



MENLO-ATHERTON HIGH SCHOOL BEARNOTES

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IN THIS ISSUE (QUICKLINKS)

Calendar
e-Scrip
PTA
Administration
Community News
Athletics
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
Naviance Family Connection

Know someone who could use BearNotes? Forward this newsletter to them so that they can sign up using the button below.

CALENDAR

UPCOMING EVENTS

- **Tuesday, September 1** - PTA General Meeting, 8:30 - 10:30 a.m., Ayers Gym, Dance Studio ([see article](#))
- **Thursday, September 3** - M-A 101 - An Introduction to M-A with Principal Matthew Zito, 10 - 11:30 a.m. OR 7 - 8:30 p.m. in the M-A Library ([see article](#))
- **Friday, September 4** - Last day for schedule changes
- **Monday, September 7** - Labor Day Holiday, no school

SAVE THE DATE

- **Wednesday, September 9** - All band family potluck
- **Thursday, September 10** - Back to School Night, Welcome by Principal Zito at 6:30 p.m. in Old Gym. Parents will rotate through periods starting at 6:50 - 8:15 p.m. (ending at 8:30 p.m. for students with 7th period classes).
- **Friday, September 11** - Trivocis submission deadline
- **Saturday, September 12** - M-A Boys Golf Classic Tournament fundraiser is **canceled** ([see article](#))
- **Monday, September 14** - Parent Education Night, 7-8:30 p.m. in M-A Library ([see article](#))
- **Wednesday, September 16** - Picture make-up day, Wrestling Room
- **Friday, September 25** - Freshman Family Welcome, 6 - 7 p.m., Girls Soccer Field
- **Friday, September 25** - Welcome Back Dance, 7 - 10 p.m., outside on the Green ([see article](#))

The 2009-2010 District Calendar is available [here](#).

E-SCRIP

This time of year many pleas are made for contributions. One particularly painless way to provide money to M-A is e-Scrip.

Make every purchase count for our kids by registering your

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[Join Our Mailing List!](#)

grocery, debit and credit cards with eScrip. The merchants contribute to M-A; **it costs you nothing**. M-A's ID is 136550465. Here's how you can support our school:

- **New to eScrip?** Register online at www.escrip.com or contact Emily Liggett at (650) 867-8662 to register by mail. Have your cards available.
- **Update your cards** (such as Safeway, Macy's, MasterCard, VISA, American Express, debit cards) and **recipients** (like Menlo-Atherton High School PTA, 136550465) You can **designate up to three organizations** (i.e. schools!) to receive contributions. You can check [online](#) or contact Emily Liggett (emliggett@pacbell.net or (650) 867-8662).
- **Renew your Safeway card** - go [online](#), sign in and click on the "Renew" button.
- **Invite your family and neighbors** to register for eScrip, too, so their purchases count for M-A. Just forward this message to them.

Thank you for supporting our school and our children!

PTA



VOLUNTEER OPPORTUNITIES

ESL TUTORING. EVERYONE IS WELCOME!

If you have an hour or so a week to volunteer, please consider being a tutor to M-A students in the English Language Development program. No foreign language experience is required! You will work with no more than 2 students under the direction of the classroom teacher to help them with basic English vocabulary and grammar, and reading and writing skills. This is a wonderful opportunity to offer guidance and assistance to the students that truly need your help! Please contact Marla Stark at marlastark@mac.com or Diane Jones at dianevsj@sbcglobal.net to sign up. And for those of you who need to split the volunteer time, we will pair you with another tutor so you can share the weekly commitment. **We can make this work for you! Thank you so much!**

AVID PROGRAM TUTORS NEEDED

Advancement Via Individual Determination (AVID) is looking for college age or other adult

volunteers to work with our students during tutorial periods. Tutors need not be experts in any one subject, just patient and able to facilitate a small study group (with training and support from the AVID teachers). Most tutorials happen on Wednesday and Thursday during the block periods. One training session outside of school hours will be held TBA. If you are interested, please contact Rachel Andres at randres@seq.org or (650) 521-2406.

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**JOIN THE PTA**

The M-A PTA membership drive is on! We spend more than \$100 per student to maintain excellence in teaching innovation through our mini-grants, as well as enhance the whole learning and work experience at M-A through vital programs such as Challenge Day. Please check the [membership page](#) for information and to find a form to mail to the office. Thanks!

