

REDMOND JUNIOR HIGH

Bear Tracks Weekly

Today is Monday, April 26, 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

04.26.2010	Redmond @ Rose Hill 7th Grade Volleyball
04.26.2010	Inglewood Vs Redmond
04.27.2010	RJH @ KaJH Girls' JV Tennis
04.27.2010	Kamiakin @ Redmond Varsity Girls Tennis
04.27.2010	Kamiakin @ Redmond Varsity Baseball
04.27.2010	LWSD - PTSA Special Needs Meeting
04.29.2010	Inglewood @ Redmond JV Girls Tennis
04.29.2010	RJH vs. KaJH Track @ JHS
04.29.2010	Redmond @ Inglewood V. Baseball
04.29.2010	Redmond @ Inglewood V. Tennis
04.30.2010	RJH – ASB Dance
05.01.2010	LWSD Junior High Solo/Ensemble Festival

SCHOOL NEWS

PLEASE TAKE OUR READER SURVEY! We are trying to improve communications about Redmond Junior High for next year. Please take our [short survey](#) to help us share news with you more effectively.

SCHOOL DANCE THIS FRIDAY!! Don't miss out! Tickets will be on sale at lunch starting on Wednesday. Parents, please send your students to the dance with small bills – we don't have change for twenties!

CONGRATULATIONS MRS. FERGUSON! Orchestra teacher Mrs. Ferguson has just been awarded the 2010 [Redmond Arts Award](#) for her contribution to the arts. Congrats to Mrs. Ferguson and orchestra students!

NATIONAL HONOR SOCIETY MEMBERS. A reminder to Honor Society members that your service hours are due on **May 3rd**. If you are planning service after the deadline – you can turn in a May Service Plan at the Student Services Office. Deadline also is May 3rd. Volunteers are needed and you can earn service credit to help at the 3 RJH Home Track Meets. The first home track meet is TODAY and is at Redmond High School. Volunteers are needed – see Ms. Pajimola and get signed-up.

SO WHAT IS THIS NEW HOMEWORK LUNCH PROGRAM? The goal of [Homework Lunch](#) is to help students succeed in school. It provides a motivational, positive atmosphere for students to complete schoolwork that wasn't completed by the due date. Volunteers help students understand what the homework is asking them to do, and refer technical questions back to the teachers (initially the Homework Lunch supervising teacher, or the classroom teach). Volunteers do NOT tutor in school subjects. Students are assigned to Homework Lunch, and complete work during lunch periods (in addition to eating their

lunch) under the supervision of a teacher and volunteers. **Volunteers set their own frequency** (once a month, twice a month, weekly) using an online calendar. Volunteer time is during one or more lunch periods weekdays except Wednesday. This is a terrific opportunity for volunteers who enjoy student interaction to be involved during the school day. Want to find out more about how to volunteer? Contact [Lisa Schildt](#).

INTRODUCING RJH HOMEWORK LUNCH. Starting this quarter, students who are falling behind in their work will get extra help from RJH Homework Lunch. Learn more at the RJH [web site](#).

CONGRATULATIONS TO OUR 2010-2011 ASB EXECUTIVE BOARD! Congratulations go to ALL candidates for an excellent campaign. We had 17 amazing candidates! Officers will be:

President Cabinet	Brandon Burditt Anton de Leon
Vice President Cabinet	Elaine Wang Zoey Tow
Secretary Cabinet	Hannah Yang Mahre Connor
Treasurer Cabinet	Hannah Parish Gauri Arora
Public Relations Cabinet	Jake Dees Michelle Wang

VOLUNTEERS NEEDED – RHS GRADUATION PRESENTATIONS. Senior Graduation Presentations will be held at the high school on the afternoons of Wednesday, **May 5th** and **May 12th**. Students will make a formal presentation in front of a panel of 2-3 teachers and volunteer community panel members. Presentations are scheduled at half-hour intervals. **We need parents** and community members to volunteer to hear these presentations. RJH parents, if you are interested and would like to see what is in store for your child in a few years, the RHS staff would welcome your participation. Please contact [Sandy Davidson](#) if you would like to help out.

