

MENLO-ATHERTON HIGH SCHOOL BEARNOTES

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IN THIS ISSUE (QUICKLINKS)

Calendar

PTA

Administration

Foundation News

Career and Guidance

Activities and Clubs

Athletics

In the Community

BearNotes Submissions

QUICK WEB LINKS

M-A PTA

M-A High School

SUHSD (District)

M-A Athletic Boosters

M-A Drama Boosters

M-A Band Boosters

M-A College & Career
Center

Foundation for the Future

Communicado

Trivocis

**Not Getting
BearNotes?**

[Join Our Mailing List!](#)

CALENDAR

UPCOMING EVENTS

- **Monday, February 16 - No school -** President's Holiday
- **Tuesday, February 17 -** Teen Sleep Program in all freshman World Studies classes (See [article](#))
- **Thursday, February 19 -** Last day to drop a class without penalty - see your Guidance Counselor
- **Tuesday, February 24 - Minimum Day** - dismissal 6th period 11:25 a.m., 7th period 12:00 Noon
- **Thursday, February 26 -** TriVocis mailed
- **Thursday, February 26 -** Freshman Parent Coffee, 8:45 - 9:45 a.m., meet with Matthew Zito for informative session on your student's sophomore year
- **Saturday, February 28 -** Foundation for the Future Grant Challenge Deadline (see [article](#))

SAVE THE DATE

- **Monday, March 2 -** Junior Parent College Information Night, 7:30 p.m., Library, parents only (see [article](#))
- **Tuesday, March 3 -** PTA General Meeting, Wrestling Room 8:30 - 10:30 a.m.
- **Thursday, March 5 -** Winter Sports Award Night, 7:00 - 9:00 p.m., Ayers Gym
- **Friday, March 6 -** Big Band Dance - 8 - 11:30 p.m., Ayers Gym (See [article](#))
- **Sunday, March 8 -** Daylight Savings Time Begins
- **Monday, March 9 -** Fall 2009 Registration begins
- **Tuesday, March 10 -** Sophomore Parent College Night, parents only, 7:30 p.m., Library (see [article](#))
- **Wednesday, March 11 -** For students - Driver's Ed for the Brain - Mindfulness Training - 1:45 - 2:45 p.m. Guidance Office classroom
- **Wednesday, March 11 -** Sustainable

Menlo Park Meeting, 5:30 - 7:00 p.m.,
Burgess Recreation Center (see [article](#))

- **Thursday, March 19** - Parent Education Night - SOS Stressed-Out Students survey results with Dr. Denise Pope, 7:00 - 8:30 p.m, Library
- **Friday, March 20** - Block Schedule

PTA



NOW UNDERWAY: DRIVER'S ED FOR THE BRAIN: *Student Edition* - If your student is interested in the brain (how it works), learning tips about how to handle stress (mindfulness), this FREE after-school workshop is for her/him! Driver's Ed is open to all students from grades 9-12, and no previous experience-or a driver's license!-is necessary.

February 18, 1:45-2:45 p.m., Guidance Office Classroom

March 11 and March 18, 1:45-2:45 p.m., Guidance Office Classroom

Driver's Ed for the Brain will be taught by M-A parent and Menlo Park neuropsychiatrist Dr. Peter Newsom, and will feature information presented in previous Driver's Ed for the Brain: Parent Edition lectures. Brought to you by the PTA Parent Education Series.

To reserve a space for your student, please RSVP to Charlene Margot, Parent Education Series Chair, parenteducation@mabearspta.org, or (650) 868-0590. Students can also sign up in the Guidance Office or see Guidance counselor Karina Escobar-Weaver.

PARENT EDUCATION SERIES: THACKER BOOKS AVAILABLE! For those of you who missed Lloyd Thacker's outstanding presentation on February 4, you are in luck! A limited number of Thacker's book, *College Unranked: Ending the College Admissions Frenzy*, are still available. All books are personally signed by Lloyd Thacker, founder and director of The Education Conservancy, www.educationconservancy.org. To order your copy, please email Charlene Margot, Parent Education Series Chair at parenteducation@mabearspta.org or call (650) 868-0590. Checks should be made payable to: The Education Conservancy. Cost: \$20.00.

[\(Return to Top\)](#)

ADMINISTRATION

Leadership. The Freshman Transition Committee is starting work for next year, preparing for the recruiting and training of the next generation of highly acclaimed Freshman Transition leaders. These leaders will work to acclimate incoming eighth graders to the high school environment and help mold them into our beloved little bears, the Class of 2013!

Speaking of eighth graders, 6th period Leadership right now is starting a second year of the eighth grade outreach program, where our leadership students go to five local schools and talk about the experience of high school. By connecting with these future bears, leadership preps them for the trials, tribulations and opportunities that are to come, and helps them get a better understanding of the next four years of their lives

Mark your calendars. On May 9, for all those students interested in coming to M-A, Leadership is hosting the annual 8th Grade Integration Day to acclimate the students to the campus and to high school. Message provided by Alexander Most of the 6th period Leadership class.

