



Bear Tracks

Redmond Junior High School PTSA Newsletter

Lisa Schildt, President
Issue 2

Volume IX,

PTSA President's Message By Lisa Schildt

As the 2009-2010 school year begins, we enter a period of adjustment. Parents and students switch from their summer schedule to the school day schedule, and become familiar with the requirements of each class or school-related activity. Students adjust to balancing time between homework and recreation, and between friends and family. Ideally, the challenges presented to you by these adjustments are equaled by the excitement of a new start, a new school year.

We've made it through Fees and Forms Day and the First Day of School. Now what? Now it's time to get to know one another! Plan to attend the PTSA Back to School **Ice Cream Social on Friday, September 18**, from 6-8 PM, in the RJH Commons. This will be a great time for parents / families to reconnect with existing friends, and to make new connections. You need not be a member of PTSA to attend – this event is free, and open for all RJH parents and families.

Making connections: Even though our junior high students are becoming more autonomous, continued parent involvement in the school experience benefits academic achievement, attendance, and the likelihood of later graduating from high school and college. Realizing this, many parents have already signed up for various PTSA volunteer activities at Redmond Junior High. These parents have taken a step toward both staying involved and forging connections with other parents. The more connected we are as parents, the better informed we can be about what is happening in our children's lives and school. If you have not already returned your PTSA membership and volunteer form, please do so at your earliest possibility. If you need a copy of the volunteer form, please see the PTSA website <http://rjhptsa.org>, under "Forms." Mailing instructions are on the form.

What's going on at RJH? Have you already subscribed to the PTSA's recently-launched **Bear Tracks Weekly**, which replaces Parent Organizer? To be included in weekly updates and up-to-the minute bulletins of school-wide activities, email weekly@rjhptsa.org with "Subscribe" in the subject field. Your weekly email update will arrive each Monday for the duration of the school year.

(continued on Page 4)

WELCOME BACK! Ice Cream Social



Mark your calendars! **Friday, September 18th, 6-8pm**
Redmond Jr. High Back to School Social Event! Come enjoy an evening of parent networking and learning what extra-curricular activities are available to your new and/or existing child. Complimentary ice cream scoop and coffee will be served.
Students and Staff welcome. We hope to see you here!

Andrea Quenneville, Shelley Flores, Jeanne Thiede
Back to school social event co-chairs

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lschildt@verizon.net

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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. Please submit info and articles to:

dianavwags@gmail.com

You may also 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. 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.

Deadline for the next
issue is **October 30.**



**Redmond Jr. High School
PTSA 2.8.80**
10055 166th Avenue NE.
Redmond, WA 98052

Laura Kastner, Ph.D.

Getting to CALM: Teen Parenting Communication Strategies that Work

Wednesday, October 7, 2009 from 7 – 9 PM
Redmond High School Performing Arts Theater

With her widely acclaimed humor, wisdom and a deep understanding of the teenage brain, **Dr. Laura Kastner** will return to the Lake Washington School District to discuss management approaches for handling some of the most common hot-button issues of adolescence described in her latest book, *Getting to CALM: Cool-headed Strategies for Parenting Tweens + Teens*.

Teen difficulties happen to the best of parents with good intentions. Very few of us sail through our children's adolescence completely unscathed, if not because of our teen's own actions, then because of a tricky situation, such as a social issue or a problem at school. The good news is that most teens — especially those with caring, engaged, responsible parents — come out well-adjusted. Still, most families experience some complicated challenges stemming from their child's developing brain, growing selfhood and the push for independence. Dr. Kastner will present some of the most frequently encountered and normal rough patches of adolescence, offering specific strategies for resolving these difficulties calmly & successfully while enhancing the teen's development in the process.

Laura Kastner, PhD. writes and lectures widely on adolescent development and family relationships. Since 1980, she has been a clinical professor of psychology and behavioral sciences at the University of Washington. She is a practicing psychologist and mother of two.

Dr. Kastner's books include, *The Seven Year Stretch: How Families Work Together to Grow through Adolescence* and *The Launching Years: Strategies for Parenting from Senior Year to College Life*, both co-authored with Jennifer F. Wyatt. Kastner and Wyatt's latest book, *Getting to CALM: Cool-headed Strategies for Parenting Tweens + Teens* was published in the spring of 2009 by Parent Map. The book has received many excellent reviews from parenting experts, psychologists, teachers and parents.

