



# Bear Tracks

## Redmond Junior High School PTSA Newsletter

Lisa Schildt, President  
Diana Wagner, Editor

Volume IX, Issue 6  
May, 2010

### PTSA President's Message

By Lisa Schildt

As we near the end of the 2009-2010 school year, it's time to take a look at what we, the members of RJH PTSA, have accomplished this year.

In my initial letter of the 2009-2010 school year, I asked, "What can you do with 92 cents a month?" Here's the answer. Your donations and membership fees have made possible:

- \$7,157 awarded in academic and special projects in the areas of new student orientation, student safety, music/band, U.S. History, World History, Special Education autism spectrum, Safety Net literacy, 8<sup>th</sup> grade language arts, 7<sup>th</sup> grade integrated science, computing and technology, and Special Education / Transition Learning Center/ ELL
- \$2,000 student scholarships toward class fees and class materials necessary for education

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### RJH OUTSTANDING EDUCATORS AND GOLDEN GRIZZLY



Redmond Jr. High PTSA announced the 2009-2010 winners of the Outstanding Educator Award.

Outstanding Educator Awards were presented to Darlene Poitra, Russell Rogers, and Jill Samppala at the RJH Faculty Meeting on Wednesday, May 19. The presentation was made by Lisa Schildt, RJH PTSA President, and by Shelley Flores, immediate past President of RJH PTSA. The Outstanding Educator Award, through the Washington State PTA, recognizes individuals who go beyond the normal expectations of their jobs to make the learning environment fun, beneficial and challenging. A pin and certificate are awarded, and a donation is made in the recipients name to the Washington State PTSA Scholarship Foundation. Nominations are made by school faculty, staff, parents, and students. Selection of finalists is made by the PTSA Awards Committee.

In addition to the Award winners, the following received nominations as Outstanding Educator: Leslie Campos, Mary Chandler, Julie Firth, Chris Fleharty, Kendra Friday, Scott Hagerman, Kimm Jensen, Kaylee Kolrud, and Amy Tuckwell.

The Golden Grizzly Award was presented to Patricia Stanley, who is retiring. The Golden Grizzly is presented for outstanding dedication to the Redmond Jr High community.

### SUMMER READING!

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STAY IN TOUCH  
WITH OUR  
WEEKLY  
E-NEWSLETTER

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Volunteer for  
PTSA

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THANK YOU!  
FROM RJH STAFF

The RJH Staff wish to extend a great big thank you to our PTSA for all the work you did, celebrating us during Staff Appreciation Week. We were treated with a breakfast, movies and snacks, a salad luncheon, a mouth watering chocolate fountain, and a RJH tote ( a big favorite by everyone).

Thanks for all you have done for us throughout the year to make us feel so special.

## PTSA Executive Committee

### President

Lisa Schildt 558-2601  
lschildt@verizon.net

### Vice President

Claire Ronneburg 868-2448  
claireronneburg@hotmail.com

### Secretary

Heather Brown 558-9608  
heathertbrown@hotmail.com

### Treasurer

Carrie Casanas 883-8603  
c\_casanas@hotmail.com

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### Legislative Advocacy

Brian Shutz 867-1941  
byron@byronshutzjr.org

### Bear Tracks

Bear Tracks is the newsletter of the Redmond Junior High School. The purpose of this newsletter is to report information and news from the PTSA and RJH staff to the families of our school.

You may submit hard copy info by dropping off or mailing to the school to the attention of Bear Tracks.

Bear Tracks will be available online at [rjhptsa.org](http://rjhptsa.org). New issues will be published six times per year—August, September, November, January, March and May. Bear Tracks Newsletter will be mailed to those who have subscribed to receive a print copy through the mail.



**Redmond Jr. High School**  
**PTSA 2.8.80**  
10055 166th Avenue NE.  
Redmond, WA 98052  
(425) 885-7034  
(425) 556-8906 (fax)

## Summer Reading at RJH!

A few years ago, RJH initiated the practice of requiring all students to participate in summer reading. The purpose of this activity is to develop thoughtful and avid readers. All students will be required to select a novel at their reading level that they have not previously read, and complete a reading comprehension activity before September 3rd, 2010. To celebrate their reading accomplishments, students will also participate in an in-class activity within the first week of the 2010-2011 school year.

All students should receive the requirements for this program from their current language arts teachers, but if more information is needed, please visit the Redmond Junior High website contact Kaylee Kolrud at [kkolrud@lwsd.org](mailto:kkolrud@lwsd.org).



or

## 2010-2011 PTSA Committee Chair Openings

### **VOLUNTEER!**

Are you committed to making the junior high experience the best it can be for students, parents, faculty and staff? If so, you may be the right person to take on the leadership of one of the few committees that do not yet have a Chairperson for next year. Interested in one of these volunteer openings? Contact Lisa Schildt at [lschildt@verizon.net](mailto:lschildt@verizon.net) or (425) 558-2601. Thank you!

