


BearNotes 12/01/08

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MENLO-ATHERTON HIGH SCHOOL BEARNOTES

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CALENDAR

THIS WEEK

- Monday, December 1 and Tuesday, December 2 - M-A Canned Food Drive** continues. Volunteers needed December 4 - 6. (see [article](#)).
- Monday, December 1** - Last day for Seniors to complete on-line Safety Ed courses.
- Tuesday, December 2 - M-A PTA General Meeting**, Ayers Gym Dance Studio, 8:30 a.m. (see [article](#)).
- Tuesday, December 2 - Fall Choral Concert**, 7 p.m., M-A library. (see [article](#))
- Wednesday, December 3 - Parent Education Series No. 3.** Dr. Peter Newsom on Driver's Ed for the Brain. 7 - 8:30 p.m., M-A Library. (see [article](#))
- Thursday, December 4 - M-A Band Fall Concert**, 7-9 p.m., Hillview Middle School
- Thursday, December 4 through Sunday, December 7 - AVID Bookfair at Barnes & Noble** (see [article](#))
- Friday, December 5 - Varsity Football CCS Championship Game** vs. Wilcox, 7 p.m. at Foothill (see [article](#))

Not Getting BearNotes?

Join Our Mailing List!

UPCOMING EVENTS

- Friday, December 19 through Tuesday, January 6 - Winter Break, NO SCHOOL**
- Monday, December 31 - The Foundation 500 Challenge Deadline** (see [article](#))

FOUNDATION FOR THE FUTURE



Our 2008-09 Annual Campaign is underway! Despite the current economic turmoil, M-A is depending on the Foundation to raise \$1,100,000 for salaries for **smaller classes** (\$460,000), **professional development for excellent teachers** (\$125,000), **strong curriculum** (\$265,000), **college and career preparation** (\$115,000), and **critical programs and services** (\$155,000).

We Need Your Help! Click [here](#) to DONATE NOW on-line. Please visit www.m-afoundation.org

for more information and instructions for Mailing A Gift, Employer Matching, Leadership Donations and more. A gift of any size makes a difference.

Announcing the FOUNDATION 500 CHALLENGE! Donate today and your gift will mean even more. A small group of supporters will give M-A \$50,000 if at least 50 donors increase their contribution by \$500 or more over last year **by December 31**. Can you can be one of the 50?

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PTA



PTA General Meeting. On December 2, the General PTA meeting will be held in the **Ayers Gym Dance Studio at 8:30 a.m.** Steve Lippi will report on the current status of M-A's curriculum. In addition, Dr. Mark Rosekind will visit to report on current research regarding adolescent sleep needs and schedules. Please remember to [download](#) a map and parking permit for that day. **Please bring gift cards or cash (no checks please) to support Student Outreach** for Walgreens, Target, and Safeway or put donations in the PTA Mail Box in the main office--\$10 is a suggested amount.

3 Parent Education Series

Driver's Ed for the Brain: Parent Edition, with Dr. Peter Newsom

Wednesday, December 3, 7:00-8:30 p.m., Menlo-Atherton Library

Looking for some "brain food" to get you through the fall? Don't miss our next outstanding Parent Education Series event with Dr. Peter Newsom, M-A parent and Menlo Park neuropsychiatrist specializing in the treatment of adolescents. Dr. Newsom will present Driver's Ed for the Brain: Parent Edition in an interactive workshop focused on brain physiology, the causes of teen stress, the effects of drugs on the developing brain, and "mindfulness centered healing" as a way to help students gain agency and "get in the driver's seat" of their lives. To learn more about this event or to RSVP, please contact Parent Education Co-chair [Charlene Margot](#).

All Parent Education Series offerings are FREE and open to the community, sponsored by the Menlo-Atherton PTA.

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M-A ADMINISTRATION

SENIORS: You can still order the cap and gown package online at <http://www.sfgrad.com/> or mail in your order. Your order must be in the mail by Friday, December 12 to qualify for the lower cost! More information may also be obtained at <http://www.jostens.com>.

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M-A ACTIVITIES

M-A Choir Performance. The M-A Choir will perform their Fall Choral Concert on Tuesday, December 2 in the M-A Library at 7 p.m. Everyone is invited to hear this wonderful ensemble, featuring holiday and wintertime favorites. Suggested donations are \$5.00 for adults and \$3.00

for students.

The Canned Food Drive is currently underway and students are collecting food at local grocery stores. Please donate by purchasing extra food items when you visit your local store to help feed these families during our current economic crisis. The deadline for donations is this Tuesday, December 2. This weekend each recipient family will receive at least two weeks worth of canned food, fresh fruit and vegetables, bread, a large bag of rice and whole chickens. **Adult volunteers are needed December 4 - 6** to help the students sort and pack the food into family-sized boxes. Drivers are especially needed to help deliver the boxes to M-A families on Saturday, December 6. Individuals and their families are encouraged to work together as this is a unique community service experience, one that you are certain to be thankful for having participated in. Please see specific volunteer information on the [PTA Website](#). During these difficult economic times it is important to remember just how much we have to be grateful for and to support those who are less fortunate. Contact PTA Co-Chair [Karen Armstrong](#) for information on how to volunteer today!

