH.

**PTSA SPECIAL NEEDS GROUP MEETING.** The PTSA Special Needs Group will meet on Tuesday, **March 23<sup>rd</sup>** 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

**EXPANDING YOUR HORIZONS.** Girls interested in math, science, and technology, the [Expanding your Horizons](#) conference on Saturday, **March 27<sup>th</sup>** 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!

**RYPAC KICKBACK.** Come help RYPAC plan upcoming events. We will have snacks and refreshments. Meeting will be held on **March 17<sup>th</sup>** from 6:30-8:30 pm in Room 207 at the Old Schoolhouse Community Center (16600 NE 80<sup>th</sup> St). Contact [rypac@redmond.gov](mailto:rypac@redmond.gov) for more information:

- **Eggstravaganza April 3 morning:** help out younger students with arts and craft activities,
- **Green Redmond April 17 :** environmental stewardship project,
- **East Side Extreme Makeover May 22 :** building a trail at Farrell-McWhirter Park.

**TEEN SUMMIT LET STUDENTS ADVISE ON REDMOND'S FUTURE.** The Redmond Youth Partnership Advisory Committee (RYPAC) hosted a [summit](#) for local youth that was attended by over 200 junior high and high school students. Participants at the summit had the opportunity to give officials from the City of Redmond and Lake Washington School District their advice on after-school activities and resources for youth in our community. Kudos to the RJH students who attended!

**EVERGREEN JUNIOR HIGH GARAGE SALE.** Evergreen JH is holding a community garage sale on Saturday, **April 17** from 9 AM to 3 PM. This is a fundraiser for the 9<sup>th</sup> grade class end of the year celebration. Please donate your gently used clothing, household goods, furniture, books, sporting equipment, and other usable items. Drop off your donations from 3:00 PM to 7 PM on Friday, April 16. We are sorry, but we can't take donations early. Evergreen JH is located at 6900 208<sup>th</sup> Ave NE, Redmond WA. Thanks for your support by donating items or purchasing items at our garage sale. Please contact [Heather Symonds](#) or [Peg Hunt](#) if you have any questions.

**YMCA SUMMER CAMP.** The YMCA offers overnight and adventure camps and leadership programs at [Camp Orkila and Camp Colman](#).

**EGGSTRAVAGANZA!** The City of Redmond is hosting [two egg hunts](#) and a pancake breakfast. April 2<sup>nd</sup> and 3<sup>rd</sup>. Fun for the whole family!

**SPRING SOCCER.** Northwest University offers a [spring soccer camp](#) for children 6-13 years old. The Lake Washington Youth Soccer Association offers a [spring training program](#) for players up to age 18.

**SUMMER CLASSES.** Both [Lake Washington Technical College](#) and [Bellevue College](#) are offering a variety of classes for teens this summer. Course offerings include world languages, writing, fine arts, SAT/ACT prep, and much more!

***Bear Tracks Weekly*** is published by the Redmond Junior High PTSA. To subscribe, please contact [weekly@rjhptsa.org](mailto:weekly@rjhptsa.org). For more information about the PTSA, please visit our web site at [www.rjhptsa.org](http://www.rjhptsa.org).