

# MENLO-ATHERTON HIGH SCHOOL BEARNOTES

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## QUICK WEB LINKS

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Trivocis

**Not Getting  
BearNotes?**

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## CALENDAR

### UPCOMING EVENTS

- **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. (see [article](#))
- **Thursday, March 5** - Winter Sports Award Night, 7:00 - 9:00 p.m., Ayers Gym (see [article](#))
- **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 (see [article](#))
- **Wednesday, March 11** - Sustainable Menlo Park Meeting, 5:30 - 7:00 p.m., Burgess Recreation Center

### SAVE THE DATE

- **Wednesday, March 18** - Regular Schedule
- **Thursday, March 19** - Parent Education Night - SOS Stressed-Out Students survey results with Dr. Denise Pope, 7:00 - 8:30 p.m., Library (see [article](#))
- **Friday, March 20** - Wednesday Block Schedule
- **Friday, March 20** - Annual M-A Dance Team Show, 6:30 p.m., New Gym
- **Sunday, March 22** - M-A on eBay begins! (see [article](#))
- **Thursday, March 26** - Look for your Trivocis issue!
- **Wednesday, April 1** - **CHANGED** - from Block day to regular day (No fooling!)
- **Friday, April 3** - **CHANGED** - from minimum day to Wednesday Block day



**PTA GENERAL MEETING!** Tuesday, March 3, 8:30- 10:30 a.m., Wrestling Room. Please join us to hear our speaker, Philippe Rey, Executive Director of Adolescent Counseling Services. Make sure to print your parking pass off the PTA website, [www.mabearspta.org](http://www.mabearspta.org), if you park in someplace other than the visitors parking lot.

**CELEBRATE THE SENIOR CLASS!**

We are looking for three volunteers to coordinate the Senior Breakfast on Wednesday morning. June 3 will be the last time you can volunteer for your senior! It's a fun way to see the class together one more time! Please contact Julie Brody at [julie@brodyfamily.net](mailto:julie@brodyfamily.net).

**PTA EXECUTIVE BOARD WANTS YOU!** Please consider getting more involved with your child's school. Being active on the PTA Executive Board is a great way to stay connected with the events of your teen's life. Please contact Julie Brody at [julie@brodyfamily.net](mailto:julie@brodyfamily.net) if you are interested or would like to nominate someone.

**NEW STUDENTS WELCOME! 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 and anxiety (mindfulness), and wants to "get in the driver's seat" (agency), this FREE after-school interactive workshop is for her/him! Every class will include mindfulness instruction and practice. Driver's Ed for the Brain is presented by the PTA Parent Education Series and features M-A parent and Menlo Park neuropsychiatrist, Dr. Peter Newsom. Driver's Ed is open to all students from grades 9-12, and no previous experience - or a driver's license! - is necessary. Free snacks will be provided. Students are welcome to attend, even if they missed the Chapter 1 session. Chapter 2, March 11 and March **TBD**, 1:45-2:45 p.m., Guidance Office Classroom To reserve a space for your student, please contact Charlene Margot, Parent Education Series Chair, at [parenteducation@mabearspta.org](mailto:parenteducation@mabearspta.org), or at (650) 868-0590. Students can also sign up in the Guidance Office.

**2008-09 Menlo-Atherton Parent Education Series**

**DENISE POPE COMING TO M-A! SOS SURVEY RESULTS**

**Thursday, March 19, 7:00-8:30 p.m., Menlo-Atherton Library**

Denise Pope, Ph.D., renowned Stanford School of Education lecturer and founder of Challenge Success (formerly the Stanford SOS: Stressed-Out Students Project), will address the M-A community with final results of the M-A SOS survey. Dr. Pope will discuss the findings of her research at Menlo-Atherton with regard to student mental and physical health, engagement in learning, and academic and personal integrity. An engaging and dynamic speaker, Denise Pope is a nationally recognized expert in the movement to reduce student stress and improve the emotional and academic success of our students.