Outreach Club's Holiday Gift Project. Each year M-A's Outreach Club raises money during the holiday season to provide gifts to families in need within the M-A community. This year we hope to raise enough money to sponsor 50 families. But we need your support. You can help in one of two ways. You can choose to simply make a donation by Tuesday, December 2, and the Outreach Club will do the shopping, wrapping and the delivery. Or if you prefer, you can choose to sponsor a family, select and wrap the gifts yourself, and then Outreach will make the deliveries this Saturday, December 6. Any support that you can offer will be greatly appreciated. If you have any further questions, contact advisor [Ms. Breen](#) in G-4, or students [Rosie Altman-Merino](#) or [Sarah Carp](#). Checks can be made payable to MAHS-Outreach Club.

M-A'S AVID Program. Support AVID by shopping at the [Sequoia Station Barnes & Noble](#) from Thursday, December 4 to Sunday, December 7. At least 10% (more if you shop more!) of all purchases accompanied by a Book Fair [flyer](#) on-line or available at the register, will be donated to our program. AVID helps prepare individual students for college. Contact teacher [John Giambruno](#) for more information.

M-A's Freshman Transition Program and Outreach Club. We are thrilled to announce a new fundraising collaboration between our Freshman Transition Program and M-A's Outreach Club. Both groups have signed on jointly with [Mother Earth Fundraising](#) and [Greenraising.com](#), separate eco-friendly web suppliers of 100% recycled gift wrap and cards, 'green' school supplies, reusable shopping bags, organic baking mixes and other gifts, soy candles, fair-trade items, and eco-friendly household, personal, and pet products. Please consider using Mother Earth Fundraising and/or Greenraising.com for your holiday needs, selecting Menlo-Atherton High School as your beneficiary at checkout. Each company will forward 25% (!) of all proceeds to be split between Freshman Transition and Outreach Club programs. Purchases will be shipped directly to you. Contact parent [Pam Stoner](#) for questions or comments.

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ATHLETICS



All the Scores and More!
(Click [Here](#) for This Week's Calendar)

Football. The varsity football team defeated Woodside Saturday 28-21 and **will be playing in the CCS championship game against Wilcox next Friday, December 5 at 7:00 p.m. at Foothill.** It took two overtimes and some stellar defensive plays by Mike Newsom and Stephen

Fifita at the end to stop the Woodside offense but M-A came away with the victory. Vaughn Smith and Will Preston rushed for two touchdowns each, Sam Knapp had an interception and Chris Gow knocked down Woodside's last pass of the game to seal the victory. **Come out and support your Bears this Friday as they play in their second CCS championship game in two seasons!**

Girls Soccer. The M-A Girls Frosh/Soph Soccer Team BRINGS HOME THE TROPHY beating 16 teams to win the 'Burlingame Thanksgiving Invitational' tournament! With coach Ben Wellington at the helm, the girls got off to a great start shutting out Mercy with a 3-0 win, with Francesca Milinovich and Meryssa Thompson scoring. They continued the heat on Tuesday defeating Notre Dame 3-2, with Milinovich, Thompson, and Amy Young scoring, and Karin Hiltbrand's quick work defending the goal! Fired up on Friday, Milinovich nailed three goals against Pioneer, with assists from Catherine Carpenter, to take the team to a 3-2 victory securing their spot in the finals! Saturday morning, Rebecca Higgitt, assisted by Milinovich, led the team in a hard fought 1-0 win against San Mateo, launching the team into the championship game against Gunn. Thompson scored the only goal of the championship game taking the M-A team to a 1-0 victory over first place Gunn. Congratulations to the entire team, and to coach Wellington, for their well earned win! Look for the trophy in the 'Hall of Fame'!

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BEARNOTES SUBMISSION INFORMATION

- Email submissions to [your BearNotes Team](#) by Thursday noon, spellcheck/proofread them first, and format them in Arial 10 pt.
- Please keep submissions **concise**, and include the organization name, event, date, time, location, and contact info, including web site URL.
- All submissions are subject to editing by the PTA.
- For the PTA policy on BearNotes publication, please go to the [M-A PTA web site](#).

Menlo-Atherton PTA does not endorse third-party events or submissions, nor take responsibility regarding the content of any third-party websites.

Go Bears. Grrrr!

Your BearNotes Team,
Julie Brody, Kris DeLisle, and Pam Stoner
M-A High School PTA BearNotes

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