Recommended for parents of students ages 10 and up

Sponsored by the Redmond High School PTSA & the Lake Washington PTSA Council

If you have any questions, contact Joanne Hall, Chair, Parent Education at jjjahall@juno.com

Hearing/Vision Volunteers Needed!

Since most parents never 'hear' what is going on at school, come 'see' for yourself - sign up to help with Hearing and Vision screening!

Date: November 17th

Location: library

Time: TBD

Contacts:

Suzie Connor (connorclan5@comcast.net) or Alina Mars (alinamars@yahoo.com) or 425-869-5426



Thanks to all who made Picture Day 'picture perfect'!

A big thanks to all who helped with our new picture day dates! Your time and efforts are appreciated! We couldn't do it without you!

Yasuko Shida, Ritsko Suzuki, Pamela Cin, Bobbi Tagstrom, Kathleen Reynolds, Liz Martz, Atsuyo Shogo and Heather Brown.

-Vicki Krum, Photo Day Chair-

Safe Arrival - Volunteer Opportunities By Suzie Connor, Chair

If you have 15 minutes to spare, once or twice a month (or more!), you may be interested in learning about volunteering for the Safe Arrival program. Our parent volunteers help in the office at 10:30 every morning. We call the homes of students who are absent and whose parents/guardians haven't yet called to alert the school their child is late / absent. If you live close to the school and have a bit of time available to help, this might be a fun way to volunteer at RJH. If you have questions or would like to add your name to the list of volunteers, please contact Suzie Connor at connorclan5@comcast.net or (425) 442-4768.

Mark Your Calendars and Join Us! RJH PTSA Calendar



September

- 18 Ice Cream Social, 6-8pm, RJH Commons
- 22 ASB Magazine Drive Kickoff
- 29 PTSA Meeting, 7-8:30pm, RJH Library

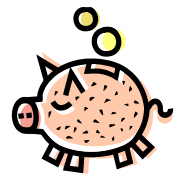
October

- 9 Picture Retakes
ASB Dance

November

- 11 Veteran's Day, No School
- 16 Food Drive begins
- 17 Hearing/Vision Screening
- 25 Half School Day
- 26 Thanksgiving
- 27 No School, Thanksgiving Break

Treasurer's Report By Carrie Casanas



Treasurer's report as of August 25, 2009
Beginning Balance: 7068.68
Income: 11747.10
Expenses: 796.42
Ending Balance: 18019.36

Bear Tracks Newsletter is now On-Line!

Check us out at www.rjhptsa.org.

All new issues will be announced
via Bear Tracks Weekly.

If you don't have internet service
and want a hardcopy of the Bear
Tracks newsletter, contact Diana

President's Messagecontinued from front page

Do you have children at more than one school? To stay informed about the events at multiple Lake Washington School District ("LWSD") schools, you may create an account on the LWSD tandem calendar at <http://lakewashington.intand.com>. Once you have created an account you'll be able to track events at any LWSD school, and select specific activities to track: athletic events according to sport; school musical performances according to group; events according to grade level; and – yes! – even PTSA events. There is no cost for creating an account. For more information how you can use the tandem calendar, please see www.lwsd.org/ABOUT/Pages/Tandem-Calendar.aspx

RJH After Hours Program. This fantastic after school program, supported by the City of Redmond Parks and Recreation Department and the Lake Washington School District, is back for its second year at Redmond Junior High. On Tuesdays and Thursdays, from 2:30 to 3:30 p.m., the After Hours Program offers sports, arts, and many other activities to RJH students. Activities take place at RJH, with occasional off-campus activities. A quarterly events calendar will be available on the PTSA website at <http://rjhptsa.org>. The **After Hours Program Kick-Off will be September 24**, 2:20 – 3:30 p.m., in the RJH Commons, with activities and free pizza. Parents may contact the After Hours Program with ideas for activities at afterhoursrjh@redmond.gov.

Pass the Hat Fundraiser Update: Sincere thanks are due to those of you who have been able to make donations to support PTSA programs at Redmond Junior High. Your generosity during Fees and Forms Days resulted in donations of slightly more than half of the \$12,000 goal needed to fund this year's programs to support RJH students, faculty and staff, and community. If we are able to exceed the \$12,000 goal through direct donations and company matching funds, PTSA can expand its teacher grant program to augment classroom equipment and supplies to further enhance our children's educational experience at RJH.