Space is limited! Please RSVP to Charlene Margot, M-A Parent Education Series Chair, [parenteducation@mabearspta.org](mailto:parenteducation@mabearspta.org) or call (650) 868-0590

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

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## ADMINISTRATION

**2009 Summer Reading Book Sale!** Support the Menlo-Atherton High School English Department. Buy your summer reading books through us, and Kepler's will donate a percentage of the sales back to the Department. Books will be delivered to each student in his/her English class by the end of May. Parents, please be on the look out for the Summer Reading booklist to be brought home with your students. Review the list, fill out the form and send in your book order! Brought to you by the Summer Reading Co-Chairs, Marybeth Dorst and Laura Reynolds.

### STUDENT PEER TUTORS NEEDED

Does your student need community service hours? We have a very accessible and VERY necessary way to help M-A! If your student is strong academically, we need them once a week during 7th period (Monday, Tuesday, Thursday or Friday) to help students one-on-one with their homework in H-2. We need students with knowledge of Freshman English, World Studies, Algebra Readiness and Biology. Perfect for student athletes waiting for their practices to start or any student who can stay for 7th period. Students must commit to one day a week for the rest of the semester. Contact Audrey Stevenson, Resource Specialist with the Special Education Department at [astevenson@seq.org](mailto:astevenson@seq.org) for more information.

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## FOUNDATION NEWS

**M-A on eBay!** The Foundation for the Future's online auction FUN RAISER starts March 22! Thanks to our extremely generous community, this year's lineup is twice as big, twice as good, and is ready to view at [www.maauction.org](http://www.maauction.org). If you prefer a "hard copy," your March Trivocis has an abbreviated listing you can use to strategize your auction plan! Airfare is cheap right now, so why not make your vacations plans to enjoy one or more of our vacation homes? We've got the best from last year plus great new additions! You have your choice of beautiful homes all over the Western U.S., Canada, and Mexico. Or, simply fill the tank and get away to Tahoe or Kirkwood or just "over the hill" to Brookdale, Capitola, Parajo Dunes or Aptos! All this and SO MUCH MORE at [www.maauction.org](http://www.maauction.org).

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## 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](mailto: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](mailto:AAKleeman@aol.com).

If you plan to attend one of the parent info nights and have not yet responded, please e-mail Alice Kleeman at the above address so she will have enough chairs and copies!

**AP TESTS - IMPORTANT SIGN UP INFORMATION!** - Registration for the AP tests will be Wednesday, March 11 and Thursday, March 12 at lunch only, outside the library. The cost per test is \$88. Checks can be made payable to MAHS. If taking multiple tests, one check for all is acceptable. Cash is also accepted. Please write the following information on the front of your check: Student's first and last name, the exact name of the AP test(s) you are taking. (Be specific (e.g. AP English is not enough, we need to know if it's AP English Lit or AP English Language)). If you are unable to register at these times, you may have a friend or relative do so for you. If you need financial assistance, please see Lorrie Orcutt in the front office prior to registering. If you register for a test and then do not take the test, there is a \$15 cancellation fee per test.

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## ACTIVITIES AND CLUBS

### **SWING AND SWAY BIG BAND DANCE - FRIDAY, MARCH 6**

We hope to see you all Friday, March 6, 2009, at M-A Band's biggest fund raiser of the year, the Swing and Sway Big Band Dance. Please join us anytime between 8 - 11:30 p.m. in the Ayers (Old) Gym for some swinging music, gourmet desserts and fun. Come bid on our wonderful auction items or buy raffle tickets for a variety of prizes. For ticket information, please contact Kristina Granlund-Moyer at [granlundmoyer@comcast.net](mailto:granlundmoyer@comcast.net) or call her before 9:00 p.m. at (650) 854-9558 or purchase at door- \$20 adults, \$10 seniors/students/faculty/staff. More band information may be found at <http://www.mabandboosters.org>

**M-A Dance Team Show - Save the Date!** The incredible annual M-A Dance Team Show is on Friday, March 20, 6:30 p.m., in the New Gym! Please come show your support and enjoy the talent! Tickets go on sale soon! More information in next edition.

