

TRIVOCIS

THREE VOICES . . .

STUDENTS, PARENTS, FACULTY

OCTOBER 2007
VOLUME 55, NUMBER 2

MENLO-ATHERTON HIGH SCHOOL
555 MIDDLEFIELD RD., ATHERTON, CA 94027
WWW.MABEARS.ORG 650/322-5311



PTA meeting

Wed, October 3, 8:30 am, Rm F-15

Senior Parents College Night

Wed, October 3, 7:30 pm, Library

Freshman Parent Night

Thurs, October 4, 6:30-8:30 pm, Library

UC Application Party

Oct 17 (time and place tbd)

College Night

Thurs, October 18, 6:30-8:30 pm

Cañada College gym

PSAT

Sign-up deadline is Oct 10

Test day: Saturday, Oct 20, at M-A

p 10

CSF Signups

Oct 22-26, Lunchtime, Outside B22

p 15

Homecoming Dance

Sat, Oct 27, 8pm-midnight, Bay Meadows

p 18

PTA Parent Education:

p.5

M-A 101: Intro to M-A

Wed, Sept 26, 10 am and 6 pm, Library

Planning Ahead to Pay for College

Tues, October 30, 7-8:30 p.m., Library

Thriving Teens . . . Got Sleep?

Wed, Nov 7, 7 pm, Library

Volunteers Needed

Fashion Show Nov 10

p. 4

ESLTutors

p. 9

Freshman Challenge Oct 29, 30

p. 20

Send November Trivocis articles to
kim@kimcarlisle.com by Oct 12

From the Principal

To the Menlo-Atherton Community:

Let me begin by apologizing for the parking and traffic delays that many of you have experienced over the last few weeks. I am looking to address the areas that the school has influence over to improve the traffic situation. I heartily appreciate everyone's support during our two-year construction project.

Outside of these traffic concerns, our year started very smoothly. Once the crush of schedule distribution subsided, students were in the appropriate classes, teachers began instruction, and the other beginning-of-the-year processes kicked into high gear. Enrollment is stable from last year – we will begin with 550 freshmen and have a total student population of 1965.

We brought seventeen new faculty into the ranks of our teaching staff of 110 this year. Four of these individuals are in new positions funded entirely by our Foundation for the Future. We brought down the class size of many ninth grade classes and throughout most of the social studies department, where classes have typically been very large.

Other positive changes include the reinvigoration of student support services through the hiring of guidance advisor Paula Kousounadis and our new support coordinator Miki Cristerna. In addition, Edgewood Family Services is conducting a needs assessment for M-A and will provide a half-time coordinator to assist us in developing structures to increase peer-to-peer support and to train staff to identify students experiencing difficulty.

Our fall sports season has kicked into high gear: Cross-country, football, girls golf, girls tennis, and our water polo teams are beginning pre-season competition and practicing furiously. On Friday August 31st the boys varsity football team beat their opponents at Saratoga High School with more than three hundred cheering M-A fans driving down to support them, including our Sixth Man Club. I expect another great year for M-A athletics.

Our leadership program, lead by Jenna Carson, Andy Stuart, and Kelly Todd are kicking off our freshmen transition services with the Freshman Family Welcome and Freshmen Only Dance as I finish writing this. Our leadership trio also completed a very successful Officer Training and Freshman Orientation. Soon we will begin collecting for the holiday canned food drive.

In closing, I want to express my heartfelt thanks to everyone who assisted in making the beginning of this year such a success. I especially want to thank our dynamic PTA (expertly led by Julie Brody and Pam Stoner) and all of our parents for being such amazing supporters of the school. It is your contributions that help make Menlo-Atherton a truly distinguished high school. *Sincerely,* Matthew Zito, Principal

Estimada Comunidad de M-A:

Permítanme empezar pidiendo disculpas por los retrasos de estacionamiento y tráfico que hayan experimentado durante las últimas semanas. Tengo la intención de investigar las áreas sobre las cuales la escuela tiene influencia para mejorar la situación de tráfico. Les agradezco de todo corazón su apoyo durante nuestro proyecto de construcción de dos años.

Aparte de estas preocupaciones de tráfico, nuestro año comenzó sin apenas incidentes. Una vez tranquilizado el agobio de distribución de horarios, los alumnos estuvieron en las clases indicadas, los profesores comenzaron a dar clase, y los otros procesos de comienzo de año entraron en marcha. La inscripción se mantiene igual al año pasado – empezaremos con 550

freshmen (estudiantes de 9º año) y tendremos una población total de estudiantes de 1,965.

Este año aumentamos en diez y siete nuestra plantilla de profesorado de 110, cuatro de los cuales están en puestos nuevos financiados completamente por nuestra Fundación para el Futuro. Hemos reducido el tamaño de las clases en muchas clases de noveno año y en la mayoría de las del departamento de estudios sociales, donde el tamaño de las clases ha sido normalmente muy grande.

Otros cambios positivos incluyen el fortalecimiento de los servicios de apoyo a los alumnos mediante la contratación de la consejera de orientación, Paula Kousounadis, y nuestra nueva coordinadora de apoyo, Miki Cristerna. Además, Edgewood Family Services está realizando una evaluación de necesidades para M-A y proporcionará un coordinador de tiempo parcial para asistirnos en desarrollar estructuras para aumentar el apoyo de igual a igual y capacitar a la plantilla para identificar a los alumnos que están experimentando dificultades.

Nuestra temporada de deportes de otoño se ha iniciado con fuerza: Cross-country, fútbol americano, los equipos femeninos de golf y tenis, y nuestros equipos de polo acuático están comenzando con las competiciones de pre-temporada y entrenando con toda su energía. El viernes 31 de agosto, el equipo masculino de fútbol americano de varsity ganó a los contrincantes de la Saratoga High School, y más de trescientos fans de M-A hicieron el viaje hasta allá para animarlo, incluyendo nuestro Sixth Man Club. Confío en que los atletas de M-A van a tener otro gran año.

Al mismo tiempo que terminé de escribir esto, Jenna Carson, Andy Stuart y Nelly Todd, que dirigen nuestro programa de liderazgo, están iniciando nuestros servicios de transición para los freshmen con una bienvenida a las familias de freshmen y un baile sólo para freshmen. Nuestro trío de liderazgo ha completado una capacitación de directores y una orientación de freshmen muy exitosos. Pronto comenzaremos con la campaña de recogida de alimentos enlatados de las fiestas de fin de año.

Por último, quiero expresar mi más sincero agradecimiento a todos los que me han ayudado a comenzar este año con tanto éxito. Sobre todo quiero agradecerle a nuestra dinámica PTA (dirigida con precisión por Julie Brody y Pam Stoner) y a todos los padres por apoyar la escuela de una manera tan increíble. Son sus contribuciones las que ayudan a hacer de Menlo-Atherton una high school verdaderamente distinguida.

Atentamente, Matthew Zito, Director

“Construyendo para el Futuro” de los Presidentes del PTA

Increíble! Nos encantó ver a tantos padres de familia quienes asistieron a nuestra primera junta de PTA el pasado 5 de septiembre. Estaba el salón lleno de pared a pared!! La Administración nos ha equipado un salón de clases muy espacioso, salón F-15, para nuestras juntas mientras que el Performing Arts Center esté en obra. En verdad nos dio tanto gusto verlos, especialmente a tantos padres familia de freshman. Nuestro director Matthew Zito explicó, entre muchos otros temas, la planeación de la construcción y el progreso que se ha hecho. Adicionalmente, aprobamos nuestro presupuesto del 2007-2008 de más de \$170,000, y así poder empezar a gastarlo en programas y actividades en beneficio de nuestros estudiantes.

El otoño es una época muy intensa, y el calendario del PTA está muy lleno con muchas actividades. Estamos muy agradecidas a todos los voluntarios trabajando en nombre del PTA para ayudar a los estudiantes, administradores y familias de M-A. Les vamos a dar a conocer algunas actividades recientes, así como algunas que pronto tendrán lugar. Hubo un batallón de padres de familia para ayudar en el Arena Check-In (registro) y luego en el primer día de clases, distribuyendo los horarios de estudiantes. Nuestro evento para darle la bienvenida a los estudiantes de primer grado y sus familias, Freshman Family Welcome Potluck, estuvo muy concurrido y divertido. Así mismo, nuestro directorio y calendario están en producción y serán distribuidos pronto a los estudiantes y a aquellas familias que pidieron una segunda copia. El PTA también tuvo voluntarios en las mesas de información en Pride Hall (pasillo principal del colegio) durante Back to School Night en septiembre. Nuestro Parent Education Committee (comité de educación para padres de familia) tendrá su primera presentación con el tema de “New Parent Orientation en M-A” (Orientación para los Nuevos Padres de Familia en M-A y también conocido como M-A 101) con el director Matthew Zito el miércoles 26 de septiembre en la biblioteca. Este evento tendrá lugar a las 10:00 am y de nuevo a las 6:00pm. El 20 de octubre, los padres de familia estarán de nuevo con entusiasmo para ayudar a nuestros alumnos freshmen (noveno grado) durante Challenge Day.

Marquen sus agendas para el evento anual PTA Fashion Show que tendrá lugar el 10 de noviembre. Nuestros alumnos seniors (último grado) estarán desfilando. El dinero que se recauda con el PTA Fashion show se usa para dar apoyo económico a familias, estudiantes y maestros/administradores en muchos proyectos diversos. Algunos ejemplos de este apoyo son esta publicación mensual Trivocis, Mini-Grants (mini-becas) para maestros y proyectos especiales como lo son las bancas y mesas de picnic que se instalaron a través de la nueva zona verde (paso) y patios. Sin los fondos que el PTA recauda en el Fashion Show no nos sería posible dar este tipo de apoyo a M-A. Nuestro Fashion Show es un evento divertido tanto para los voluntarios como para los asistentes, tengan o no un estudiante en el año senior. Todavía necesitamos voluntarios, o sea que si está interesado en ayudarnos en el Fashion Show, porfavor comuníquese con Nancy Sterling a n.sterling@comcast.net.