FOR CURRENT 9th GRADERS: SUMMER CLASSES (FOR CREDIT) THROUGH WANIC. WaNIC is a wonderful organization that allows RHS students to access classes offered by different districts throughout the region for credit, and RHS is lucky to be part of their [Summer Academy](#) this year. Students can get high school credit and have an opportunity to explore various occupational classes – from robotics to animation! Registration will be open through the [WaNIC](#) web site starting **TODAY, April 26th**. There are 10 great classes at various locations for students entering 9th to 12th grade. Classes start June 28th and continue through mid July. These classes do have enrollment limits and it will be first come first serve, with priority given to seniors, then juniors and then to incoming sophomores (current 9th graders).

PARENT REVIEW OF HIV/AIDS & SEX EDUCATION CURRICULUM. State law requires districts to instruct students annually in HIV/AIDS prevention. State law does not require the teaching of sex education, but does require that information be medically accurate if taught. If parents wish to review the district's adopted HIV/AIDS and sex education curriculum, please consult [this guide](#) for more information and the review procedure.

EXTRACURRICULAR ACTIVITIES

CONGRATULATIONS WONDERLAND CAST & CREW! Great job to everyone who participated in *Wonderland*, the RJH drama production. Congratulations!

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](#) and the [May/June calendar](#) for After Hours! This week's activities will include:

- **Tuesday April 27.** Bring out your game face, sweat, guts and glory because EPIC DODGEBALL will be hitting the Redmond campus!! Meet in the commons for more info. We will also be finishing up Fern Gully!
- **Thursday April 29.** Run for your lives!!! It's a Snack Attack! After Hours will be teaching everyone how to make homemade butter! We will be having lots of different breads to taste a little of your creation on.

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 extended to April 28, 2010.** Cost is \$70. We need two more students to sign up!
- **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 extended to April 28, 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 extended to April 28, 2010.** Cost is \$55. We need two more students to sign up!

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 **TODAY** if you can help!

IMPORTANT MEETING FOR RJH PARENTS! On **Tuesday, April 27th** at 7:00 PM, Dr. Ken Lyon, head of the search committee for RJH's next principal, will attend the PTSA meeting to solicit input on parents' perspective of the characteristics and qualifications desired in the next principal. In addition, Assistant Principal, Sean Cassidy, will review the initial weeks of the new Homework Lunch program. You do not need to be a member of PTSA to attend. Please join the discussion at this important meeting in the RJH library. You don't want to miss it: this Tuesday, 7 p.m. sharp.

PARENT EDUCATION. The Lake Washington PTSA Council is presenting a [parent education class](#): *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.

THE LEGACY FOR LEARNING LUNCHEON IS THIS WEEK! 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

ENGINEERING OPPORTUNITIES. For students interested in engineering, the Society of Women Engineers will hold a [summer job fair](#) on **May 1st** at Seattle University to help aspiring engineers find a summer job.

RHS BOYS' SOCCER TEAM CAR WASH. Support the high school boys' soccer team and get a clean car at the same time! **May 1st** from 10:00-4:00 at the Redmond Athletic Club parking lot (8709 161st Ave NE Redmond WA 98052).

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!

COSPLAY and Other Fun Stuff for Teens, Thursday, April 29, 3:30-5pm at the [Sammamish Public Library](#). Free admission.

DONATION DRIVE for [Eastside Baby Corner](#) through April 30, sponsored by Kirkland Kiwanis.

RUMMAGE SALE by [Pink Pumas](#) to benefit Susan G. Komen Breast Cancer 3-Day, May 1 at Rosa Parks Elementary School.

HARRY POTTER QUIZ to support [Child Rights and You](#), May 1 at 4pm, Microsoft Bldg. 86.

Have you taken our reader survey yet? We want to improve communications about Redmond Junior High for next year. Please take our [short survey](#) to help us share news with you more effectively.

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.