**FIRST PTA MEETING OF THE 2009/2010 SCHOOL YEAR**

The first PTA meeting of the school year will be held on Tuesday, September 1 at 8:30 a.m. in the Old Dance Studio. (See [2009-10 Campus Map](#).) Mr. Zito will join us to give us a look at the year ahead. We look forward to seeing you there! Questions about joining PTA? Please contact Lisa McNamara at [lisajmcnamara@gmail.com](mailto:lisajmcnamara@gmail.com).

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ATTENTION ALL FRESHMAN FAMILIES

You are invited to the Freshman Family Welcome Dinner

Don't miss this opportunity to meet other Freshman families! Please join us at the traditional potluck dinner on Friday, September 25, 6 - 7 p.m., on the Girls Soccer Field. Please bring enough for 6-8 people:

Last Name:

A-H - Entree

I-S - Salad

T-Z - Dessert

Drinks will be on sale for \$1.00 and the proceeds will go to the Freshman Leadership Class. Please contact Rose Mein at rwmmp@aol.com or (650) 854-4286. We look forward to seeing you there! The Welcome Back Dance follows this event from 7 - 10 p.m. on the Green.

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**UPCOMING PARENT EDUCATION EVENTS**

**Need information to navigate M-A? Here is an event you won't want to miss!**

**M-A 101: Orientation to Menlo-Atherton High School, with Principal Matthew Zito  
Thursday, September 3, 10 - 11:30 a.m. OR 7 - 8:30 p.m. Menlo-Atherton Library**

New and returning families! Please join us for the first PTA Parent Education Series 2009-2010 event on Thursday, September 3. "M-A 101: Orientation to Menlo-Atherton High School" offers an inside look at the operation and structure of M-A. Presenters include Principal Matthew Zito, one of our terrific Guidance Counselors, as well as current and recently-graduated students. This event will be offered in two time periods (morning and evening) on September 3. Light refreshments served from 9:45 - 10 a.m. and from 6:30 - 7 p.m. For more information, please contact Charlene Margot, Parent Education Chair, at [parenteducation@mabearspta.org](mailto:parenteducation@mabearspta.org) or (650) 868-0590.

**SPECIAL PARENT ED EVENT! Robert A. Compton, Executive Producer of "2 Million Minutes," A Documentary Film on Global Education**

**Monday, September 14, 7 - 8:30 p.m. Menlo-Atherton Library**

In a very special event, the M-A Parent Education Series offers a showing of the highly-regarded documentary, "2 Million Minutes," and a presentation by Robert A. Compton, Executive Producer of 2MM. From the time 8th graders graduate, they have about two million minutes until high school graduation...Two Million Minutes to build their intellectual foundation...Two Million Minutes to prepare for college and ultimately career... How a student spends their Two Million Minutes - in class, at home studying, playing sports, working, sleeping, socializing or just goofing off -- can affect their economic prospects for the rest of their lives.

Space is limited!! To RSVP, please contact Charlene Margot, Parent Education Chair, at [parenteducation@mabearspta.org](mailto:parenteducation@mabearspta.org) or (650) 868-0590. Special thanks for this evening to Gamiel Gran of Sierra Ventures and to Linda Fornaciari, President of the Foundation for the Future.

**For detailed information on Parent Education Events, see the website:**  
<http://www.mabearspta.org/ParentEdEvent.html>.

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

**ADMINISTRATION**

**SENIOR CLASS SHIRTS**

This year the leadership seniors are designing a senior class shirt that all seniors will receive for free. In prior years, groups of friends have created their own t-shirts privately. These t-shirts have created problems as they divide the senior class. We hope that our t-shirt this year will unite the senior class. Unfortunately, the senior class does not have enough money in their fund to pay for the shirts. We would really appreciate any donations. Checks can be made out to MAHS and on the memo line say "class of 2010 shirts". Donations can be sent to the address below.