Viendo hacia el futuro, nuestra próxima reunión de PTA será un momento que nos dará a todos mucha satisfacción, ya que estaremos asignando \$20,000 en mini-becas para financiar necesidades de salón de clases o en las áreas de la escuela. Da mucha alegría poder dar de nuestra parte a los maravillosos maestros y administradores que tenemos en M-A. Entonces no deje de venir a nuestra próxima reunión el miércoles 3 de octubre a las 8:30am en el salón F-15. Pueden obtener un permiso de estacionamiento temporal para poder estacionarse durante esta reunión. Se obtienen del sitio web (website) del colegio en

www.mabears.org. Esta información solo está en inglés. Solo los padres de familia que se han aunado al PTA pueden votar en como asignar los fondos del PTA. Por lo tanto, si usted aún no es miembro del PTA, no es demasiado tarde! Porfavor comuníquese con David Jones, encargado de membrecías PTA (Membership Chair) para cualquier informe a dmacljones@aol.com o al 328-5249. Adicionalmente, el Sr. Steve Lippi, nuestro Instructional Vice-President, sera nuestro invitado especial quién nos dará una presentación. El año pasado, los padres de familia estuvieron muy interesados durante su plática en la cual habló de manera muy clara sobre el financiamiento del colegio a través de impuestos, los cálculos matemáticos sobre el tamaño óptimo para el número de alumnos por clase, las variaciones en número total de estudiantes, lógica para los exámenes STAR, y las estadísticas de alumnos graduados en M-A. Esperamos ver de nuevo a muchos de ustedes, padres de familia, en nuestra segunda reunión PTA del año escolar.

Gracias por apoyar al PTA... "Construyendo para el Futuro" (Building for Tomorrow).
 Pam Stoner pastoner@yahoo.com Julie Brody julie@brodyfamily.net
 650-327-4020 650-796-8590

Building for Tomorrow from the PTA Presidents . . .

Wow! We were heartened by the large turnout of parents for our first PTA meeting on September 5th. The administration outfitted a very spacious classroom, room F-15, for us to use as a meeting venue while the Performing Arts Center is being constructed. We were thrilled to see the SRO crowd, especially all the freshman parents. Our speaker was Principal Matthew Zito, who explained the construction planning and implementation to date, and fielded questions on traffic and parking, foreign language, class sizes, on campus security, and more. In addition, we passed our 2007-08 budget of over \$170,000, so we can start spending on programs and activities to benefit our students.

The fall is often a frantic time, and the PTA's schedule is jam-packed and action-filled. We are extremely grateful to those volunteers working on behalf of the PTA to help M-A's staff, families, and students. To acquaint you with recent and soon-to-happen PTA activities: An army of parents came in force to help at Arena Check-In and again to hand out student schedules on the first day of school; our Freshman Family Welcome Potluck was well attended and fun; and our Directory and Calendar is in production and will be released soon to students and to those families who ordered a second copy. The PTA also staffed information tables in Pride Hall for Back to School Night in September. Our Parent Education committee will be hosting the first of our Speaker Series, "New Parent Orientation to M-A" (aka "M-A 101") with Principal Matthew Zito, on Wednesday, September 26th, in the Library. This event will be held at 10:00 am and again at 6:00 pm. On October 29th and 30th, parents will come out again in force to assist with Challenge Day for our freshmen.

Mark your calendars for Saturday, November 10th for our annual PTA Fashion Show featuring our senior class as models. The money raised by the Fashion Show allows the PTA to support our families, students and staff by funding a diverse array of projects, which includes this monthly Trivocis publication, staff Mini-Grants, and special projects like new benches and picnic tables for our newly landscaped student green and courtyards. Without the necessary funds the PTA receives from the Fashion Show, the PTA could not provide any of these services for M-A. Our Fashion Show is a wonderful event to work on and attend, whether or not you have a senior student. Volunteers are still needed, so if you would like to participate, please contact Nancy Sterling: n.sterling@comcast.net.

Looking forward, next month's PTA meeting will be one of the year's most enjoyable, as we will allocate \$20,000 in funds to support M-A staff requests for the first round of **Mini-Grants** to pay for classroom or campus needs. It is a great feeling to be able to give back to M-A's wonderful staff, so please join us for our meeting on **Wednesday, October 3rd at 8:30 am in Room F-15**. A temporary on-campus parking permit for attending the PTA meeting can be downloaded from the school website at mabears.org. Only PTA members can vote on spending PTA funds, so if you haven't joined the PTA, it isn't too late! Please contact David Jones, Membership Chair, for any questions at dmacljones@aol.com or 328-5249. In addition, Mr. Steve Lippi, our Instructional Vice Principal, will be our guest speaker. Last year, parents were enthralled with his cogent and concise explanation of tax-roll school funding, mathematics of class size optimization, enrollment fluctuations, STAR testing logistics, and the M-A graduation rate. We hope to see another large crowd of parents at our second meeting of the year.

Thank you for assisting the PTA in Building for Tomorrow!
 Pam Stoner pastoner@yahoo.com Julie Brody julie@brodyfamily.net
 650-327-4020 650-796-8590

TRIVOCIS

October 2007
 Volume 55, Number 2
 M-A HS PTA News
 17th District CCPT
 Published Monthly by the
 PTA of Menlo-Atherton HS
 555 Middlefield Rd, Atherton, CA, 94027
 650-322-5311 www.mabears.org
 Principal: Matthew Zito
 PTA Co-Presidents: Julie Brody & Pam Stoner
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 Mailing Committee-Debbie Hall, Jane Little

The purpose of the newsletter is to promote communication between the administration/ faculty and parents. We welcome all your comments, suggestions, and articles. Send submissions by e-mail to: kim@kimcarlisle.com . The mention of any business or service in this newsletter does not imply an endorsement by the M-A PTA.

2007-08 Publication Dates		
Issue	Deadline	Mailing
Nov	Oct 12	Oct 25
Dec	Nov 16	Nov 29
No January Issue		
Feb	Jan 11	Jan 24
March	Feb 8	Feb 21
April	Mar 14	Mar 27
May	Apr 11	Apr 24
June	May 9	May 22

Help Rock My World by Supporting the 2007 M-A PTA Fashion Show!

Saturday, November 10th at 12:00, 4:00, 7:30 pm

By Kathy Dunn, Becky Galvez and Nancy Sterling, Fashion Show Co-Chairs

On Saturday, November 10th, our fabulous seniors will strut their stuff in the annual M-A PTA fashion show. The show, My World, celebrates the life and times of our students and proceeds benefit M-A programs. My World promises to be entertaining and stylish as we showcase fashions from local stores. But it can only be successful if you participate!

There are 4 Ways You Can Support My World, Benefiting the M-A PTA:

1) **Buy Tickets to the Fashion Show.** Tickets go on sale next week. Look for fashion show news in PTA e-notes, at www.mabears.org or in Trivocis next month. Parents of seniors will also receive a ticket order form in the mail. There will be a lunch, matinee and evening show. For the lunch event, get your friends and reserve a table for 10. You'll enjoy a delicious chicken salad generously donated by Jeffrey's Hamburgers in Menlo Park.

2) **Sponsor the Show through Ads or Underwriting.** We offer underwriting options starting with the \$250 M-A Family sponsor, up to the \$3000 Platinum level. Our top underwriters will receive recognition on banners, posters, in the show program and more. We will also feature half and full page ads in our show program. For more information, please contact Nancy Sterling: n.sterling@comcast.net or call 650-321-3121.

3) **Buy Raffle Tickets:** This year we're giving away an iPhone! And that's not all. The other great prizes include a \$250 Visa gift card, a \$250 gift card from Best Buy, a digital camera valued at \$250, a \$200 spa certificate from Skin Spirit in Palo Alto, and a pearl necklace and earrings valued at \$200. Raffle tickets are \$5 each or 5 for \$20. You can buy them when you order show tickets, or purchase them the day of the show. You don't need to be present to win.

4) **Be a My World Volunteer!** We're looking for some can-do moms and dads who can assist the students at the stores, set up our stage, or work behind the scene the day of the show. If you can help to make this fashion show an event our seniors will never forget, contact Lily Hurliman at lhurl@aol.com.

Questions about My World? Contact: Becky Galvez: BeckyGalvez@comcast.net, Kathy Dunn: Kathy@kdunn.net, Nancy Sterling: N.Sterling@comcast.net

Our Sequoia District Employee of the Year—Sandy Nelson

Sandy Nelson, our Vice Principal Office Secretary, was honored as one of Sequoia Union High School District's Employees of the Year at our all-staff welcome back assembly at Carrington Hall held on Tuesday, August 21. Sandy joined the Menlo-Atherton Staff twenty years ago and has worked with fourteen vice principals, six principals and supported numerous students and fellow staff members. Her hard work, dedication and love of Menlo-Atherton High School makes her a well-deserving recipient. Thank you, Sandy, for all you do and congratulations!

October Bear Hugs

Marybeth Dorst and Virginia Weiss for their hard work in organizing summer reading so that all M-A students were reading this summer.

Congratulations to new freshman parents Lisa Dettmer and Kristin Smith for their incredible support and hard work getting things lined up to help administration with the giant job of Arena Check- In.

Judy Hood, Patty Burch, Stacy Frederickson, and Kristin Gananian for the beautiful "Welcome Back Breakfast" for our administration and staff.

The PTA Membership Drive is off to an incredible, record breaking smash – thanks to the never tiring David Jones and Cindy Welton.

Huge thanks to Cindy Butler and Becky Jackson for their efforts in revamping and revitalizing the M-A Calendar and Directory.

Patty Burch and Marybeth Dorst – thank you for welcoming our new freshmen and their families at the Freshman Family Welcome Dinner – an M-A PTA event in partnership with Leadership and Freshman Transition Team. This event is designed to welcome and make new families feel connected to M-A.

Maria Flaherty gets a warm hug for keeping all families informed of the many and varied M-A events through eNotes.

The second Trivocis issue is hot on the press, many thanks go to the entire team – Kimberly Carlisle, Gale Lane, Jane Johnston, Laura Rich, Judith Weber, Debbie Hall and Jane Mitchell-Little.

2007/2008 Parent Education Series

By Charlene Margot, PTA Parent Education Series Co-Chair

The M-A PTA is pleased to announce a new Parent Education Series for 2007-08. This speaker series will provide educational opportunities for M-A parents, students, and the local community. The goal of the Parent Education Series is for M-A families to learn from leading experts in diverse fields, all focused on student physical, emotional and social health and welfare.