GOT QUESTIONS? CALL AN M-A PARENT AMBASSADOR!

Do you have a question about school activities, resources or policies & procedures? The newly launched M-A Ambassador Program is the answer! The Ambassadors are a network of experienced, knowledgeable and friendly parent volunteers who know "the ins and outs" of our school. We're here to help!

	<u>E-mail</u>	<u>Home Phone</u>	<u>Cell Phone</u>
<u>9th & 10th Grades</u>			
Trish Gump	gumpfamily@comcast.net	650-854-3085	650-207-2552
Leslie Mayerson	lwmayerson@yahoo.com	650-324-0975	650-799-5030
Debbie Pinkston	Debbie.Pinkston@hds.com	650-556-1887	408-306-3834
<u>11th & 12th Grades</u>			
Timi Most	timibmost@gmail.com	650-854-3074	650 465-4738
Carol Orton	carolornton@mac.com	650-321-4418	650-704-5328
<u>Community Ambassadors</u>			
Rosario Arteaga	yamoel68@univision.com	650-323-2368	650-630-1967
Steve & Sela Teu	s4steu@gmail.com	650-838-9449	650-799-7161 (Steve) 650-630-7176 (Sela)

Student Ambassadors

(Contact Kelly Todd at 650-322-5311 x5250 or ktodd@seq.org)

Courtney Arrington (Junior)

Julia Ransohoff (Senior)

M-A's Sleep Ambassadors Visit Stanford In the last week of January, M-A's Sleep Ambassadors visited Stanford for an afternoon of teen sleep education. Their first stop was a visit to the Stanford Sleep Center. There, Dr. Shannon Sullivan described the work that is done at the center and spoke about health policy and the importance of bringing about change to positively affect the health of a population...in this case, teens and related sleep issues.

The ambassadors then attended a lecture by Dr. William C. Dement at his popular undergraduate course, Sleep and Dreams. M-A students were introduced to the class of over 500 Stanford students and lauded for their interest in teen sleep. This Tuesday, February 17, the M-A Sleep Ambassadors will work with Stanford students to educate all M-A freshmen on the basics of teen sleep. The classes will take place during freshman World Studies. Freshmen leave their sleep education classes with a concise but thorough handout. Don't forget to read about the famous Sleep and Dreams course mantra - "DROWSINESS IS RED ALERT."

Sustainable Menlo Park - Presentation by Pat Gemma, PhD., Superintendent of Sequoia High School District - Wednesday, March 11, 5:30 - 7:00 p.m., Burgess Park Recreation Center. Parents - please join Sustainable Menlo Park for an informative presentation about goals, programs and the future of the Sequoia High School District, and Menlo-Atherton High School in particular. Please RSVP to sustainablemenlopark@gmail.com.

[\(Return to Top\)](#)

Help us earn our NEW \$10,000 PARTICIPATION CHALLENGE GRANT - we need a total of **400 donors by February 28** to qualify for these much-needed extra funds. If you haven't already contributed this school year, donating now will **help M-A get another \$10,000!**

It's easy to make a gift - just visit <http://www.m-afoundation.org/online.php> to donate online or mail a check payable to "M-A Foundation for the Future" to P.O. Box 1228, Menlo Park, CA 94026. Other questions? Contact Cindy Folker, Director of Development: cfolker@seq.org or call (650) 322-5311, ext. 5206.

Every gift to the Foundation, no matter what size, helps our students. The aggregate effect of many gifts is huge. Please join our growing list of donors, who together will contribute over a million dollars to vital programs at M-A through the Foundation this year.

"Mighty oaks from tiny acorns grow."

[\(Return to Top\)](#)

CAREER AND GUIDANCE

JUNIOR PARENT COLLEGE INFO NIGHT (for parents of juniors only, no students), March 2, 7:30 p.m., Library. Ms. Kleeman will present some information and then entertain questions about anything related to course selection for next year, college, scholarships, financial aid, careers, etc. RSVP to AAKleeman@aol.com.

SOPHOMORE PARENT COLLEGE INFO NIGHT (for parents of sophomores only, no students), March 10, 7:30 p.m., Library. Ms. Kleeman will present some information and then entertain questions about anything related to course selection for next year, college, scholarships, financial aid, careers, etc. RSVP to AAKleeman@aol.com.

[\(Return to Top\)](#)

ACTIVITIES AND CLUBS



BIG BAND DANCE! Friday, March 6 from 8 - 11:30 p.m. in Ayers Gym.

Please come and support our fabulous, award winning bands! Swing and sway to the music of Frank Moura's four outstanding M-A Bands! Gourmet desserts and coffee will be on sale at the Jazz Cafe. To order tickets, please mail a check payable to "M-A Band Boosters" and a stamped self-addressed envelope to Kristina Granlund-Moyer, 221 Dedalera Drive, Portola Valley, CA 94028. (Order form available in [February Trivocis](#), pg. 16). Put on your dancing shoes and come on out! For discounted swing dance lessons for M-A families, contact Margaret Winters at sewphie1@sbcglobal.net.

