

REDMOND JUNIOR HIGH

Bear Tracks Weekly

Today is Monday, March 22, 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

- 03.22.2010 [LWSD - Parent Ed: Factors influencing Teen Decision Making & Behaviors](#)
- 03.23.2010 [LWSD - PTSA Special Needs Meeting](#)
- 03.23.2010 [RJH Region Band Concert - Bands](#)
- 03.24.2010 [RJH - KingCo Track Preseason Meeting](#)
- 03.24.2010 [LWSD - Budget Input Session](#)
- 03.25.2010 [LWSD - Budget Input Session](#)
- 03.29.2010 [No School: Spring Break](#)

SCHOOL NEWS

SPECIAL PRESENTATION ON TEEN DECISION MAKING. Join RJH School Resource Officer Bill Corson and mental health counselor Laura Doerflinger **TODAY, 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.

EMERGENCY STUDENT RELEASE PROCEDURES. School administrators have developed a careful plan to keep students safe during an emergency. For parents, guardians, or emergency contacts who wish to pick students up from the school during an emergency, RJH has posted a detailed list of [procedures](#) for how students will be released. Please take a few minutes to look over these procedures now so that you are aware of how RJH will handle student release during an emergency. Key things to remember if you need to pick your child up at school during an emergency: Have photo I.D., stay calm, be patient, follow instructions.

KITCHEN DONATIONS NEEDED. The learning center classroom has been working on many different types of cooking recipes. Students are learning to measure (accurately), how to season food and cook different types of food. To help students learn to cook many different recipes, we are in need of more kitchen utensils. We would greatly appreciate gently used utensils, including: Bowls of different sizes, Crockpot, Silverware of any type, Soup Pot, Cupcake pans, or a Wok. These are just a few suggestions. Anything that can be donated would be welcome. We appreciate any contributions that are made to the learning center classroom. Thanks, Ms. Poitra

EXTRACURRICULAR ACTIVITIES

LAST DAY TO DOODLE FOR GOOGLE. The annual [Doodle 4 Google](#) contest is here! This year's theme is "If I could do anything I would." If you are interested in redesigning the Google logo around this theme, the deadline is TODAY! See [Ms. Crinnion](#) for an entry form.

CONGRATS WRESTLING TEAM! Congratulations to the RJH wrestling team. They finished their regular season with a great win over Rose Hill Junior High. Way to go, Grizzlies!

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

- **Tuesday March 23.** Spring Break Party: Making smoothies and doing other fun stuff.
- **Thursday March 25.** No After Hours today. Have a fun Spring Break!

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

AFTER HOURS FIELD TRIP. After Hours will be taking a field trip on April 15th 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: **TODAY, March 22**, Cost is \$40. The minimum / maximum limit for the class is 5 / 7 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.

HELP SET A WORLD RECORD! Parents or students – if you play (or have ever played) the violin, viola, cello, or string bass – you are needed to perform in **String Jam '10** and help set a world record for the largest string ensemble performing under one roof! Registration is easy, but you must register by **March 31st**. Get a free t-shirt, help set a world record, and support our Lake Washington School District orchestra programs. Learn more and register [here](#).

PTSA NEWS & PARENT EDUCATION

SCHOOL DISTRICT TO HOLD BUDGET MEETINGS. The Lake Washington School District postponed last week's [community budget meetings](#) in order to wait for final action from the State Legislature. Two more budget meetings have tentatively been set for this week, though these may be canceled depending on the Legislature's action. Please check www.lwsd.org to see if these meetings will be held:

- **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.

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

- **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. Workshop will be held 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. Please RSVP to lwsdparented@gmail.com if you plan to attend one of these programs.
- **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 in March and April. All are welcome to attend. Membership not required. For more information, please contact [Beth Angelo](#). Meeting topics will be:

- **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.
- **Tuesday, April 27th from 7:00pm – 9:00pm** at the LWSD Resource Building. The topic will be, *How does Lake Washington School District support children with symptoms of ADHD, Anxiety, and Autism?* Hear from LWSD's Special Education Department on the programs, partnerships, and interventions that are available, as well as future plans. Meet and engage with members of the Autism Support Team. Learn about solutions created by LWSD parents for home and school.

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 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!

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 9th 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 208th 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.

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

SERVICE OPPORTUNITIES:

- Register now for Today's Hope [Pet Walk for Autism](#), to be held April 24 at Lake Sammamish State Park.
- [Relay for Life](#) of Redmond Kirkland needs teens to form teams for this fundraiser to be held June 19-20 at Redmond High School.

SPRING ARTS:

- [Audition](#) March 24 or March 26 for Evergreen Family Theatre's "Puck and the Players." Students in grades 6-12.
- Kirkland Arts Center spring [youth art classes](#) for ages up to 18 begin March 29.
- [Sign up](#) now for Village Theatre Kidstage spring classes and productions for students through age 20.

START PLANNING FOR A GREAT SUMMER!

- YMCA Camp Colman and Camp Orkila are taking registrations now for [overnight camps](#) for youth up to age 18.
- [Sambica](#) Summer Camps for kids and teens are also taking reservations now.
- Bellevue College offers week-long classes in the [Summer Program for Teens](#), June 28-August 20.
- Lake Washington Technical College will offer [summer classes for teens](#) ages 12-18 at both Redmond and Kirkland campuses.

SPECIAL NOTE: In the event of an emergency, student release procedures can be found [here](#).

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.