Co-chaired by Charlene Margot and Darcy Prime, the PTA Parent Education Series will offer six events this year, with keynote speakers to include Dr. Denise Pope, founder of Stanford University's SOS: Stressed-Out Students project, and Dr. Mark Rosekind, president and chief scientist of Alertness Solutions. The first workshop will feature Principal Matthew Zito in an orientation to Menlo-Atherton High School, "M-A 101." Don't miss our own Alice Kleeman as part of an important de-stressing workshop for parents, "Planning Ahead to Pay for College."

For more information, contact PTA Parent Education Series Co-Chairs Charlene Margot, charlenemargot@yahoo.com, or Darcy Prime, darcyprime@sbcglobal.net.

M-A 101: Orientation to Menlo-Atherton High

The first event in the new PTA Parent Education Series is scheduled for Wednesday, September 26. Principal Matthew Zito will present two sessions (10:00-11:30 a.m. and 6:00-7:30 p.m. in the M-A Library), designed to orient new and returning families to Menlo-Atherton High School. In addition to Mr. Zito, planned speakers will include members of the Guidance staff, M-A students from local partner schools, and recent alumni. Each session will include critical information about "how M-A works": The role of individual

departments and administrators, who to contact for specific information, etc. Mr. Zito will address parents at both sessions and each presentation will include time for questions and answers.

Thriving Teens . . . Got Sleep?

Year 2 of M-A's **Teen Sleep Program** is underway! If you are curious about what happened last year and what your student will be learning about this year (Hint: Sleep as a Tool for Performance and Safety), come to the PTA parent education night on **November 7 at 7:00 p.m.** in the Library. Hear dynamic presenter **Mark M. Rosekind, Ph.D**, when he returns to M-A to discuss:

- Teen Sleep Program 2006-2007 Highlights
 - Anecdotes/testimonials from M-A students, teachers and Stanford students involved in teaching teen sleep basics to the student body
 - Program Accomplishments, Purpose, Vision and Goals
- 2007-2008 Program: Better sleep, better performance and health!
 - Education basics for freshmen (M-A/Stanford co-instructors)
 - Stanford mentoring opportunity for 15-20 M-A juniors/seniors
 - Special Topics for entire student body
 - Driving Under the Influence of . . . Drowsiness!
 - Sleep and Competitive Advantage (Life Transitions)
 - To Sleep, Not to Breathe: The Sleep Apnea Risk
 - Website
 - Exploring school schedules

See you there!

2007-08 M-A PARENT EDUCATION SERIES

1	M-A 101: Orientation to Menlo-Atherton High School Principal Matt Zito	Wednesday, September 26, 10:00-11:30 a.m. and 6:00-7:30 p.m. Menlo-Atherton Library
2	Planning Ahead To Pay for College Presenters: Luanne Buchman from Edfund, Cheryl Barnes from Citigroup, Katy Murphy from Bellarmine College Prep, and Alice Kleeman from Menlo-Atherton	Tuesday, October 30, 7:00-8:30 p.m. Menlo-Atherton Library
3	Thriving Teens...Got Sleep? Mark Rosekind, Ph.D.	Wednesday, November 7, 7:00-8:30 p.m. Menlo-Atherton Library
4	Your Teen's Mental Health Adolescent Counseling Services (ACS)	Wednesday, February 20, 7:00-8:30 p.m. Menlo-Atherton Library
5	SOS: Stressed-Out Students M-A Survey Results Denise Clark Pope, Ph.D.	Tuesday, March 25, 7:00-8:30 p.m. Menlo-Atherton Library
6	Drugs and Alcohol: Students at Risk speaker TBD (FACTS)	Wednesday, April 2, 7:00-8:30 p.m. Menlo-Atherton Library

Mark your calendars now!

For more information, contact PTA Parent Education Series Co-Chairs Charlene Margot, cmargot@csconsulting.net or Darcy Prime, darcyprime@sbcglobal.net.

IT'S A NEW DAY @ M-A!

Same academic excellence, tremendous teachers, committed parents and engaged and diverse students... BUT now we've got **new** Distinguished School status, a **new** principal, a future **new** performing arts center and loads of exciting **new** Foundation programs we are funding!

WHAT'S NEW at the Foundation?

- For the first time, the Foundation is paying for **CLASS SIZE REDUCTION**. Almost all World Studies classes, Geometry and freshman English courses have been reduced from well over 35 students to less than 30. It's the first step toward smaller classes at M-A; future success depends on your donations this year.
- A second **new** funding area is professional development for teachers, building on our on-going investment in **TEACHER EXCELLENCE**. M-A's faculty is excited, and so are we.
- Reaching our **new** fundraising goal of \$1 million will fund these projects, help pay for teacher/staff salaries and still support M-A's wonderfully **DIVERSE CURRICULUM**, terrific **COLLEGE & CAREER PREP** and **CRITICAL PROGRAMS & SERVICES** for M-A students.
- And, coming soon – the **new** ability to make donations via credit card, the **new** option to donate on-line on our website, **new** Leadership Circle events, **new** email communications and a **new** Challenge Grant.

You'll hear from us again when we kick off our direct donation campaign in October. Your gift makes a real difference since all donations go **only to our school** and are spent on commitments for **this school year**.

More details and more excitement to come...

IT'S A NEW DAY @ M-A!

Questions? Cindy Folker at cfolker@seq.org or (650) 322-5311 x 5206

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M-A High School

P.O. Box 1228

Menlo Park, CA 94026

Tel: (650) 322-5311 x 5206

www.m-afoundation.org

From The Guidance Office

By Karen Ramirez, Head Guidance Advisor

Francine Andrade, Karina Escobar-Weaver, Paula Kousounadis, Silvia Torres, and Julie Watts, Guidance Advisors

Changes in the Guidance Office

We welcome Paula Kousounadis as our new Guidance Advisor this year. Her extension is 5185 and her e-mail is pkousounadis@seq.org.

Our Guidance Information Specialists (GIS) will continue to have administrative assistant roles this year. Maria Ibarra is our new GIS-Registrar. One of the numerous tasks she holds is helping parents enroll new students into M-A. Lilia Vega is our GIS-Data Processor and aids our department by maintaining grades and student information in our computer system. Fran Huber will serve as a GIS to all guidance advisors and will be providing administrative support in many areas. We truly appreciate all of their expertise, flexibility and amazing efforts. Please note that if you change your address, you need to visit the Administrative Vice Principal's office.

Contact Information		Ext
GIS/Registration	Maria Ibarra (Speaks Spanish)	5121
GIS/Processing	Lilia Vega (Speaks Spanish)	5124
GIS	Fran Huber	5122

Students Assigned to Guidance Advisors

Below is the alphabetical breakdown of assignments:

Student Last Name	Guidance Advisor	E-Mail Address	Ext.
A and M-N and O through On	Ms. Paula Kousounadis	pkousounadis@seq.org	5185
B-C-D	Mrs. Escobar-Weaver	keweaver@seq.org	5120
E- F through Go	Mrs. Ramirez	kramirez@seq.org	5125
Gr through H-I-J-K-L	Mrs. Watts	jwatts@seq.org	5182
Op through P-Q-R through Se	Ms. Andrade	fandrade@seq.org	5181
Sh through T-U-V-W-X-Y-Z	Ms. Torres (Garza)	sgarza@seq.org	5139

Classroom Visits

By the time you receive this newsletter, the guidance advisors may have completed meeting individually with their assigned Seniors during Government/Economics class to review graduation requirements, college admission, and career planning. They will meet with Juniors on September 18 and 24, and on October 1 and 2. They will meet with Sophomores on October 22, 23, and 29. They met with Seniors on September 11, 14, and 17. They are also planning to meet with Freshmen this semester.

- **Deadline to request a letter recommendation** from a guidance advisor is **September 28, 2007** (Early Decision) & **November 7, 2007** (Regular Decision).
- **Deadline to drop a class** and not have it show on his/her transcript is **October 4, 2007**.
- **The last day to withdraw** (Withdrawal Pass – WP or Withdrawal Fail – WF) from the first semester class is **November 16, 2007**. However, this will show on the transcript.
- The last day for **seniors** to complete **distance learning courses** is **November 26, 2007**. Official transcripts with final grades must be in our office by **December 14, 2007**.
- The last day for **seniors** to submit completed and approved **Technology portfolio** is **December 3, 2007**.

Reminder: The end of the first quarter is October 19th. Thereafter, quarter grades will be mailed home. Please check your student's progress and contact their teachers if you have any academic concerns.

Adolescent Counseling Services (ACS)

The Guidance Office augments personal counseling services through ACS, a wonderful program available to all students and families free of charge. ACS counselors help with a variety of personal and confidential issues such as academic stress, communication with parents and peers, family conflict, use of alcohol or other drugs, and can help deal with crisis situations. ACS Director is Liz Schoeben (ext. 5186). Spanish speakers may contact ACS Latina Outreach Counselor Liz Llamas (ext. 5127).

College Night

We encourage students to attend College Night, **Thursday, October 18th** at the Cañada College gym from 6:30 to 8:30 p.m.

Freshman Parent Night

We invite all the parents of our freshman students to an informative parent night on **Thursday, October 4, 2007**. Parents will learn about Menlo-Atherton High School's graduation requirements, college admission requirements, as well as other services and resources. This event will begin at 6:30 p.m. and end at 8:30 p.m.

De la Oficina de Consejería

Karen Ramirez, Directora de la Oficina de Consejería

Francine Andrade, Karina Escobar-Weaver, Silvia Torres, Julie Watts y Paula Kousounadis, consejeras.

Cambios en la Oficina de Consejería

Le damos la bienvenida a nuestra nueva consejera Paula Kousounadis. Su extensión es 5185 y su correo electrónico es pkousounadis@seq.org.