ASB Leadership is organizing a fund-raiser for M-A's Student Support Fund. On Wednesday, February 25 from 11 a.m. to 9 p.m., 25% of the money spent at Chevy's in Redwood City on El Camino by anyone who brings the designated flyer will be donated to our Student Support Fund which helps M-A students with some basic needs.

Flyers will be available in the front office next week and they will also be available in B-21. This is a great way for students, parents, faculty and staff, and members of our community to come together to enjoy the evening while supporting our school. We hope all can attend this service event. Thank you very much!

[\(Return to Top\)](#)

ATHLETICS



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

Boys Varsity Basketball Team - Thank you to all the great fans who came out to see the victory on February 12! We had a great crowd and the team played a phenomenal game, beating Woodside 64 to 51. Peter DeFilipps scored 26 points, Jeff Keller added 12, Reed Foster scored 11 and Sam Knapp pulled down 12 rebounds. Next, the boys play in the PAL tournament. Their first game is Wednesday, February 18th at Menlo-Atherton at 7:30 p.m. vs. Terra Nova. Come cheer on your Bears as they enter post-season play.

All-league selections have been announced for the boys' varsity basketball team. Congratulations to Peter DeFilipps who was voted Co-MVP of the league;, to Jeff Keller and Sam Knapp who were selected for the First Team; and to Reed Foster for his inclusion as an Honorable Mention player.

The Girls Basketball Team achieved a stunning victory over previously undefeated Carlmont 44-42. Chelsea Mongrid was the high scorer and Alexis Jenkins made the game-winning free throws in the last seconds.

The team earned a share of **first place** (with Carlmont) in the PAL South Division with a 54-31 romp over visiting Woodside on Thursday night. Lizzy Peck led the way for M-A with 11 points while Jessica Tuliau added nine points and seven rebounds. Seniors Dominique Greene and Chelsea Mongird each tallied seven points and were among the seven players honored on Senior Night. The others included Katy Iwashita, Demi Battaglia, Julia Peck, Mele Latu and Alexis Jenkins. The Bears will play in the Peninsula Athletic League playoffs next week.

Boys Frosh/Soph Basketball Team - Congratulations! The team received a first place finish in league play with a win over Woodside 44-30. Their 7-1 record came with only one loss to Carlmont 31-30.

Boys Golf Team - Congratulations! The team won their non-league match against Serra on Tuesday at Sharon Heights 210 to 216. Leading the pack were Seniors Ben Jackson, our medalist with a 36, and Nick Sako with a 38 in this 9-hole match. Freshmen Travis Anderson and Max Culhane each shot 42, while Peyton Smith and Colton Toy each carded 47. The regular season opens against Aragon on February 23, followed by a non-league match against Mitty on February 24

LaCrosse News - Mandatory Coach/Parent/Athlete meeting, Thursday, February 19 at 6 p.m. in the Library.

[\(Return to Top\)](#)

IN THE COMMUNITY

MP Strikers GU16 Team Tryouts. To fill a newly formed Class 3 soccer team, girls under 16 (birthday not before 8/01/92) are welcome to attend tryouts on 2/17 and 2/19 from 4-6 p.m at Willow Oaks Field (Menlo Park). For further information, contact Coach Ben Wellington (650)336-3395 or bwellington@seq.org or Team Managers Pam Songer (psonger@comcast.net) and Laura Thiele-Sardina (laura@sardina.com). For further information, visit club website: www.mpstrikersfc.com for general information.

Stanford University celebrates its 20th Anniversary of Continuing Education with a reduced tuition non-credit course, "The American Founders and Their World", offered on Tuesdays 7-9 p.m., April 7, April 21, May 5, May 19. Special tuition rate of \$125 for the four evening sessions. Registration begins February 23, and is open to all adults 18 and over, although the Continuing Education Department allows students to bring high school child(ren) to sit in for a lecture or two.

"[To celebrate our 20th Anniversary of Continuing Education] We are pleased to offer a special team-taught course each quarter this year, subsidizing the tuition as a gift to our students. Each course will be directed by a senior faculty member at Stanford, who will invite esteemed colleagues from Stanford and elsewhere to collaborate. These courses will offer a unique opportunity to learn from some of the world's finest scholars as they work together to explore compelling cultural, scientific, and philosophical issues." For more information, go to: http://continuingstudies.stanford.edu/courses/course.php?cid=20083_HIS%20151.

[\(Return to Top\)](#)

BEARNOTES SUBMISSION INFORMATION

- Email submissions to [your BearNotes Team](#) by Thursday midnight, 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 De Lisle and Pam Stoner
M-A High School PTA BearNotes