

REDMOND JUNIOR HIGH

Bear Tracks Weekly

Today is Monday, April 19, 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

- 04.19.2010 [Inglewood @ Redmond Girls Volleyball](#)
- 04.20.2010 [Redmond @ Evergreen JV Girls' Tennis](#)
- 04.20.2010 [Rose Hill @ Redmond Varsity Girls Tennis](#)
- 04.20.2010 [Rose Hill @ Redmond Varsity Baseball](#)
- 04.21.2010 [LWSD - Parent Ed: The Young and the Restless](#)
- 04.21.2010 [LWSD - Parent Ed: Preparing Your College-Bound High School Student for the New Economy](#)
- 04.22.2010 [Inglewood @ Redmond JV Girls Tennis](#)
- 04.23.2010 [RJH - "Wonderland"](#)
- 04.24.2010 [RJH - "Wonderland"](#)
- 04.24.2010 [RJH - "Wonderland"](#)

SCHOOL NEWS

A SPECIAL MESSAGE FROM PRINCIPAL BARONÉ:

Dear Parents, Students, and Community Members,

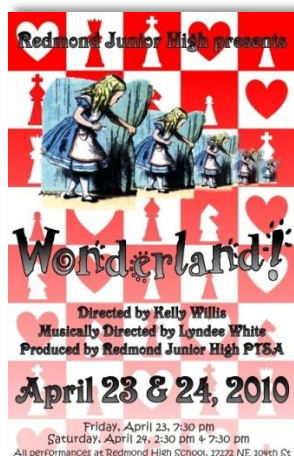
Last week it was announced that I will be taking the position of the associate principal at Lake Washington High School next year. For me it is a return to high school as I was a high school teacher and administrator prior to coming to RJH. While I am looking forward to this new challenge, I am deeply saddened by the thought of leaving Redmond Junior! This is such a dynamic school. The faculty and staff are warm and caring professionals who always have the student's best interest at heart. It is a place where learning is key and tomorrow's leaders are developed. The school enjoys strong parent and community support. RJH truly is a special place and a uniquely gifted public school. Thanks to everyone who has enriched my life by being strong advocates for your sons or daughters and their school. In a few short weeks they will begin a process to hire a new principal. It is my fervent hope that the very best will be appointed to lead this wonderful school. Look for more news soon.

Prato Barone', Principal, Redmond Junior High

NO NEW LWSD BUDGET CUTS FOR 2010-11. Superintendent Chip Kimball announced last week that as a result of the recently-adopted state budget, a **NO CUTS budget** will be developed for the school district for 2010-2011. Cuts underway as a result of last year's budget will continue. Community budget meetings originally scheduled for this spring will not be held. Instead, district staff will use regular budget processes to develop the budget. This will include looking at our priorities and making adjustments accordingly. No additional supplemental levy is planned in 2010.

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.

EXTRACURRICULAR ACTIVITIES



WONDERLAND IS THIS WEEKEND! 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 this weekend: **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 or \$6 students & seniors.

CONGRATS TO MRS. FERGUSON & THE MUSICIANS OF STRING JAM '10! On April 10th, nearly 400 musicians from RJH and around the region gathered to attempt to set a Guinness World Record™ for the largest string ensemble under one roof! Congratulations to Mrs. Ferguson for conducting the “world’s largest string ensemble” and to all the musicians! Here’s a great [video](#) from the Redmond Reporter.

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!

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

- **Tuesday April 20.** We’re back in the Commons! Make sure you come because we will be teaching you how to pot your own plants and we will have a FREE yoga lesson from Discovery Yoga!
- **Thursday April 22.** Bring a comfy outfit, maybe even a pillow, because we celebrating Earth Day by watching the DVD Fern Gully! (rated G)

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](#).

- **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** Costs \$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** Costs \$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

DO YOU LIKE SURPRISES? We do, and we love to surprise our faculty and staff. If you'd like to get in on what we're planning to celebrate for Teacher/Staff Appreciation Week in mid-May, please contact [Heather Brown Willmon](#) or [Stephanie Wilkins](#). We'd like to show special thanks for the work and dedication the teachers and staff show our children. Naturally, we're not putting the details in this notice. That would spoil the surprise! We'd like to hear from you no later than **April 26th** if you can help!

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

- **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

GREEN REDMOND VOLUNTEERS NEEDED. Volunteers with Green Redmond are back in the field, and kicking off our second season together with great opportunities to volunteer in the parks. Coming up this **Saturday, April 24th**, the first of our regular monthly volunteer work parties will be at Viewpoint Neighborhood Park. From now through October we'll be rotating through different parks on the last Saturday of each month. For more information on this and other upcoming events, and to RSVP, please

go to the [Green Redmond](#) volunteer schedule. Last year, volunteers donated over 2,000 hours to restoring our parks by removing aggressive invasive weeds and planting trees and shrubs to re-establish the native forest. Will you join us this year?

ENGINEERING OPPORTUNITIES. For students interested in engineering, learn how engineering and the environment work together at an Engineering and the Environment Fair sponsored by the Society of Women Engineers. [Activities and experiments](#) for students from K-12. The event will be held **April 24th** from 10-Noon at Seattle University. On May 1st, also at Seattle University, the Society of Women Engineers will hold a [summer job fair](#) to help aspiring engineers find a summer job.

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.

RYPAC Kickback May 6, 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). rypac@redmond.gov for more information. Come help RYPAC at these events:

- Help plan a mother's day craft activity for elementary students
- East Side Extreme Makeover May 22 : building a trail at Farrell-McWhirter Park
- RYPAC is part of an Eastside food drive challenge issued by Issaquah's youth council. Please come and help us devise a plan to beat all the other cities!

SUMMER CLASSES AT LAKE WASHINGTON TECHNICAL COLLEGE. Lake Washington Technical College will be offering 16 classes especially designed for teens from 12-18. The classes are located at the Redmond Campus next to Marymoor Park. Courses include Japanese, money management, SAT/PSAT Prep, drawing, and more. Classes begin in July and August. Please visit the [LWTC web site](#) and check out our [Flyer](#) link for full descriptions of the courses.

SUMMER THEATRE CLASSES. Second Story Repertory is offering [summer classes](#) for students from age 8 to 19.

OLD FIREHOUSE SUMMER CLASSES. The Old Firehouse Teen Center is offering [summer classes](#) in music, audio tech, and art.

VOCALPOINT – GIRLS PREP. Vocalpoint! Seattle will be holding auditions on May 22nd for its [prep choir](#). This choir is open to girls who will be entering 7th or 8th grade in the fall.

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.