

MENLO-ATHERTON HIGH SCHOOL BEARNOTES

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BearNotes?**

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CALENDAR

UPCOMING EVENTS

- **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
- **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 (see [article](#))

SAVE THE DATE

- **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
- **Monday, April 6 - April 10** - Spring Break - No School
- **Friday, April 10** - Trivocis submission deadline
- **Monday, April 13 -17** - Star Testing
- **Tuesday, April 14** - Block Day (Thursday Schedule) - due to Star Testing
- **Friday, April 17** - Block Day (Wednesday Schedule) due to Star Testing
- **Friday, April 17** - Junior/Senior Prom, 8 p.m. - 12 p.m, Gift Center Pavilion, 888 Brannan Street, San Francisco

- **Thursday, June 4 - M-A GRADUATION!** - 4 p.m., Coach Parks Field, more information in upcoming editions

PTA



CALL FOR PTA SERVICE AWARDS! Each May the Menlo-Atherton High School PTA honors individuals who have contributed in an extraordinary way to M-A. These awards give special recognition to those parents and community volunteers or organizations who have given outstanding volunteer service to Menlo-Atherton and its students. The brief nomination form can be found [here](#). Please submit to president@mabearspta.org or mail to M-A PTA Box, 555 Middlefield Road, Atherton CA 94027 by Wednesday, April 15, 2009.

Volunteer Opportunities! Do you want to support M-A? Consider offering some time to dedicate to meaningful activities and events. We are looking for people to help with Staff Appreciation events - a fun way to get to know the staff; a school Directory formatter; ESL assistants - a valuable experience working directly with kids; Grad Night chairs for 2010; and Parent Education support. Please contact Julie Brody at julie@brodyfamily.net if you have time to help out! Thank you!

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, or at (650) 868-0590. Students can also sign up in the Guidance Office.

2008-09 Menlo-Atherton Parent Education Series

STANFORD LECTURER 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 author of Doing School : How We Are Creating a Generation of Stressed-Out, Materialistic, and Miseducated Students Dr. Pope is a nationally recognized expert in the movement to reduce student stress and improve the emotional and academic success of our students.

Please RSVP to Charlene Margot, M-A Parent Education Series Chair, 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. The list and order form are also available on the [PTA website](#). 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 for more information.

ESL TUTOR PROGRAM. Two new students have arrived at M-A with great eagerness, but little English! Can you tutor Thursdays at 10 - 11:20am? Marei Kane is the ESL-1 teacher and she will give you all the instructions you need each week. We need YOU, once a week starting next Thursday until May. You can make a world of difference once a week. Contact Linda Fornaciari at laderalinda@mac.com. It's a great way to try out ESL tutoring!

SENIOR PORTRAIT INFORMATION. Questions about your senior portrait? Prestige Portraits wants to let you know that you still have time to have your cap and gown along with fall and winter sport and casual portraits taken. It's not too late to place your Senior Portrait order to have it back in time for graduation. Prestige Portraits will be happy to answer any other questions and to schedule an appointment for you. Just call us at 1-888-898-GRAD. Enjoy the rest of your Senior year!! Please direct questions to Kelly Todd, Co-Activity Director, at ktodd@seq.org or (650) 322-5311, x 5250.

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FOUNDATION NEWS

M-A on eBay! The Foundation for the Future's online auction FUN-RAISER, goes live to the public Sunday, March 22! Be ready with an eBay account by visiting the Bidding Instructions page in the catalog at www.maauction.org Find great items for your student including a brunch with Alice Kleeman, a signed Ladera Longboard, seats and parking for this year's graduation and plenty of ways to keep your teen fed. Find something for you like computer help, CD or Video conversion, amazing sports offerings (any Sharks fans?) or nights on the town. How about memberships at Pacific Athletic Club and Ladera Recreation? **M-A on eBay will let you sail the bay, learn to fish, use photoshop, cook, decorate, relax, get fit and have FUN. All this and SO MUCH MORE on www.maauction.org.**

Many thanks to everyone who contributed by the February 28 deadline to help us earn an extra and much needed **\$10,000** through our **PARTICIPATION CHALLENGE GRANT**. We now have over 400 donors whose gifts are supporting vital programs at M-A through the Foundation this year. If you haven't contributed yet, we still can use your help. 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 x 5206.

