

REDMOND JUNIOR HIGH

Bear Tracks Weekly

Today is Monday, April 12, 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

04.12.2010 [LWSD - Parent Ed: Adolescence Simplified](#)

04.19.2010 [Inglewood @ Redmond Girls Volleyball](#)

04.20.2010 [Rose Hill @ Redmond Varsity Girls Tennis](#)

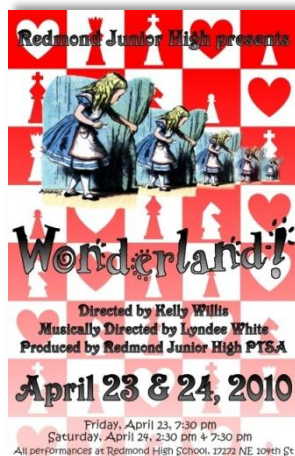
SCHOOL NEWS

GET READY FOR THE TALENT SHOW! Hey RJH! The talent show is coming up soon and we want to see your talent! Pick out your talent and start practicing! Stay tuned for audition information and times!

NATIONAL HONOR SOCIETY MEMBERS. A reminder to Honor Society members that your service hours are due on **May 3rd**. For those who still need hours, volunteers are needed for the Redmond Elementary Rock-N-Walk coming up on Saturday, April 24th. See the board and pick-up a pink flyer on the counter in Student Services. Also, Special Olympics Soccer help is needed: see Mr. Rogers.

SUMMER SCHOOL IN THE LAKE WASHINGTON SCHOOL DISTRICT. Summer School for 2010 will be held at Redmond High School. Classes will be held July 2 – 30. More information, including the summer school catalogue and application instructions, can be found at the [LWSD web site](#). Students will be notified when hard copies are available at the school. This is an excellent opportunity to catch up on missing credits!

EXTRACURRICULAR ACTIVITIES



WONDERLAND IS COMING TO RJH! Get ready for your chance to go to *Wonderland*, the wonderful new RJH drama production. Mark your calendar today and be sure to catch one of the shows: **April 23rd at 7:30 PM and April 24th at 2:30 and 7:30 PM** at the Redmond High School Performing Arts Center. Tickets will be sold at the door: \$8 general admission / \$6 students & seniors.

CURRENT EVENTS CLUB. Hey RJH- now is a great time to become active within your school and within the global community. The Current Events Club had its first meeting last week and will meet every other Tuesday all spring. If you're interested, please talk to Mr. Leslie, room, 145. This club is a great opportunity to be able to support charities globally, and any of your suggestions or contributions will help make this club a great success, and help other people.

RHS CHEER. All 9th graders- Looking to try out for the RHS Cheer Squad next year? Tryouts are May 3rd-6th. Please make sure you are cleared through the athletic office at RHS by April 30th!

WRESTLING. Anyone interested in attending wrestling camp or 9th graders who intend to wrestle at RHS next year you can pick up an informational packet from Coach Hagerman.

RHS FOOTBALL. All 9th graders who are planning on playing football at RHS next year need to make sure that you have given your contact information to Coach Hagerman by Friday.

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

- **Tuesday April 13.** Wear your sneakers because we will be bringing back the best old school game ever! KICK THE CAN! Remember to bring your permission slips for Thursday's field trip to the Bellevue Indoor Skate Park!
- **Thursday April 15.** If you brought your permission slip, we will be heading to the Bellevue indoor skate park! For those not going on the field trip, we will be playing soccer outside and having lots of art supplies to use to make art!

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.** 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. 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. The class fee is \$200 – includes all supplies needed.
- **Vertical World! May 5, 12, 19, and 26 1:30 – 3:30 pm.** Registration deadline: April 21, 2010
Cost is \$70.
- **Hiphop Dance May 5, 12, 19, and 26 1:30 – 3:30 pm.** Registration deadline: April 21, 2010.
- **Yoga for Teens May 5 – June 2nd Wednesdays 1:30 – 2:30.** Registration deadline: April 21, 2010
Costs \$55.

PTSA NEWS & PARENT EDUCATION

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 **TODAY** 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.
- **Preparing Your College-Bound High School Student for the New Economy.** "Go to college and get a good job..." has been the motivating mantra of parents and educators for the past 25 years. Now what? Is it still relevant, or does our mantra need a makeover? Come and learn how

parents can help students learn the three things they need to survive in the new economy. The workshop will be presented by **Susan Quattrociochi, Ph.D.**, the former Director of the Washington State Initiative, *A Call to Parents: How to Cut the High Costs and High Risks of Education After High School*. Wednesday, **April 21st** from 7 – 9 PM at the LWSD Resource Center Board Room (16250 NE 74th St., Redmond). Recommended for parents of students 8th grade and up. Questions? Contact [Joanne Hall](#).

