

REDMOND JUNIOR HIGH

Bear Tracks Weekly

Today is Monday, March 29, 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

- 03.29.2010** [No School: Spring Break](#)
- 04.08.2010** [LWSD - PTSA Council Meeting](#)
- 04.10.2010** [LWSD - String Jam 10! World Record Attempt](#)

SCHOOL NEWS

ENJOY YOUR SPRING BREAK!

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

COLLEGE BOUND SCHOLARSHIPS. If the counseling staff gave you a yellow application form for the [College Bound Scholarship](#), be sure to get it signed by your parent during break and turned into Mrs. Johnson in the counseling office as soon as possible.

EXTRACURRICULAR ACTIVITIES



LAST CHANCE TO 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 Guinness 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](#).

CONGRATS MATHCOUNTS VICTORS! Way to go RJH – our school took [3rd place](#) in the entire state at the MATHCOUNTS competition last week, and Kolya Malkin won 4th place individually and will be going on to the national competition in Florida. Wow! The team's stunning finish was thanks to great coaching from RJH math teacher Mrs. Ilac and hard work from team members.

CONGRATS NHD VICTORS! Many congratulations to the RJH students who prepared projects for [National History Day](#) (NHD). A number of RJH teams did so well in the competition that they will be moving on to the State level. Go teams!

CONGRATS JV VOLLEYBALL. The JV Volleyball team finished their season with an inspired performance: both red and black teams played great games. Congrats Grizzly athletes!

AFTER HOURS THIS WEEK. There will be no After Hours this week because of Spring Break. But be sure to check out the [March/April calendar](#) to learn about upcoming activities!

FOURTH SEASON SPORTS. Track, baseball and tennis have already begun practicing. Seventh grade volleyball will begin next 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).** Costs \$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: **April 7, 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.
- **Yoga for Teens May 5 – June 2nd Wednesdays 1:30 – 2:30.** Come and experience a yoga class series to improve flexibility, learn focus techniques, and de-stress at Discover Yoga in downtown Redmond. You will learn fun and challenging yoga postures, breath and relaxation techniques. **Pick-up (1:00pm) and drop-off (3:00pm).** Registration deadline: April 21, 2010 Costs \$55. The minimum / maximum limit for the class is 5 / 12 students.

PTSA NEWS & PARENT EDUCATION

MARCH NEWSLETTER IS AVAILABLE. The PTSA's monthly newsletter, Bear Tracks is [now available](#) at the RJH PTSA web site. Learn more about what's going on at school!

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](#):

- **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 April. All are welcome to attend. Membership not required. For more information, please contact [Beth Angelo](#). Meeting topic will be:

- **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

RYPAC Kickback April 15, 6:30 – 8:30pm. Community Service Hours Offered! We will have snacks and refreshments. Room 207 at the Old Schoolhouse Community Center (16600 NE 80th ST) Contact rypac@redmond.gov for more information. Also, community service hours will be offered for volunteers to help RYPAC at these events:

- 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

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

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.