Nuestras asistentes en el departamento de consejería (GIS) continuarán con sus responsabilidades administrativas este año. Maria Ibarra es la nueva persona encargada del registro de estudiantes. Una de las muchas responsabilidades que ella tiene es de ayudar a los padres de familia y registrar a nuevos estudiantes que llegan a la escuela de M-A. Lilia Vega (GIS) procesa datos de los estudiantes. Ella ayudará al departamento a mantener la información personal del estudiante y documentar las calificaciones del estudiante en nuestro sistema de computación. Fran Huber desempeñará el cargo de GIS. Ella asistirá y ayudará a todas las consejeras y continuará facilitando ayuda administrativa en diferentes áreas. Nosotros apreciamos su experiencia, flexibilidad y su increíble esfuerzo.

Si se cambian de dirección, ustedes tienen que comunicarse a la oficina del Sub-Director Administrativo.

Contacto/Información		Ext.
GIS-Registradora	Maria Ibarra (habla español)	5121
GIS-Procesa Datos	Lilia Vega (habla español)	5124
GIS-Secretaria Administrativa	Fran Huber	5122

Cambios para los estudiantes con relación a las consejeras asignadas.

Abajo está la forma en la cual hemos dividido el alfabeto y como se han asignado las consejeras:

Apellido del Estudiante	Consejera	Correo Electrónico	Ext.
A y M-N hasta On	Ms. Paula Kousounadis	pkousounadis@seq.org	5185
B-C hasta D	Mrs. Escobar-Weaver	keweaver@seq.org	5120
E-F hasta Go	Mrs. Ramirez	kramirez@seq.org	5125
Gr-H-I-J-K hasta L	Mrs. Watts	jwatts@seq.org	5182
Op -P-Q-R hasta Se	Mrs. Andrade	fandrade@seq.org	5181
Sh - T-U-V-W-X-Y hasta Z	Ms. Torres (Garza)	sgarza@seq.org	5139

Visitas a las Clases

Para cuando ud./uds. reciban este folleto, las consejeras, durante las clases de Gobierno/Economía, ya habrán completado reunirse con cada estudiante del doceavo grado para revisar los requisitos de graduación, admisión a las universidades, colegios, y planificación de carreras.. Ellas se reunirán con los estudiantes del onceavo grado **el 18 y 24 de septiembre y el 1 y 2 de octubre**. Ellas se reunirán con los estudiantes del décimo grado **el 22, 23, y 29 de octubre**. Ellas se reunieron con los estudiantes del doceavo grado **el 11, 14 y 17 de septiembre**. Ellas están planeando reunirse con los estudiantes del noveno grado durante el primer semestre.

- La fecha para solicitar cartas de recomendación de parte de las consejeras es: 28 de septiembre del 2007 para los estudiantes que solicitan decisión temprana y el 7 de noviembre para los estudiantes que solicitan decisión regular.
- La fecha para quitar una clase y que no aparezca en el expediente académico es el 4 de octubre.
- El último día para retirarse de la clase (Withdrawal Pass – WP o Withdrawal Fail – WF) en el primer semestre es el 16 de noviembre del 2007. Sin embargo, esto aparecerá en el expediente académico.
- El último día para los estudiantes del doceavo grado para completar clases en el programa a larga distancia es el 26 de noviembre del 2007. Los expedientes académicos con las calificaciones finales tienen que estar en nuestra oficina el 14 de diciembre del 2007.
- El último día para los estudiantes del doceavo grado para someter el portafolio de tecnología completo y aprobado es el 3 de diciembre del 2007.

Recordatorio: El final del primer trimestre es el **19 de octubre**. Después de esa fecha, las calificaciones serán enviadas por correo a sus domicilios. Por favor revise el reporte del progreso académico del estudiante y por favor pongase en contacto con los profesores si ud./uds. tiene/n alguna preocupación con el progreso académico.

Servicios de Terapia (ACS)

La Oficina de Consejería aumenta el personal de consejería a través del programa de ACS. Este programa maravilloso está disponible y es gratuito para todos los estudiantes y familias. Las consejeras de ACS ayudan tanto con el aspecto personal y confidencial como con el estrés académico, la falta de comunicación con los padres y con sus compañeros de escuela, conflictos familiares, violación de leyes y uso de alcohol y otras drogas. Ellas están calificadas para resolver problemas durante situaciones críticas. La directora de este programa es Liz Shoeben (ext. 5186) Personas que hablan español pueden ponerse en contacto con Liz Llamas, consejera para los latinos, (ext. 5127).

Noche de Información acerca de las Universidades/Colegios. Nosotras animamos a los estudiantes para que asistan a la Noche de Información acerca de las universidades y colegios la cual se llevará a cabo el **18 de octubre** del 2007 en el gimnasio de Cañada College entre las 6:30 y las 8:30 de la noche.

Noche para los Padres de Estudiantes del Noveno Grado

Invitamos a todos los padres de familia y guardianes de estudiantes del noveno grado para que asistían a una noche muy informativa que se llevará a cabo el jueves **4 de octubre** del 2007. Los padres y guardianes serán informados acerca de los requisitos para graduación, los requisitos de admisión en las universidades y colegios y también acerca de otros servicios y recursos que existen en la escuela superior de Menlo-Atherton. Este evento comenzará a las 6:30 p.m. y terminará a las 8:30 p.m.

Volunteer Tutors Needed for ESL Classes

The ESL Tutor program is recruiting for volunteers. It's a great way to get involved at the school and work directly with the students. Prior experience is not necessary, nor is familiarity with a foreign language. This year most tutors will work one-on-one or two-on-one with students. We are planning for most tutors to start by the end of September. We hope that some of you may even find time to volunteer for more than one period. Here is the list of requests for tutors that we have received so far:

ESL 1, Ms. Marei Kane: **Thursdays, 10:20-11:20**

ESL 2, Ms. JJ Lee Gilbert: Any day, **Periods 1, 2, 3, 4, or 5** (see M-A bell schedule for times)

ESL 3, Mr. Norman Estrada: **Wednesdays, 7:50-8:50**

Connexiones* Class, Ms. Angelica Rodriguez: **Tues, 11-12**

Afterschool Homework Center**, Ms. Angelica Rodriguez: TBD, either Tuesday or Wednesday after school

* "Connections", a class to welcome our newest immigrant students, will be taught primarily in Spanish and is designed to help newcomers navigate their way through a new culture, participate more fully academically and socially, and gain the necessary skills to succeed in high school. (Tutors do NOT have to be bilingual).

**In addition to very basic literacy skills, tutors in this class will assist the students with work in their other classes, including Algebra and Biology.

We look forward to meeting those of you who are new to M-A and tutoring, and to working together with all of you to help our ESL students successfully tackle the many challenges they face. Thanks for your support of the ESL Tutoring Program.

Sally Fundakowski: 325-7615/salfun@comcast.net

Cathy Fairgrieve: 854-4206/cfairgrieve@mindspring.com

M-A's Own SAT Prep

M-A's Own SAT Prep is taking early sign-ups for SAT preparation for March and for May and June. Each course will last for five weeks, and the fee depends on the enrollment. To achieve our lowest fee of \$100, we need 20 students. The fee cannot go above \$225, and that works out to an hourly tutoring cost of only \$15, a bargain by any standard. To ask questions or to enroll your student, call Jane King at 323-4066 or email her at jcking@juno.com. All classes are run on a no make-up, no refund basis. Sign-ups are also being taken through 2009 if you want to ensure a place for your student.

To check to see if there is space for late enrollment in the course that started September 17, especially to prep for the PSAT, and to determine if this is the right thing to do for your student, contact Jane King.

WANTED:

Old computers, working or not, for hard working and deserving M-A students.

The PTA will pick up your old computer, securely erase all the information off the hard drive, refurbish the machine, and send it home with a student who has no access to a computer at home. We especially welcome corporate donations!

To donate, contact Sue Kayton, kayton@alum.mit.edu, 650-853-1711.

We also need monitors and HP laser printers, and volunteer parents to help deliver the machines once they are ready to go home with students.

From the Career Center

I'm writing this from Davis, where I will attend the UC Counselor Conference at UC Davis. At this annual event, we hear updates from each UC campus and from the system as a whole. I will share this information with our seniors when I return. The September 20 California State University (CSU) Counselor Conference accomplishes the same purpose for the CSU.

I have visited all senior English classes and provided each senior with an information-filled bulletin and a month-by-month guide to financial aid. As fall goes on, I will visit with each junior English class to share information about the SAT (which most juniors will take in spring) and other college-related matters. I hope all juniors will take the PSAT; information and registration materials will be available in their English classes.

This week we hosted our first college visitor (Dean Gary Ross from Colgate University); more than 70 colleges have already scheduled visits to Menlo-Atherton, and the phone just keeps on ringing. We are extremely fortunate that colleges send representatives to meet our students, and we should also be grateful to our administration and faculty for understanding the importance of these visits and allowing juniors and seniors to miss a little bit of class to attend.

On October 3 at 7:30 in the library, parents of seniors (parents only, please, no students) are invited to Senior Parent College Info Night, a casual evening at which I will inform senior parents about many college-related matters and offer quite a bit of time for questions and answers. Simultaneous translation into Spanish will be expertly provided by Karina Escobar. Sophomore Parent Night and Junior Parent Nights will follow a bit later in the year.

On October 17, seniors and I (seniors only, please, no parents) will enjoy our annual UC Application Party. This event (an application workshop plus giant potluck) usually draws 90-100 seniors. Seniors will submit high-quality UC applications if they pay attention to all the important details! I will communicate directly with the seniors about the time and location. (Seniors receive an e-mail from me every Sunday.)

Watch upcoming Trivocis issues for details about more events, including Financial Aid Night for seniors and their parents (Jan. 10) and Community College Night (in winter). Never a dull moment in the Career Center . . . Feel free to contact me if you have questions or concerns (AAKleeman@aol.com).

PSAT

The PSAT test is scheduled for Saturday, October 20 here at Menlo-Atherton. The cost is \$25.00. Students can sign up with their English teachers. Please make checks payable to M-A PSAT.

The deadline to sign up is October 10!

Is your Junior interested in getting ahead but needs a new challenge?

The Middle College program allows students to leave high school and take classes at Cañada College, enabling them to earn both high school and college credit simultaneously.

Would your student like the challenge and the variety of college course offerings? Would your student like to earn a high school diploma and start earning college credits now? Can your student handle the freedom and independence of a college setting?

If this sounds like your student, please download the application from: www.canadacollege.edu/middlecollege. Students can also get an application from their guidance counselor.