- **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:

- Green Redmond, April 17 : environmental stewardship project
- East Side Extreme Makeover, May 22 : building a trail at Farrell-McWhirter Park

ENGINEERING AND THE ENVIRONMENT. For students interested in engineering, learn how engineering and the environment work together. [Activities and experiments](#) for students from K-12. Sponsored by the Society of Women Engineers. April 24th from 10-Noon at

MEN'S PERSONAL SAFETY CLASS. The Redmond Police Department will be presenting a free Men's Personal Safety class on **Wednesday, April 28th** from 6:00 - 8:00 p.m. at the Redmond Senior Center (8703 160th Avenue NE). Please note this is *not* a self-defense class, this is a proactive approach to safety rather than "reactive" and is suitable for ages 15 and older. Please RSVP by email: safetyclasses@redmond.gov. Topics will how to prevent becoming the victim of assault or robbery, potentially dangerous situations and how to avoid them, how to handle "road rage" and prevent accidents, the pros and cons of weapons for personal security, and how to make a safety plan.

YOUNG WOMEN'S PERSONAL SAFETY CLASS. The Redmond Police Department will be presenting a Young Women's Personal Safety class on Thursday, **May 6th at 6:00 p.m.** at the Old Firehouse Teen Center (16510 NE 79th Street). Please note this is *not* a self-defense class, this is a proactive approach to safety rather than "reactive" and is suitable for ages 14-20. This class is geared towards younger women and only this age group will be in attendance. Please RSVP by email: safetyclasses@redmond.gov. Topics will include how to prevent becoming the victim of assault or

robbery, potentially dangerous situations and how to avoid them, rape, sexual assault, and dating safety tips, how to help friends in violent relationships, and how to make a safety plan.

REDMOND POLICE RAISE MONEY FOR SPECIAL OLYMPICS! Please join the Redmond Police Department at the following "Tip-a-Cop" events for a fun evening, good food, and a better cause. RPD staff will be "serving you" and tips will be accepted to benefit Special Olympics of Washington. This event occurs a few times a year, including: **Thursday, April 8th** at Claim Jumper 4:00 p.m. - 9:00 p.m. (Redmond Town Center) and **Saturday, April 17th** -- Red Robin (both Redmond locations – Redmond Town Center and Overlake) 12:00 noon - 8:00 p.m.

EVERGREEN COMMUNITY GARAGE SALE – DONATIONS NEEDED! The Evergreen Jr. High 9th Grade class is holding a community garage sale this **Saturday, April 17** from 9 – 2PM. This will help support the 9th grade celebration at the end of the year. DONATIONS are needed: please drop off your gently used household goods, clothing, toys, books, small furniture, tools, etc. on Friday, **April 16 from 2:45 – 7 PM** at Evergreen Junior High (6900 208th Ave. NE, Redmond). Please limit your donations to what the Salvation Army accepts—no used cosmetics, underclothing, broken toys or appliances, parts of items, stained or ruined items, etc. Contact Co-Chairs, [Peg Hunt](#) or [Heather Symonds](#) if you have any questions.

ARTS IN THE PARKS. Don't miss plays and performances in [Redmond's parks](#) this summer.

SUMMER CAMPS. The district's [community bulletin board](#) includes listings for a number of different summer camps and summer classes for students. Don't miss the summer fun!

SUMMER CLASSES. Want to take Japanese this summer? Or drawing? Or prepare for the SAT? [Lake Washington Technical College](#) is offering summer classes for teens. Registration begins May 13th.

SUMMER CAMPS AT THE OLD FIRE HOUSE TEEN CENTER. Summer is just around the corner and the Old Fire House Teen Center is offering tons of exciting, creatively inspiring, Summer Camps! Help inspire the teenager in your life and sign them up for an [OFH summer program](#)! 2010 Summer Camps:

- Black and White Photography Workshop
- Digital Animation and Motion Picture Camp (Beginner and Advanced Programs Available)
- Digital Mixing
- Digital Photography
- For Those About to Rock Music Camp
- Graff Art 101
- Basic Video Production – Young Producers Project
- Intermediate Video Production
- Pro-Tools HD 101
- Skate Crew

FALL SOCCER REGISTRATION. The [Lake Washington Youth Soccer Association](#) is now accepting registrations for fall soccer.

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.