Kelly Todd, Activity Director  
c/o Menlo-Atherton High School  
555 Middlefield Road  
Atherton, CA 94027

**WELCOME BACK DANCE**

Our Welcome Back Dance will be held on Friday, September 25 from 7 - 10 p.m., outside on the Green. Tickets will be for sale at Arena Check-In for the special price of \$5. All students will need their 09-10 student ID to purchase tickets. Once school begins, tickets will cost \$10. **We will not be selling tickets at the door** so it is really important for students to purchase their tickets by the end of lunch on Friday, September 25.

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SUPPORT THE AVID PROGRAM

SPEAKERS NEEDED

Would you like to share your enthusiasm for your career with teens headed for college? AVID is a program for students in the middle who are individually motivated to go to college but may lack skills or are under-represented or are first generation college students. This class prepares students to be eligible to apply and succeed in a four year university. If you love your job and would like to share your path with interested students, please contact Mrs. Burton-Tillson at cburton@seq.org. Preferred presentation days are Fridays but all days are available. Currently the AVID classes are looking for speakers for **these occupations** (but we welcome any careers!)

FUNDRAISING

Eleanor Group Spa Gift Cards are back! Each card entitles the bearer to 4 spa visits for only \$65! The Advancement Via Individual Determination (AVID) program receives \$15 from every purchase. The program serves middle level students with a goal of completing an undergraduate degree; many will be the first in their families to attend college. Buy one as a gift (maybe for that favorite teacher, administrator or staff member) and get another for yourself! Cards will be available until November 25. Order online at www.spasforacause.com or you can use paper order forms available from any AVID student. Direct questions to Rachel Andres at randres@seq.org or (650) 322-5311 x8704. Thank you for your support.

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

COMMUNITY NEWS

Dr. Pamela Carlton, "When Is a Diet More Than Just a Diet?"

Free Education Program for Parents of Teens and Young Adults

Date: Tuesday, September 1, 6 - 7:30 p.m.

Place: 2490 Hospital Drive, Suite 205, Mountain View, CA 90404

Dr. Pamela Carlton, one of last year's outstanding presenters from the M-A Parent Education Series, is offering a FREE program focused on topics around nutrition, exercise, and the psychological health of teens. Dr. Carlton is an adolescent medicine specialist who created and previously directed the Lucile Packard Children's Hospital Eating Disorders Parent Education and Support Program. Space is limited. To reserve a seat, RSVP to education@doctorcarlton.com. For more information, go to www.doctorcarlton.com.

Calling all Soccer Players

The Alpine FC United Soccer Team, BU15 (born after 7/1/94), is looking for a few solid soccer players with experience for a fun and competitive class 3 CYSA team. Practices are Wednesdays and Fridays from 5 - 7 p.m. at Barkley Field in Redwood City. The team is coached by Coach Ross Ireland. For information contact Carolyn at (650) 303-7220 or carolyn@deertown.com or Debbie at (650) 261-1010 or scallop87@sbcglobal.net.

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

ATHLETICS



The 5th Annual M-A Boys Golf Classic Tournament - Saturday, September 12 - IS CANCELLED. Contact Jackie Anderson with any questions at jackie_anderson99@yahoo.com or (650) 544-6510.

GIRLS TENNIS TEAM TRYOUTS

All girls that would like to play on the 2008 defending PAL Champion M-A Girl's Tennis Team

should come out to the courts at 3 p.m. starting Monday, August 17. Practices start at 3 p.m. and run for 1.5 to 2 hours. Once the Varsity and Frosh Soph squads are established, they will practice separately and practice times will be 90 minutes per squad.

The coaches have a no cut policy, so tryouts are simply a way for the coaches to determine player ability for squad placement. No player will be allowed to practice until they have been cleared by the administration. That requires completing and submitting the Athletic Packet as well as having a physical with the doctor's signature on the school form. Varsity is coached by Tom Sorenson and Carlos Aguilar. Frosh Soph is coached by Gary Peck.

SEE YOUR NAME ON COACH PARKS FIELD! A new scoreboard has been purchased that will time and score for football, lacrosse, soccer and track. Any family who donates \$250 or more to help off-set this expense, will get their name on a large banner that will be attached to the new scoreboard. Please let Mark Culhane at mark.culhane@demandtec.com know if you are interested in offering your support!!

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

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, Rosalie Cornew, Kris De Lisle
M-A High School PTA BearNotes

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