Middle College students make education a priority in their lives, and take responsibility for their own behavior, learning, and success. Three SUHSD instructors teach required high school courses, as well as provide academic counseling and support for all Middle College students. Middle College students have gone on to attend institutions such as U.C. Berkeley, U.C.L.A., U.C. Davis, U.C. Santa Barbara, Cal Poly

San Luis Obispo, Rhode Island School of Design, Oberlin College, New York University, Reed College, Carnegie Mellon, University of Southern California, to name a few. Several students have earned their Associates Degree prior to earning their high school diploma, thereby completing two years of college work and saving two years' worth of tuition.

Please note these important dates:

Thursday, Nov.11 -- Informational meeting at SUHSD Board Room, 7 pm.

Wednesday, Nov. 28 -- Applications due

Monday-Thursday, Dec. 10-13 -- Interviews

Wednesday, Dec.19 -- Students and schools notified of acceptance

If you have a motivated, enthusiastic, independent student who is ready to make the jump to college, check out Middle College for a new challenge! We are accepting applications for the spring semester. Call 306-3120 today for more information.

News from M-A Band

By Mary Hom, M-A Band Booster Chair, tream5@juno.com

Welcome to a new year for the M-A Band, led by band director Frank Moura. We're off to a great start, with 111 students enrolled in 4 classes. There are three jazz ensembles – Beginning, Intermediate and Advanced and one section of Concert Band.

Congratulations are in order for vocalist Hale Baskin, who was a 2007 Winner in *Downbeat Magazine's* Student Music Awards for High School Jazz Vocalist.

M-A's award winning Advanced Jazz Band had a very successful European Tour this summer, June 26-July 12. They performed at Luxembourg Gardens in Paris and Jazz a Vienne-both in France, Schwangau-Germany, Innsbruck-Austria, Florence-Italy, and closed the tour with two performances at the Montreux Jazz Festival in Switzerland.

Audiotapes from the live Montreux performances are being reviewed for inclusion into a CD.

Until then, through the generosity of the parents of band booster Perryn Rowland, a professionally recorded CD was made and is available for purchase for \$10 each. All proceeds benefit the M-A music program. Send checks payable to M-A Band Boosters c/o Perryn Rowland, 341 Linfield Dr, Menlo Park, CA 94025 and add an additional \$1.50 for postage. You can also email Perryn at perrynkrowland@yahoo.com.

We don't know what is in store in the next two years in terms of performance venues for concerts or our annual Big Band Dance Fundraiser since the J-Building has finally been demolished. Anyone who would like to order a Big Band Dance 2007 DVD may still do so. It is an amateur-produced DVD, but is a great record of the last Big Band Dance in the J-Building.

I'm looking forward to a great year of good music and enthusiastic support for the band program.

Bear Bytes

By Kelly Todd

Success Begins With the First Bite

Who knew that the road to great grades and a great day starts with the first Bear Bite in the morning? Here are some important breakfast pointers from Mrs. Klein and the Consumer and Family Studies Department.

Did you know:

- Protein stimulates the brain and makes it more alert! Try to eat protein foods in the morning (milk, yogurt, meats, peanut butter...)
- Eating breakfast on a daily basis can help a person maintain a healthy weight.
- Sugary breakfast cereals are one of the causes of the childhood obesity epidemic in U.S.
- Smoothies are easy and fast to make; they provide a serving of fruit and dairy (important for teens); and the blender is easy to clean if you just rinse right away with really hot water.

So breakfast.....just eat it!

M-A Athletic Boosters

By Laurie Knapp and Suzanne Amato

Thank you to all the generous donors who came by our table at Arena Days or mailed in their memberships. We have already raised around \$10,000 and we look forward to giving lots of money away to our coaches for uniforms and equipment at our first granting session in late September. Mark your calendars for the Fall Sports Awards Night November 15th. Di Gow and Kim Menninger will be organizing a fabulous evening for all the fall athletes. Don't forget – the Big Bear Run is May 4th!

Go Bears!

Bear Wear...Now On-line!

Buying Bear Wear has never been easier or more convenient! Now you can buy almost any Bear Wear that your Menlo-Atherton heart desires with 10% of the proceeds coming directly back to M-A.

You may get to our on-line site one of two ways:

1. The easiest way is to log onto www.mabears.org and pull down the "Student" menu to find "Bear Wear Online." That will lead you to click on the link which will take you off of our secure school website and take you directly to our area at Prep Sportswear.
2. You may also log directly into the website at <http://www.prepsportswear.com/>. From this point, select our state: California. Then, city: Atherton. Finally, our wonderful school: Menlo-Atherton High.

The only thing left to do is...start SHOPPING!



Not only can you purchase gear in support of our numerous sports, clubs and classes, but you can also specify boys or girls and even mom or dad. The choices really are wonderful and will meet a wide variety of tastes. Now EVERY Bear can be dressed for our School Spirit Fridays.

For more information, contact Kelly Todd at ktodd@seq.org.

Student Store Open for Business

The Back to School Grand Opening of our Student Store took place on Monday, September 10. We are open every day at lunch with a great team of student leaders ready to help our customers. With new healthy living nutritional requirements, our food and drink sales have been altered, but we are pleased to be providing the students with school supplies and spirit items. We are also happy to be working with our teachers to offer subject-specific supplies. For example, we will be selling goggles needed in Mrs. Caryotakis's Chemistry class. We will be selling other items such as hand sanitizers, batteries, highlighters, etc. We will continue selling our spirit items and Bear Wear. If you have any questions, please contact Kelly Todd at ktodd@seq.org.

M-A Major Fund Raising Organizations

	<p>FOUNDATION FOR THE FUTURE MENLO-ATHERTON HIGH SCHOOL Supporting Excellence in Education Foundation for the Future</p>	 PTA	 Athletic Boosters
how donations raised	<ul style="list-style-type: none"> • Fall Campaign • Direct Donations 	<ul style="list-style-type: none"> • Fall Membership Direct Donation Drive • Senior Fashion Show • eScrip 	<ul style="list-style-type: none"> • Membership Drive • Direct Donations • Big Bear Run • eScrip
how donations used	<p>SALARIES and Expenditures</p> <ul style="list-style-type: none"> • Class Size Reduction <i>NEW!</i> • Teacher Excellence Professional Development <i>NEW!</i> Teacher Awards • Diverse Curriculum Core Subjects Arts Advanced Language Electives Technology Critical Programs • College and Career Prep Student Programs Support Services <p><i>\$750,000 committed for Salaries in 07/08</i></p>	<p>VOLUNTEERS and Expenditures</p> <ul style="list-style-type: none"> • Students National Honor Society Scholarships/Awards Jazz Assembly Freshman Transition Freshman Challenge Day 8th Grade Information Night Grad Night Outreach • Parent and Family Services Communication: TriVocis, eNotes, Directory Parent Speaker Series Hospitality • Teachers /Admin Services Staff appreciation Mini Grants Emergency Medical Supplies 	<p>EXPENDITURES Granted to coaches</p> <ul style="list-style-type: none"> • Equipment, gear and uniforms • Facilities improvement • Scholarships funded through the Atherton Police Activities League
when funding occurs	Throughout school year	Throughout school year	Twice per year September, January
2007-08 fundraising goal	\$1,000,000	\$150,000	\$60,000
for more detailed info.	www.m-afoundation.org	www.mabears.org	www.m-aboosters.org

Leadership Update from All Three Classes: Can you believe all that is happening for our M-A Bears?

By Mika Jarvanont, Betsy Burch and Rei Nakamura

Welcome New Bears and Families!

We are excited to have you as part of our community and we know the class of 2011 has gotten off to a great start. We appreciate the amazing turnout for our 4th Annual Freshman Family Welcome. The class of 2011 is already getting involved in school and becoming a well-bonded group.

Student leaders of the Freshman Transition Program and members of the Freshman Transition Leadership class (6th period) are already well underway in creating a positive atmosphere for the students' first year at Menlo-Atherton High School. In fact, over 130 upperclassmen leaders will meet with each freshman student to ensure that freshmen are adjusting and thriving in their new school.

Specifically, the Freshman Transition Program strives to guide and support 9th graders in facing the challenges of a new school. Throughout the first semester, student leaders visit classrooms to promote communication, offer our advice and answers, and most importantly befriend our little Bears! Experience has shown that peer leadership is an effective way to create a school environment where students feel accepted and comfortable at their new high school.

Benefits of Comprehensive Freshman Services at M-A:

- Freshmen will be matched with trained peer leaders
- Freshmen will experience increased tolerance and acceptance of diversity
- Freshmen are taught about services, activities, rules and student expectations
- Students are provided with positive peer role models
- Students gain awareness of responsible behavior around social issues
- Freshmen will have the opportunity to meet and become friends with fellow 9th graders and upper-classmen.

And don't forget! CHALLENGE DAYS are taking place on October 29 and 30. For those of you who may not know about Challenge Day, it is an entire day dedicated to the class of 2011 to help them get to know each other on a more personal level. These two days are designed to break down the barriers we often see form between and among students.

We would like to thank the Menlo-Atherton PTA for all of its support and Principal Matthew Zito and his administrative team for their assistance and guidance to M-A's Freshman Services Programs. It is truly a team effort from all teachers, parents, students and our admin team to welcome the new class of 2011!

Associated Student Body (ASB) Leadership

ASB Leadership is very excited for the new school year to have finally begun. We have four fabulous committees already in the depths of their work.

The **Health and Environment Committee** is a new team committed to making M-A more "green" and creating

awareness throughout the student body about how they can help out our earth. They are revamping the recycling program and talking to the teachers about conserving electricity and paper. Also, throughout the year there will be many bike-to-school days to conserve fuel and promote health. The student store will soon be selling refillable water bottles and installing filters in various classrooms so that we won't waste our resources by selling plastic water bottles. Also, we hope the liter-sized bottles will help our students stay hydrated!

The **Parent Community Outreach Committee** is creating a student resource center in B-20 with the help of Outreach and under the direction of our fabulous new Special Services coordinator, Mrs. Miki Cristerna. This center will be for any student who needs outside resources to help him or herself, or wants to participate in community service. The Parent Community Outreach Committee will recruit enthusiastic and dedicated volunteers for Project Read, which directly helps East Palo Alto Elementary Schools. The Parent Community Outreach Committee is also planning its 5th Annual Trick-Or-Treat Street for the end of October.