**GRAD NIGHT FOR SENIORS!** The Grad Night 2009 information sheet, registration and permission forms were mailed out at the end of last week. Watch your mail, and register now to be a part of this special all-night celebration with your classmates. Questions? For general information contact the Chair, Debbie Verity, at [gradnight2009@mabearspta.org](mailto:gradnight2009@mabearspta.org) or at (650) 321-3069. For ticket sales, contact Julie Gaston at [gradnighttickets@mabearspta.org](mailto:gradnighttickets@mabearspta.org) or at (650) 324-2422.

**The Junior Class of 2010** is concerned about AIDS. Last year, we sent 500 kits to Africa filled with essential supplies to help people provide care. This year, we want to help and encourage children in Africa who have a parent that is dying of AIDS by providing them with a backpack filled with school supplies. We are currently raising money for our class project to be held May 9. If you would like to donate to our class project, please send a check to Menlo-Atherton High School. The check should be made out to "Menlo-Atherton High School" with the "Class of 2010 Philanthropy" written on the memo line. For more information, contact Courtney Arrington at [cm\\_arrington@yahoo.com](mailto:cm_arrington@yahoo.com). We appreciate your support.

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## ATHLETICS



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

**The Menlo-Atherton Athletic Boosters** cordially invite all Winter Sports Athletes, their families and fans to the Winter Sports Awards Night, this Thursday, March 5 in Ayers Gymnasium beginning at 7 p.m. This entertaining event honors all Winter Sports athletes for their season's accomplishments and is highlighted by the popular M-A Sports Slide Show. Don't miss it!

Congratulations to the **Boys Varsity Basketball Team** for their inspired play in the first two rounds of the CCS playoffs. The Bears first defeated Westmont 59 to 30, led by Peter DeFilipps' 22 points and Jeff Keller's 18. In the quarterfinal game, the team defeated Leigh 60 to 38 sparked by stellar team defense. Sam Knapp scored 15 points and Keller and DeFilipps added 13 each. M-A will take on St. Francis on Tuesday in a CCS semifinal game at 7:30 p.m. at Foothill. Come cheer on your Bears as they battle for a third consecutive CCS championship game.

**M-A Boys Golf Team - Congratulations!** In a non-league match, the team defeated Mitty by 1 stroke at Sharon Heights on Tuesday, February 14 (M-A 200, Mitty 201). Leading the pack was medalist Nick Sako with a 36, followed by Senior Brian Jordan with 38, and Freshmen Max Culhane with 39 and David McNamara with 42. The Bears have a rain make-up match against Aragon on Monday, March 2 at Peninsula Golf Course for their regular season opener. Golf team is now 2-0 in non-league play!

**Varsity Girls Lacrosse Team** lost their first game of the season after traveling to Sacramento on Wednesday to take on St. Francis. The final score was 7-3, with the M-A defense getting stronger in the second half. Goals were scored by Kendall Eder, Adrian Holland, and Alex Fanelli.

**Boys Varsity Lacrosse Team** began their season with a solid victory against Lick Wilmerding of San Francisco 11-3. A tight game at the beginning, the Bears soon roared back for the win. Leading the Bears with 3 goals and 4 assists was attack, David McLaughlin, followed by 2 goals by Charlie Fitz. Jeff Sklarin scored once and had 1 assist and team members, Jack Kinney, Joe Feier, Zander Rohn and Aaron Weiner scored 1 goal apiece. Kevin Sheridan had an amazing 9 saves!!!

The **Boys Varsity Baseball Team** continued its strong pre-season play with a 7 to 7 tie vs. Sacred Heart and a victory over San Mateo.

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## IN THE COMMUNITY

**Alpine Little League** is looking for Umpires for the 2009 "Majors" Baseball Season. Minimum Age is 13 and pay is per game. Contact James Conrad at [james@conradreps.com](mailto:james@conradreps.com) or by phone at (650) 322-0900.

### Host Family Summer 2009 Project!

Participate in our summer programs for European teenagers, who spend a few weeks in the Bay Area working on their conversational English fluency while sharing their Spanish, French or German with their US host siblings, all while enjoying a taste of American life. We seek great, fun, dedicated people as local coordinators & local leaders for our groups (paid positions), as well as interested volunteer host families. To learn more, please contact Carla Orvis Hunt ASAP at

our main office in Berkeley (510) 845-2230.

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### 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