I look forward to talking with you at the September 18th Ice Cream Social!

Thank you, Summer Packet Volunteers!



The volunteers who assembled the summer student information packages deserve a huge round of applause. On August 5th, they collated thousands of pages of forms and information booklets that were mailed to the parents of registered RJH students. Please remember to thank the volunteers listed below for their great contribution to the start of the 2009-2010 school year. "Thank you!" to: Rose Brady, Heather Brown, Carrie Casanas, Miyuki Dadzie, Fumiko Emura, Shelley Flores, Atsuyo Hamano, Sharlee Hewitt, Kathy Kahn, Pat Masters, Sheri Pardi, Miranda Pardi, Bryn Parish, Claire Ronneburg, Katie Schildt, Lisa Schildt, Ritsko Suzuki, Rie Suzuki, and Pauline VanDeWalker.

(From the August 5th Packet Committee Chair, Lisa Schildt)



Join PTSA Today!

Look for the membership form in the student packet and sign up today!
With your support we are able to continue providing numerous programs/services that make RJH the outstanding school it is. Thank

Lake Washington School District Calendar

The district eliminated the print calendar sent to homes at the beginning of each school year. For a detailed version of the 2009/10 calendar go to: <http://www.lwsd.org/About/Pages/District-Calendar.aspx>

Here are some notable dates—

August 24-27	LEAP Days
September 1	First Day of School
September 7	No school – Labor Day
October 2	No school – LEAP Day
November 5	Last Day 1st Quarter Secondary
November 11	No school – Veterans Day
November 12	Elementary Grades Due; Secondary Grades Due
November 20,23,24	Half-Day Elementary Conferences
November 25	Half-Day
November 26-27	No school – Thanksgiving Vacation
December 21-31	No school – Winter Break
January 1	No school – New Year’s Holiday
January 18	No school – Martin Luther King Jr. Day
January 22	Last Day 1st Semester Secondary
January 29	Secondary Grades Due
February 11-12	No school – Mid-Winter Break
February 15	No school – Presidents Day
March 8	Elementary Grades Due
March 15-16	Half-Day Elementary Conferences (optional)
March 19	No school – LEAP Day
March 29-April 2	No school – Spring Break
April 9	Last Day 3rd Quarter Secondary
April 16	Secondary Grades Due
May 7	No school – LEAP Day
May 31	No school – Memorial Day
June 10	Elementary Grades Due
June 14	Secondary Grades Due
June 16	Half-Day – Last Day of School Last Day - Elementary 3rd Trimester Last Day - Secondary 2nd Semester



Does This Sound Familiar?

No time. Language barrier. Have no desire to be there. Do not see a need for parent involvement. Do not feel welcome. Child does not want me there.

These are some of the most common reasons given for why parents and guardians do not volunteer at schools. If any of these reasons have kept you from volunteering, give Redmond Junior High PTSA a chance to change your mind.

No Time? There are PTSA committees that permit you to volunteer for a little as half an hour addressing Grizzly Grams. Or spend an hour once a month making phone calls for the Safe Arrival Committee. Maybe helping for a few hours on a once per year event or chaperoning at a dance would work with your schedule.

Language barrier? Some volunteer activities, such as providing refreshments for PTSA activities with the Hospitality committee, require very little conversation. Emergency Preparedness is another committee that permits you to be involved in important work without necessarily having to have strong English speaking skills. On the other hand, if you'd like to practice speaking one on one, some activities allow you to partner with English speakers for social conversation while you volunteer.

Have no desire to be there? Some parents have been so greatly involved in elementary school activities that they feel "burned out" by the time their children are in junior high. If this describes you, have you considered trying an activity very different from what you've done before? You may recapture your enthusiasm and, even better, make some friends who energize your volunteer time together.

You don't see a need for parent involvement? Did you know that decades of research have shown that parent involvement is a key factor in student success? By being involved with your child's school, you demonstrate that you believe school is worthy of making time in your busy day to volunteer. C'mon. Give it a shot.

You don't feel welcome? I'm sorry. Will you give us another chance? I'd be happy to talk with you to find a volunteer activity that connects you with other friendly volunteers.