The **Involvement and Integration Committee** hit the ground running in preparation for the end of September Club Training Day and Club Rush. Club Training Day (September 21) benefits Presidents and Club Advisors by teaching them how to run efficient meetings and how to advertise effectively. At Club Rush (September 28) M-A clubs recruited members during lunch on the Green. The Involvement and Integration Committee will also be in charge of Mix It Up days during the school year, which encourage all students to go out of their comfort zones and meet new people.

And last but not least the **Student Teacher Relations Committee** is in charge of New Student Lunches, New Teacher Lunches and Welcome Spirit Packs for our new teachers.

And that's just the beginning. Please stay tuned for more...

Take a Walk on the Wild Side

Fourth period leadership is off and running. We are looking forward to a spirit-filled year of rallies, dances, noontime events, class bonding, campus beautification and community service.

Our team got things rolling with a delicious BBQ on the Green, which was followed by three weeks of lunchtime activities sponsored by our three leadership classes. We are now preparing to "Fire It Up" at our Welcome Back Dance to be held from 7:00pm-10:00pm on Friday, September 28 in the gym quad. The Campus Beautification committee took on the challenge of brightening up our football bleachers by repainting the "M-A" to prepare for the thunderous feet of our spirited fans. That is just the beginning to a year of taking pride in our campus and rejuvenating our Bear Den.

Finally, we have an enthusiastic, rowdy rooter crew preparing for Homecoming 2007 versus Carlmont. Homecoming Week is October 22-27 filled with activities and events for

Leadership, cont'd

everyone. We have a squad planning for the Spirit Week with dress up days, campus decorating, and noontime events.

Another team is preparing to take special care of our Homecoming Court. Finally, we are looking forward to a special and memorable Homecoming Rally to pull together the spirit of the Menlo-Atherton family. Be on the look out for more details as Homecoming 2007 gets closer!

GO BEARS!!!!!!!!!!!!

Outreach Bears Help Those in Need

By Sylvia Bowditch, Sandy Nicolet, Alissa Rubin, Eric Siegel, Amrita Sehgal, Student Coordinators

Darfur Genocide Awareness

Darfur is a province located in western Sudan. For nearly the past two decades, the Arab Sudanese has marginalized the black Darfurians. In 2003, Darfurian rebel groups attacked military installations. The government responded with extreme physical violence: aerial bombardments, indiscriminate killings, raping women, kidnapping children, contaminating water sources, and ravaging villages. Now, after witnessing the genocide in Rwanda and vowing for it to never happen again, society remains numb to the crisis in Darfur. Since 2003, over 400,000 have died and 2.5 million people have been displaced. OUTREACH is raising awareness about the genocide by hosting a "Save Darfur Rally" on November 2, from 6:30 to 8 pm. There will be a speaker from Stanford and a film will be screened.

Project Backpack

Once again OUTREACH is beginning to collect items for Project Backpack. Project Backpack is a program, created by OUTREACH student Anthony Genocchio in 1998, that spends the first semester of school collecting items such as backpacks, shirts, jackets, pants, socks, and scarves as well as toiletries and other small necessities to give to the homeless. Each donated backpack is then filled with selections of donations and on November 30 a group of supervised students drive up to the Tenderloin in San Francisco and distribute the backpacks directly to those in need. Our dear Mrs. Duraj, mother of Mrs. Caryotakis, knits 100+ scarves to keep the homeless warm. This is a great experience for all those students who participate, creating understanding and empathy. Every year students are amazed at how something as simple as a toothbrush or a warm scarf can be appreciated. Each year Project Backpack continues to grow with 45 attendees last year giving away 180+ backpacks. If you have any of these items, please drop them by the Career Center or give us a call to pick them up. If you would like to donate any funds for this project, please make your tax deductible check to M-A OUTREACH and send to 555 Middlefield Rd, Atherton, CA. 94027. Questions? Please contact Geri Nicholas at gnichola@seq.org or 322-5311 Ext. 5020

Thank You!

Bears Think Locally, Act Globally!

Linking Local and Global Communities

Just when we thought our students "bearly" have time to fit school work, athletics, jobs and friends into their busy schedules, we have Bears who contribute to our local and global communities in some very generous and unique ways!

- Rosa Alvarez traveled all the way to the Gulf Coast Region of the United States and spent her summer building homes for Hurricane Katrina victims.
- Nicole Gregory and Vicky Phan each gave 12 inches of their hair to Locks of Love after growing their manes for over a year. Nicole was inspired after watching a gentleman on Extreme Makeover donate his hair. Vicky was inspired after speaking to a nun at a Buddhist retreat. Finding inspiration in very different places brought these two special young ladies to the same generous outcome. Information on how one can give their hair can be found at www.locksoflove.org.
- Julia Ranshoff, a new transfer student from Castilleja, joined us and jumped immediately into the Menlo-Atherton family of community contributors. With her siblings, she started the social-venture club, Running for a Reason. The club was established "to address needs that are not met by insurance for children facing life-threatening illness". More specifically, these are young people who are receiving hospice care through Hospice of the Valley. PBS just filmed a special spotlighting the club on Sunday, August 26 for their BizKids Program. More information may be found at www.runningforareason.org. Julia also became an organizer for a literacy project called Teenlit, a book review program that provides teens the opportunity to read new releases and have their reviews published online. More information may be found at www.teenlit.com
- In June 2007, 16 M-A students and 3 M-A teachers traveled to Antigua, Guatemala with Joe Fontana's Global Visionaries. Students spent 2-1/2 weeks living with host families, learning Spanish and participating in service projects. Service projects included building a school, reforestation and volunteering in a local hospital. Students also learned about the effects of globalization first-hand at a local coffee farm. See photos of this amazing cultural exchange at: <http://www.betsysergeant.com/Guatemala>. To support Global Visionaries or to learn more about future trips please contact: dgutof@seq.org, psnow@seq.org, or esnow@seq.org. Our Bear Visionaries were: Emma Townsend-Merino, Brigid McCurdy, Kelly Mellenthin, Floriane Parmentier, Gina Giarmo, Julia Robinson, Ariana Sanchez, Marion Brossard, Noemi Cortez, Karina Flores, Ellie Johnson, Travis Price, Alp Kutlu, Bradley Lovegren, Marisa Zuk, Katherine Orton, Joseph Fontana, Paul M. Snow, Elizabeth Snow, Deborah Gutof

I know this is just the tip of the iceberg. Please send me the name of any students and/or staff members who you know to think locally and act globally. Each month, it is my hope to spotlight our community contributors! Please send those names to ktodd@seq.org.

California Scholarship Federation

By Alice Hom & Marilyn Loftness – Parent coordinators

Time to sign up for membership in California Scholarship Federation (CSF) from October 22-26. Applications are available the week prior from your English teacher. Look for the sign-up table every day during lunch that week outside of B-22. Only sophomores, juniors and seniors will register at this session since we are processing spring 2007 grades.

Bring your completed application, \$3 membership fees and a report card or transcript reflecting spring 2007 grades. If you've lost your report card or transcript and request a copy, please include an extra \$1 processing fee.

Downloads from Comunicado are not acceptable.

DO NOT GO TO THE GUIDANCE OFFICE FOR YOUR TRANSCRIPT!!

For more information about CSF: www.cccsf-cjsf.org

Queries: Alice Hom dnahom@aol.com

Eat, Drink, and Play Well.

There are two basic nutritional variables that can help an athletic performance: proper foods and adequate fluids.

What are the proper foods? The food pyramid designed by the U.S. Department of Agricultural offers a general guide. The USDA recommends daily consumption of 6-11 servings of bread, cereal, pasta, and rice; 3-5 servings of vegetables; 2-4 of fruit; 2-3 of dairy products; 2-3 meat, poultry, and fish; and a sparing amount of fat, oil, and sweets.

Foods provide energy to the body and account for growth and repair. Broken down, foods are carbohydrate, protein, and fat. On a daily basis, fifty-five to sixty percent of total calories should come from proteins (meats, poultry, fish, eggs, and dairy products). Twenty-five to thirty percent should come from fats (meats, butter, oils, and sweets). It is okay to eat small meals three to six times a day rather than large meals less often. Skipping meals compromises performance.

Just being well fed is not enough; top performers are also well hydrated. As little as 2% loss of body weight (three pounds for a 150-pound athlete) from the evaporation of sweat can decrease coordination, strength, endurance, and concentration. Dehydrated, an athlete is susceptible to cramping, fatigue, and heat illness.

When re-hydrating, sports drinks are not better than water. They are only needed when exercising in extreme heat or humidity, or when the work lasts longer than one-and-a-half hours. As a rule it is better to drink before thirst occurs, because thirst is a poor indicator of fluid needs. Thirst is an indicator of dehydration. Alcohol, caffeine, and sugar all contribute to dehydration of the body and should be avoided before workouts. Before, during, and after exercise, remember to drink adequate fluids.

Amy Jamison, MA, ATC is the head athletic trainer for Menlo-Atherton High School. She received her BS degree from San Diego State in 2004 and her MA degree from San Jose State in 2006. Amy is one of five ATCs employed by BAK Physical Therapy, who provide athletic training services to high schools in the Sequoia Unified School District.

2006-2007 Recap

By Laurie Linscheid, MFT, On-Campus Counseling Program Director



For the past twelve years, Adolescent Counseling Services has been able to provide individual, group and family counseling to the students at Menlo-Atherton High School free of charge. I want to take this opportunity to thank you for allowing to make this possible each year. In addition to our counseling services, we were able to also provide outreach services to the Latino community, thanks to the Latino Outreach Project. We conducted many seminars throughout the school year touching the lives of many Latino families. I would like to leave you with some statistics for the school year 2006-2007. Please note that none of our work would be possible without the overwhelming support and kindness from the staff and administration at Menlo-Atherton High School.