**Back to School Event** - One Day Event in late September or early October - Chairperson plans and coordinates entire event (scheduling room, plans activities and food, publicity, volunteers)

**Hospitality** - Chair coordinates volunteer contributions (from volunteer list) for specific events. Typically, these events are: (1) Curriculum Night (September); (2) Family Math Night (February); (3) 6th Grade Parent Night (February); (4) providing purchased lunch to volunteers for Health Screening, with desserts contributed if desired; (5) assemble the RJH basket donated to the LWSD PTA Council scholarship auction using budgeted funding plus contributions.

**Faculty/Staff Appreciation** - Chair or co-Chairs plan every-other month themed luncheons throughout the school year, plus daily mini-celebrations during Teacher/Staff Appreciation week in May. Activities are coordinated through the RJH Office Manager.

**Emergency Preparedness** - Ongoing throughout the school year. The Co-Chairs are responsible to: (1) in cooperation with the school administration and the school Safety Committee, guide the planning and purchase of supplies needed to fulfill the school's emergency preparedness plan; (2) attend monthly meetings of the district PTSA Emergency Preparedness group - meetings typically held 9:30 to 11:30 a.m.; and (3) attend approximately monthly meetings of the RJH Safety Committee held at 7:00 a.m. for approximately 30 minutes. One or two Co-Chairs are needed to join an existing Co-Chair.

## PTSA President's Message

By Lisa Schildt

(continued from page 1)

- Financial support of the school's Youth Eastside Services drug and alcohol awareness week
- Parent Education programs on teen risk-taking behavior, teen development, and parenting of teens
- Financial support of the 21 programs conducted by RJH PTSA to support Redmond Junior High students, parents, faculty, and staff. These programs include: After School Drama; Back to School Event, Bear Tracks Weekly e-newsletter, Emergency Preparedness, Financial Review, Grizzly Grams, Health Screening, Homework Lunch, Hospitality, Legislative Advocacy, Library volunteers, Bear Tracks print newsletter, 9<sup>th</sup> Grade celebration, Parent Education, Photo Day volunteers, Reflections, Special Needs, Staff Appreciation, Student Directory, Student Recognition, and Safety Net Reading Tutors

Additionally, volunteers contributed hundreds, perhaps thousands, of volunteer hours to make the junior high experience the best it could be for students, parents, faculty, and staff. These volunteers are the unsung heroes that keep PTSA afloat and able to meet the needs of the school. Close to 200 volunteers donated their time and talents to various PTSA programs this year.

RJH PTSA continued to evolve this year by adding several new programs, including the after school drama production, Homework Lunch, and the Olweus anti-bullying program implementation group. Ongoing evaluation and evolution of PTSA programs helps maximize the positive impact we can have on the school's learning environment.

One of the great pleasures I've had as this year's PTSA President has been experiencing the tremendously cooperative spirit of Redmond Junior High's administration, faculty, and staff. Not all school PTAs are fortunate enough to experience this positive atmosphere. I particularly appreciate the sense of sharing a common goal to help Redmond Junior High students thrive and succeed.

It's also nearly time to say good-bye to the 9<sup>th</sup> grade students who will continue on to high school. At the same time, we say farewell to their parents, many of whom have been the backbone of PTSA support and volunteerism for three years. A heartfelt thanks to each of these volunteers.

In a few months, the cycle begins again with the start of the 2010-2011 school year. Elsewhere in this newsletter you'll find a listing of the "early bird" volunteer activities occurring in August and September. Please take a moment to compare this list to your calendar, and let me know if you'd like to be part of the fun for the start of another school year.

With appreciation to each of you for your participation in PTSA, I wish you a satisfying and safe summer break.

## Mark Your Calendars and Join Us!

### RJH PTSA Calendar



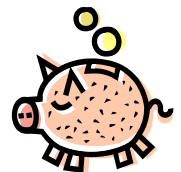
#### May

31 No school, Memorial Day

#### June

2 Volunteer Tea  
8 PTSA General Membership mtg, 7pm  
11 International Luncheon  
14 9<sup>th</sup> grade reception/boat cruise  
16 Last school day!

### Treasurer's Report By Carrie Casanas



Treasurer's report as of  
February 10, 2010  
Beginning Balance: 13433.36  
Income: 6227.50  
Expenses: 7311.58  
Ending Balance: 12,349.28

### 10 Ways to Help Your Child Do Better on Tests:

1. Review the subject matter together for upcoming tests
2. Make sure your child gets a good night's rest before every test.
3. Serve your child a light, healthy breakfast on test days.
4. Have your child dress comfortably and arrive at school on time.
5. Send your child off to school with words of praise and support.
6. Suggest that your child do deep breathing exercises to relax before the test begins.
7. Tell your child to follow directions carefully, and ask questions if something is not clear.
8. Advise your child to do the easiest parts of the test first, the rest.
9. Remind your child to check over the answers before turning in the test.
10. Encourage wanting to do well, but stress that one test won't measure all your child can do.