Your child doesn't want you at school? PTSA volunteers participate in a diverse range of activities. You may reassure your child that there are "behind the scenes" jobs with little likelihood of bumping into each other in the halls. And....for many students... they may say they don't want you at school, but if they know you will give them their space, they might even be quietly happy to know you care enough to be there.

Want to know more about being a PTSA volunteer? Please feel free to contact me by email at Lschildt@verizon.net or by phone at (425) 558-2601.

Lisa Schildt, RJH PTSA President 2009-2010

Don't miss out! Get your updates via Bear Tracks Weekly!
To subscribe, please e-mail weekly@rjhptsa.org.



Fall 2009: WA State PTA Advocacy

Byron Shutz, Legislative Advocacy

PTSA Local Advocacy for Local Students

Advocacy is central to the PTA role we fulfill in our Washington community!

Key 2009-10 advocacy dates for Lake Washington PTAs:

Oct 03-04	WSPTA Legislative Assembly; Seatac Marriot
Oct	Special Legislative Session in Olympia?
Dec	L.W. School Board votes to approve levy Measures
Jan – mid	Levy Ballots mailed out
Jan – mid	Legislative Session begins in Olympia
Feb 09	Vote on LK WA School Levies
Mar – mid	Legislative Session ends

For more info, contact RJH Legislation Chair Byron Shutz at bcshutz@comcast.net, 425-301-6386

Key Advocacy Links:

WSPTA Legislative Assembly Info & Registration: http://www.wastatepta.org/meetings/leg_assembly/index.html

WSPTA Advocacy Info: www.wastatepta.org/legislation.htm

WSPTA CapWiz Center to Email Legislators: capwiz.com/npta2/wa/home/

Funding WA Schools Info: www.fundingwaschools.org

Lake Washington School District: <http://www.lwsd.org/>

Lake Washington PTSA Council: <http://lwptsacouncil.schools.officelive.com/default.aspx>

Lake Washington Schools Foundation: www.lwsf.org

WA Legislature: www.leg.wa.gov/legislature

WA Legislature - Find Your Legislator: <http://apps.leg.wa.gov/districtfinder/>

WA Legislature - Bill Status: <http://apps.leg.wa.gov/billinfo/>

WSPTA's Advocacy Mission:

WSPTA is a strong advocate for the education and well-being of every child, accomplished by:

- Speaking on behalf of children and youth in the schools, in the community, and before governmental bodies and
- other organizations that make decisions affecting children.
- Supporting parents in developing the skills to raise, protect, and advocate for their children.
- Encouraging parent and community involvement.



Support RJH Fall Sports!

Football, Boys Tennis, Softball, Badminton and 7th grade Boys Basketball are underway—come support our athletes!

If interested in next season's sports—Boys and Girls Basketball—check out the RJH website for details or email Julie Lynd at jlynd@lwsd.org

Bear Tracks

Redmond Jr. High PTSA News-
letter
10055 166th Avenue NE
Redmond, WA 98052

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International Student Travel - Costa Rica or Spain/Portugal!

If you are the parent of an 8th or 9th grader who will be taking a foreign language during the 2009-10 school year they are eligible to sign up for one of two trips offered to students. These trips are educational in nature, giving students first hand learning in a foreign context. They will gain language and cultural knowledge and create strong friendships with their fellow travelers.

The first trip will take place during Spring Break (March 27-April 3) to Costa Rica and the second trip will be after school lets out (June 21-July 1) to Spain and Portugal.

Check out the following sites to get information about the trips. Or email Spanish teacher Jill Samppala at jisamppala@lwsd.org with any questions

Costa Rica: www.myexplorica.com/samppala-4371

Spain and Portugal: www.myexplorica.com/samppala-6689

INTRODUCING BEAR TRACKS WEEKLY – SUBSCRIBE NOW!

PARENTORGANIZER is now Bear Tracks Weekly!

This year, Parent Organizer will be replaced by a new e-newsletter called **Bear Tracks Weekly**, which will be delivered to your in-box each Monday morning. It will contain links to the RJH calendar, as well as information about school activities, sports, PTSA, and community events.

Don't miss out! To subscribe, please e-mail weekly@rjhptsa.org.

****Please note that even if you were registered for Parent Organizer last year, you must re-subscribe to receive Bear Tracks Weekly.****