- We saw 590 students and their families for counseling.
- We conducted 1950 counseling sessions valued at \$244,000.
- Participation in both Challenge Days - assisting with group facilitation and follow up for at risk students
- We presented at a PTA meeting on our services and resources in the community
- Participated in PTA sponsored evening panel discussion on alcohol abuse
- We participated in the on campus Health Fair.
- We conducted two weekly support groups: Latino boys support group and parent support group
- Summer counseling for all 123 Compass students and ongoing counseling in the school year for those that required it.
- Individual counseling to all Connections students.
- Second Harvest approved snack program-distributed snacks to over 100 students per month.
- Our weekly caseload consists of approximately 80 students and several drop in/crisis students.
- Created several grief groups in response to suicide of MA student
- Our Latino Outreach Project supported by Liz Llamas completed nine Latino Outreach Presentations on topics: Resources in the Community, Immigration Issues, Gang Prevention, Sex Education, Domestic Violence, Drug and Alcohol Prevention – all held in Spanish.

Adolescent Counseling Services is a community non-profit, which provides vital counseling services on six secondary school campuses at no charge to students and their families. To learn more about ACS, please visit our website at www.acs-teens.org or call Liz Schoeben at Paly (650) 322-5311x5186. ACS relies on the generosity of community members to continue offering individual, family and group counseling to over 1,500 individuals annually, helping teens find their way! ACS provides critical interventions and mental health services, building a better future for tomorrow.

Honor Roll for Spring Semester 2007

Class of 2008 – Principal's Distinction: 4.0 and above GPA

Marjorie Adams, Anna Alter, Rosa Alvarez, William Bassett, William Bauer, Matthew Bogott, Patricia Bortolazzo, Matthew Boyle, Ben Brian, Julia Cabral, George Chahrouhi, Michael Chen, Nicholas Chladek, John Christie, Oscar Coaquira, Carolyn Coates, Christopher Cornelius, Alexander Degtiar, Andrew del Calvo, Elise Delagnes, Melissa Eldridge, Larissa Epstein, Allison Fero, Kelsey Fowle, Emily Freeman, Jennifer Fried, Terrence Fundakowski, Heidi Galbraith, John Gallen, Cynthia Gonzalez, Aaron Groom, Caroline Halaba, Christopher Healy, Aaron Heuckroth, Isabelle James, Elena Kadvany, Ariane Khalfa, Matthew King, Alp Kutlu, Jason Kwok, Kevin Lane, Alexander Leanse, Stephanie Lee, Michael Masket, JonCarmen Mergenthaler, Robert Merk, Chloe Moffett, Matthew Mosher, Nicole Myoraku, Mitchell Nahmias, Emma Neville, Matthew Nixon, Kimberly O'Donnell, Ashley Parish, Maria Patino, Victoria Phan, Flora Pironi, Alexandre Popp, Sheraj Ragoobee, Janne Rapakko, Marli Ruck, Nicholas Salem, Erica Shepard, Katharine Sherwin, Lauren Smith, Christopher Sorenson, Michael Stanzler, Ross Sylvester, Emma Townsend Merino, Beatrice Von Guggenberg, Marika Walter, Ji Xia

Class of 2008 – Faculty Honors: 3.5 – 3.99 GPA

Joshua Afungia, Sally Arriaga, Sarah Black, Alexis Bley, Alexandra Brody, Maricela Bucio, Elizabeth Burch, Callie Cain, Nubia Cazares, Marina Colocho, Nicholas Diaz, Katherine Doniger, Nicholas Dove, Megan Dunn, Margho Dunnahoo-Kirsch, Anna Faris, Jessica Feldman, Bernard Feng, Noah Greenberg, Daniel Grubb, Luis Guzman, Andrew Hagman, Jeffrey Hester, Kevin Hobson, William Janz, Gregory Kalin, Allison Kelley, Jonathan Lagan, Kristin Lane, Alexander Lattin, Daniel Lees, Fred Liang, Jose Lopez, William McIntyre, Arielle McKee, Rachel Mein, Julie Menninger, James Moragne, Brian Morris, Robert Olvera, Elizabeth Osborn, Floriane Parmentier, Giancarlo Perez, Danika Perman, Erin Peterson, Jessica Prasad, Dara Rahimzadeh, Brizeida Ramos, Angelo Reyes, Sean Robinson, Jon Schectman, Emma Sharer, Roland Smith, Benjamin Sorlie, Kendall Stacey, Antony Staples, Michael Stosz, Ericka Tapia, Victor Torres, Laura Tovar, Jake Toy, Miriam Vargas, Kasey Vosburg, Alexandra Warner, Carson Weiss, Luisa Westley, Andrew Winters, Eric Yen, Kristin Youngberg

Class of 2008 – Honors: 3.0 – 3.49 GPA

Matthew Aguilar, Philip Arcuni, Jose Arriola, Jaime Arroyo, Lee Bader, Jorge Bonilla, Richard Branning, Taylor Burwell, Joseph Buttram, Christopher Calvarese, Karen Ceballos, Eric Chen, Brook Costello, Sebastian Doerner, Everett Estkowski, Agustin Estrada, Jenna Fejervary, Kevin Flaherty, Yanssi Flores Ramos, Nicholas Fogel, Tara Galvez, Matthieu Garlock, Madelyn Gonzalez Dubon, Nicole Gregory, Elaina Gross, Rogelio Guardado, Jasmin Guzman, Sean Holtzman, Johann HolvickThomas, Jose Ibarra, Samuel Jenkins, Benjamin Kaspick, Andrew Klein, Megan Lazar, Bradley Lovegren, Elaina Luke, Nancy Martin-Mendez, Brendan McGrath, Molly McRae, Litani Moimoi, Madeline Morey, Ana Mota, Robin Murphy, James Peck, Freddy Pierce, Raymond Rael, Patricia Reyna, Julia Robinson, Vanessa Sagrero, Alida Santos, Aaron Sarfaty, Caitlin Schlisserman, Alyssa Schooler, Tatiana Sheikhezai, Alison Smaalders, Scott Somersett, Scott Sterling, Michael Suhr, Scott Superko, Tate Thurston, Jasher Tonna, Verónica Torres, Pieter VerHaar, Lluvia Villar, Madeline Wheeler, Drew Winn

Class of 2009 – Principal's Distinction: 4.0 and above GPA

Navid Afsarifard, Nancy Analco, Alexander Barker, Nora Barnard, Catherine Blawie, Sylvia Bowditch, Rachel Bowley, Jonathan Brody, Rachel Brown, Adam Brownstein, Cassandra Burnett, Sarah Carp, Daniel Chao, Nathaniel Chow, William Cohen, Robert Cooper, Rene Corado, Maria Decker, Stephen Durdle, Ameena El-Bibany, Nicholas Felt, Matthew Fitzgerald, Kaitlin Flanagan, Jack Fornaciari, Daniel Fountain, Michael Fountain, Kaitlin Fronberg, Sara Furney-Howe, Diana Garcia-Mendez, Melissa Hall, Tamara Hasoon, Richard Hong, Jessie Hutt, David Ing, Thomas Ivy, Sara Jewell, Mika Jiaravanont, Eileen Johnson, Yu Kambe, Christopher Kelvie, Lindsay Kelvie, Tiffany Kung, Amanda Lee, Marianne LeVine, Gregory Liggett, Jeffrey Lin, Sarah Lipps, Kari Loftesness, Brizzia Lopez, Carlos Lopez-Reyes, Angelica Mantilla, Brittany Margot, Raissa Masket, Jose Mayen, Madeline Mayerson, David McLaughlin, Khevna Mehta, Laura Mitchell, Elizabeth Nakamura, Nora Ng-Quinn, Haley O'Neel, Emily Ota, Sheri Park, Saydi Ramos, Alissa Rubin, Nadia Saad, Rishikesh Santhanam, Nicole Scherm, Jessica Schwab, Amrita Sehgal, Kevin Sheridan, Lauren Shimbo, Eric Siegel, Jeffrey Sklarin, Sheila Tabrizi, Oliver Tully, Adin Vaewsorn, Emily Van Rheenen, Megan Walling, Robert Weber, Marc Weil, Brooke Weisenfluh, Lindsay Welton

Class of 2009 – Faculty Honors: 3.5 – 3.99 GPA

Katherine Altman-Merino, Alex Amato, Anthony Armendariz, Katherine Babcock, Jared Bloom, Kevin Bohannon, Karla Cacho, Yohuvana Calderon, Ada Chan, Ben Chute, Yesenia Correa, Todd Daye, Sasha Duchin, Melissa Espinoza, Alexandra Fanelli, Emily Goldberg, Christopher Higgins, Catherine Higgitt, Adriana Huerta, Javier Huitron, Forrest Jensen, Hideyo Kameda, Mari Kaneshima, Jonathan Kaslow, Samuel Knapp, Lauren Knox, Mikalie Lai, Angela Lam, Emily Little, Sarah Maibach, Kelly Mellenthin, Salvador Mendes, Chelsea Mongird, Casey Monroe, Jacqueline Naylor, Michael Newsom, Sandrine Nicolet, Jeffrey Pedraza, Erika Perez, Russell Perkins, Andrew Pham, Alfredo Ponce, Kirsten Rodgers, Jorge Rodriguez, Nicholas Sako, Ariana Sanchez, Nancy Sanchez, Ryan Scandlyn, Steven Schultz, Malena Spar, Aron Sue, Paola Tovar, Takai Tuionetoa, Daniel Valencia, Mereida Villa-Godinez, Neil Watters, Marisa Zuk