## FANTASTIC VOLUNTEER OPPORTUNITY!

PTSA has an opening for the second of two Co-Vice Presidents for the 2010-2011 school year. The ideal VP candidate is the parent of either an incoming 7th grader (currently 6th grader) or a current 7th grader (going to be 8th grader). Could this be a good fit for you or someone you know? If so, please contact Lisa Schildt, (425) 558-2601 or [Lschildt@verizon.net](mailto:Lschildt@verizon.net).

The Co-Vice President needs to have a "can do" attitude, be positive and happy spirited, self-motivated, able to get along with other happy, capable people, be a succinct communicator, and want to help make the 2010-2011 junior high experience the best it can be for students, parents, faculty, and staff.

The Co-Vice President's role is primarily to coordinate volunteers for several specific events, drawing from an established volunteer pool in an activity-specific volunteer spreadsheet. Events for 2010-2011 for which the two Co-VPs will recruit volunteers are:

- August 17 and 19 Fees and Forms day volunteers. A separate committee (Photo Day) recruits volunteers for school ID photos on the same day.
- September 1 and 2; and January 3: handing out student class schedules for 1 hour each morning. This requires approximately 20 volunteers each morning. This is a fun start to the year to see all of the students on their first day at school and it's an event where volunteers seem to jump at the chance to do it.
- October ASB Magazine Sales. In October, students sell magazine orders as the main Associated Student Body (ASB) fundraiser. PTSA volunteers do the order tallies for 3 to 4 mornings and hand out sales incentive prizes during lunch. This is typically an easy event to get volunteers, since the counting is fairly fun, and handing out prizes is a great way to interact with students.
- Dance lunch period ticket sales and dance chaperones: There are 3 dances held during the year, all planned by the student government. Volunteer recruitment is for 3 people for each of 3 days to sell dance tickets during lunchtime, and 7 people each dance to be chaperones for the dance.

For all of the other committees, the committee chairpersons do their own recruitment, with the option of support from the co-VPs if needed.

Other Co-Vice President activities:

- meet once as an Executive Committee with the President, other Co-VP, Treasurer, and Secretary in late July or early August for approximately 3 hours to plan for the year.
- Attend as many PTSA events as your calendar permits.
- Attend 9 scheduled monthly meetings per year (5 Board and 4 General Membership). Meetings alternate months, with either a Board meeting or a General Membership meeting, but not both in one month. There is typically no meeting scheduled during November/December. The meetings are evening meetings, lasting from 45 minutes to 1 1/2 hours, depending on the agendas.

## Summer at Lake Washington Technical College—Redmond

Summer Teen Classes at Lake Washington Technical College, Redmond Campus. We will offer 16 classes especially designed for teens between the ages of 12 and 18. The classes are located at our Redmond Campus right next to Mary-moor Park and this opportunity will give your teens a chance to take a fun class during the summer.

Our building is air-conditioned and our instructors are professionals in their field, one of our feature classes is a money management workshop taught by Karl Frunz with over 20 years experience in designing and teaching Financial Literacy courses. Classes begin in July and August, please visit our website and check out our Flyer link below for full descriptions of the courses.

<http://www.campusce.net/lwtc/category/category.aspx>

<http://www.lwtc.edu/Documents/Administrative/Redmond%20Campus/SUTEENS2010web.pdf>

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Redmond Jr. High PTSA Newsletter  
10055 166th Avenue NE  
Redmond, WA 98052

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## STAY IN TOUCH WITH OUR WEEKLY E-NEWSLETTER

Don't miss out on what's going on at RJH! Subscribe to the Bear Tracks Weekly and you'll receive an e-mail newsletter each week with information on school and extracurricular activities, sports, and volunteer opportunities. To subscribe, please e-mail "subscribe" to [weekly@rjhptsa.org](mailto:weekly@rjhptsa.org).

Parents of 9th graders who are moving on to high school, if you would like to transfer your subscription to the RHS Mustang News, please e-mail "RHS" to [weekly@rjhptsa.org](mailto:weekly@rjhptsa.org). You will start receiving the high school's e-newsletter in the fall. If you would simply like to unsubscribe from all publications, e-mail "unsubscribe" to [weekly@rjhptsa.org](mailto:weekly@rjhptsa.org).



We have had a great team of volunteers working on our Grizzly Gram program this year. Special thanks go to the following people for quietly working behind the scenes to make this student recognition program a great success: Lisa Schildt, Leslie Bond, Diana Wagner, Tina Monsaas, Dawn Wilcox, Lynelle Allen, Deb Nielsen, Linda Avery, Mari Ilias, Ritsko Suzuki, Kyo Kageki, and Shigeyo Narumoto.

Thank you very much!!!