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CAREER AND GUIDANCE

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. 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

The 6th Annual Menlo-Atherton Dance Team Show is on Friday, March 20, 6:00 p.m., in the New Gym. All proceeds benefit the Menlo-Atherton Dance Team. Tickets may be purchased from Dance Team members. Ticket prices are \$8 for adults, \$5 for students, and \$10 if purchased at the door. Checks can be made payable to M-A Dance Team; cash is also accepted. Please come support the Dance Team and enjoy the show. Any questions, contact Nancy Child at nancymchild@yahoo.com.

"M-A's Own PSAT/SAT Prep" has openings for the Spring II session to prepare for the May or June SATs. The class will begin Monday, March 23, and continue on Mondays and Tuesdays for five weeks, with spring break week off. This finishes the course the week the May exam is given so that students are perfectly primed for the test. We meet on campus from 3:30 to 5 p.m. Our fee varies according to the numbers enrolled, and the range is \$100.00 to \$225.00. We pay special attention to the essay portion. To ask your questions or simply to enroll your student, call Jane King at (650) 323-4066 or email her at jcking@juno.com. Remember our motto: "As good as the best, and better than all the rest."

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 or at (650) 321-3069. For ticket sales, contact Julie Gaston at gradnighttickets@mabearspta.org or at (650) 324-2422.

Northern California State Championship Quiz Bowl - Congratulations to Daniel Kozlowski! Dan came in third place for individual scoring, competing against the best teams in California. Way to go, Dan!

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ATHLETICS



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

Boys Varsity Football Team - CONGRATULATIONS for an outstanding season! The team made M-A proud when they battled valiantly against St. Francis in the CCS semifinal game but lost 67 to 60. Thank you to our awesome 6th Man Club. They filled the stands and were the loudest, most entertaining 6th Man Club around. We particularly enjoyed their "We play for free" cheer!

M-A Badminton Team opened pre-season play on Tuesday, with a great first match victory, 14-1, over Woodside. Our mixed doubles ladder is notably strong and our veteran, senior leadership should prove to be very important for the team. We don't want to forget our new players, as they did a great job as well. We look forward to an exciting season.

M-A Boys Golf Team "Annual Classic Tournament" will NOT be held this May 2nd. The tournament will be rescheduled to the Fall 2009. Please watch for announcements. Any questions please contact Jackie Anderson or jackie_anderson99@yahoo.com or at (650) 544-6510.

M-A Track and Field Team is off to a great start 38 girls and 49 boys have been training since January under the leadership of our able coaching team. Head Coach, Jason Morgan leads the crew of enthusiastic track mentors; Kelly Weston - Distance, Julio Pineda - Hurdles & Sprints, Madeline Flint - Pole Vault, and Adrian Perkins - Sprints. This weekend our Frosh/Soph boys medley distance relay (Jack Beckwith, Tyler Fair, Michael Hester, and Jordan Scandlyn) placed 2nd behind rival Carlmont at the PAL relay meet. It was a close race, congratulations to our four fast freshmen.

Girls Varsity Lacrosse Team travelled to Mt. Tamalpais High School on March 5 and won in a dominating performance, 17 to 2. The following girls scored goals, Casey Burnett - 5 goals, Alex Fanelli - 4 goals, Kendall Eder - 3 goals, Adrian Holland - 2 goals, Marissa Zuk - 2 goals, and Chloe Peters - 1 goal.

Boys Varsity Baseball Team defeated South San Francisco 3 to 2 led by winning pitcher Eric Stanske. Austin Hume went 2 for 2 and Chris Gow was 3 for 4 at the plate. Matt Hornberger won the game with a walk-off sacrifice fly in the bottom of the 7th.

Boys Varsity Swim Team opened their season with a splash, defeating San Mateo and Mills by wide margins. Winning individual swims were Richard Hong, Scott Swartz, Kei Masuda, Eric Wright, Jed Springer and Nick Henze. Go Bears!

4th ANNUAL BIG BEAR RUN! Sunday, May 3, 9:00 a.m. It takes 100 volunteers to make this event a success. Please contact Cindy Newton at newton_c@sbcglobal.net if you are available to help during race day. Time commitment is only two to three hours.

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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 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.

KEEP YOUR TEEN SAFE. If you have leftover medications that might be harmful, there is a 24-Hour Drop Box located outside the Atherton Police Station on 91 Ashfield Road, Atherton. Call (650) 752-0500 for further information.

Brunch and Clinic Tour of Ravenswood Family Health Care Center! RFHC provides comprehensive health care for the uninsured. Tour is Friday, March 27, 9 - 10:30 a.m at 1798 Bay Rd., EPA. Learn more about this valuable community resource. Anyone is welcome to attend!

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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