Class of 2009 – Honors: 3.0 – 3.49 GPA

Esli Agripino, Orlando Aguirre, Evelyn Angulo, Angel Barragan, Demi Battaglia, Jeffrey Bell, Nicholas Beltramo, Alexander Boesch, James Bothun, Marion Brossard, Kevin Burks, Sophia Butler, Victor Calderon, Mark Calvarese, Anarika Cardenas, Yazmin Chavez, Andrew Dahlkemper, Madeline Davis, Yesenia Diaz Cardenas, Kristina Dokonal, Kendall Eder, Yadira Espinoza, Catherine Fisher, Christopher Fitzgerald, Klein Austin Francisco, Justine Gananian, Caleb Geballe, Robert Goodwin, Brittney Guitron, Sabrina Hamade, Haley Hoech, Adrian Holland, Garrett Hom, Simon Hood, George Horowitz, Kaitlyn Iwashita, Paul Jacob, Danny Jimenez, Patrick LaBarre, Clarence Lal, Ryan McGill, Miryan Medina, Leily Moazami, Paige Montgomery, Thomas Moore, Carla Moran, Anna Murveit, Ashley Olin, Katherine Orton, Lauren Osgood, Julia Peck, Samuel Peirce, Anthony Pham, Keenan Quijano, Maren Ramleth, Karelia Ramos, Ali Rodriguez, Timothy Romley, Elise Rudolph, Alexander Rupperecht, Raquel Saavedra, Joey Sandoval, Sean Schooler, Ariana Schwarz, Alexandra Sewell, Jay Slavik, Cheri Slightam, Chelsea Snow, Zachary Sobell, Jia Jun Soon, Eric Stanske, Samantha Stelzer, Julia Tetrud, Janna Traeger, Jessica Truax, David Valencia, Joseph Vea, Rachel Verity, Ryan Weiss, Aaron Wiener, James Wilson, Matthew Wood

Class of 2010 – Principal's Distinction: 4.0 and above GPA

Sashi Ayyangar, Hilary Benedick, Heather Bogott, Ashby Cogan, Benjamin Cohen-Stead, Sophia Cornew, Chelsea Dillon, Courtney Durdle, Allison Felt, Thomas Folker, Reed Foster, Lisa Frisk, David Galbraith, Anna Geiduschek, Christopher Gow, Paul Hardy, Heather Holyoake, Joshua Hubert, Ellora Israni, Eduardo Jimenez, Barrett Johnson, Jeffrey Keller, Sabrina Keller, Maya Kelley, Daniel Kozlowski, Annie Kuwabara, Ani Loshkajian, Jeffrey Lovegren, Paolo McCarty, Samuel McClure, Brigid McCurdy, Darryl Miller, Alden Mitchell, Steven Muenzen, Matthew Newman, Gregory Nisbet, Jarrod Nixon, Benjamin Nuyens, Joseph Ocon, Pablo Ortiz, Chloe Peters, Stefanie Pressesky, Ryan Quincy, Lena Reed, Cameron Rowland, Pia Santos, Rachel Solomon, Chloe Songer, Mallory Stevens, Scott Swartz, Marietta Tuionetoa, Claire Uschersohn, Monica Weber, Evan West, Sarah Winters, Eric Wright, Camille Zolopa, Adam Zuckerman

Class of 2010 – Faculty Honors: 3.5 – 3.99 GPA

Bryce Aebi, Ethan Banich, Karla Barrera, Mae Bethel, Daniel Beyers, Francisca Bobb, Miya Brumfield, Madeline Burwell, Nancy Cacho, Denise Cailles, Adrian Carpenter, Catherine Carragee, Hannah Chandler, Ryan Chilcoat, Geovanna Corado, Jason Cortella, Katie Deras, Caroline Edwards, Hensley Ellefritz, Gilbert Fix, Paige Fox, Hadley Fussy, James Hansen, Laurel Hill, Aili Jiaravanont, Dominique Johnson, Sophia Kalin, Corinne Keer, Erin Kelley, Kyle Kessler, Katrina Kleck, Ashley Lipinski, Maya Lozinski, Nathaniel Major, Ana Mark da Silva, Katherine Martinez, Garrett McMurtry, Matthew Menniger, Laura Moreno, Alexander Most, Jack Mulroe, Megan Nash, Elizabeth Peck, Kristy Perez, Maria Pimentel, Christopher Pontilo, Travis Price, Jessica Pulido, Gerardo Rico, Hassan Saad, Dominic Sabatini, Brunella Salerno, Quinntesha Simpson, Derek Smith, Peyton Smith, Lauren Solomon, Christine Somersett, Eleanor Spielman-Sun, Ashley Starr, Amanda Tachis, Jacob Taylor, Sophia Titterton, Austin Turner, William Urban, Tami Vujovich, Samuel Weber, Anne Weil, Taylor Wentz, Keiko Wolff, Mehrad Yazdu

Class of 2010 – Honors: 3.0 – 3.49 GPA

Zachariah Adham, Hasti Afsarifard, Gonzalo Alvarez, Courtney Arrington, Giovanna Baffico, Turner Baty, Jordan Bernstein, Alexander Brea, Andrew Brodbeck, Rebecca Buchsbaum, Audrey Bullwinkel, Shannon Carmody, Jose Carriel, George Carruthers, Ulises Castellanos, Bernardo Chacon, Zachary Clarence, Andrew Coyne, Michael Deady, Joseph DeLisle, Russell Desandre, Martin Dittrich, Rebecca Dorst, Tonga Fakalata, Jason Foster, Ryan Gallen, Marshall Glass, Melissa Grace, Jessica Hartman, Ryanne Haught, Brian Hohl, Sophia Hommes, Austin Hume, Tikhon Jelvis, Jonathon Jimenez, Jessica Kirton, Elena Kolarov, Viktoria Kuehn, Vanessa Lane, Vincenzo Lo Grasso, Serena Mak, Allison Malathong, Deanna May, April Melendez, Patrick Moriarty, Jacqueline Mosher, Dominic Mullen, Yuki Nakayama-Larrabee, Kristen Nash, Olivia Nash, Reggie Navarro, Jerry Ochoa, Joey Ochoa, Yesenia Pasallo, Spencer Petersen, Karen Pimentel, Jacob Pinkston, Joseph Piper, Vanessa Renkel, Ashley Roberts, Alexander Rohn, Darby Rosenberg, Jedediah Springer, Caroline Stroud, Claire Sutton, Kai-Chantal Tamme, Megan Thomas, Angelina Thomson, Tolifili Tongotongo, Francisco Toribio, Crisanto Valencia, Jan Riane Verbo, T'Andra White, Cynthia Williams

Homecoming 2007 - GENERAL INFORMATION

Bay Meadows
Saturday Oct. 27, 2007
8 pm – Midnight

All students:

- 1) Remember to bring an ID
- 2) Semi-formal Dance so dress appropriately
- 3) No exit until 11:00PM
- 4) No backpacks and/or bags (there is also no coat check, so leave your coats and purses somewhere else)
- 5) All students will be checked prior to entry
- 6) Arrange for your rides to pick you up by midnight
- 7) Absolutely... NO tickets sold at the door!
- 8) School policies will be enforced
- 9) Photos will be available at the dance
- 10) Any Student not picked up by midnight will not be allowed to attend any other Formal Dances this school year
- 11) Students not picked up by 12:15 will be charged \$1 per minute onto their fees & fines

TICKET INFORMATION: **No refunds or exchanging of tickets**

PAL ONLY Oct. 1 - 5	Oct. 8 - 12	Oct. 15 - 19	Oct. 22 - 25	Oct. 26
\$25 per person	S: \$35	S: \$40	S: \$45	\$50 per person
SINGLES ONLY	C: \$60	C: \$70	C: \$80	SINGLES ONLY

- All students purchasing tickets during First Week Ticket sales must have PAL sticker
- There will be a \$10 fee if you want to change a ticket after purchasing it for any reason
- Ticket sales will conclude promptly at 2:30pm Friday, Oct. 27, 2007. **Absolutely no tickets will be sold at the door**
- **No refunds or exchanging of tickets**

GUEST PASSES:

- If you're bringing a guest who does not attend M-A, you MUST have a Guest Pass form filled out and signed by our AVP, and also by an official of the school attended by your guest. **This is required BEFORE you purchase a ticket.**
- Please plan ahead - if you need a Guest Pass and you want to get your ticket before the price goes up, you are responsible for making sure you can get the signatures in time - NO EXCEPTIONS!! Guest passes are available in room B-21 at any time.
- If your guest does not attend high school, special clearance must be received from the AVP's office before he/she will be allowed to attend.

WHEN YOU GET THERE:

- Once you enter Bay Meadows you are not permitted to leave and re-enter.
- All M-A students and guests **MUST HAVE PICTURE ID** in order to be admitted.
- At the check-in table, please present your numbered ticket and your picture ID.
- Doors will close at 9:30 p.m. - please make your dinner reservations with this in mind.

PICTURES:

- Pictures can be taken at Bay Meadows from 8pm – 11pm.
- Pictures will be returned within 2 weeks after Homecoming.

DRESS CODE:

- **This is a formal occasion...** No jeans or tennis shoes.
- **THE ADMINISTRATORS WILL TURN YOU AWAY IF YOU ARE DRESSED INAPPROPRIATELY!**
- If you have a question whether something you plan on wearing will be acceptable, check it out with the AVP's office prior to the dance.

BREATHALYZERS AND OTHER INFO:

- School code and California state law prohibits the possession or use of alcoholic beverages or drugs by students. There will be a Breathalyzer at the check-in table, and students suspected of having used any illegal substance will be tested. Students who are found to have used or are in possession of any illegal substance will be escorted from the event. Parents/guardians will be notified and will be asked to pick up the student.
- **In addition, students will be subject to further action by the administration, which may include being prohibited from participating in other activities.**
- No smoking will be allowed by ANYONE in attendance.

PLEASE ACT RESPONSIBLY AT Homecoming!!

Directions:

101 North to San Mateo
Exit Hillsdale Blvd. West
Right on El Camino (under the train tracks)
Right on 25th Ave (light)
Right into Bay Meadows Parking Lot

Trivocis Calendar October 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Project Backpack Collection Kick-off	2 Deadline for Nov. 3 SAT Test www.collegeboard.com	3 PTA meeting, Room F-15 8:30 – 10:30 Conflict Resolution Training, 9:30 – 3:30 Senior Parent College Info Night, 7:30pm, Library	4 Conflict Resolution Training, 9:30 – 3:30 Last day to drop classes Freshman Parent Information Mtg., 6:30 – 8:30pm	5 Conflict Resolution Training, 9:30 – 3:30	6 SAT Testing www.collegeboard.com
8	9 Foundation for the Future Mtg.	10	11 Teen Health Clinic Foundation for the Future Leadership Circle Donor Event	12 TriVocis Deadline	13
15	16	17 UC Application Party	18 College Night, Cañada College gym	19 End of First Report Period Fall Play Performance, 7pm	20 PSAT testing Fall Play Performance
22	23 Math Contest	24	25 TriVocis Mailing Teen Health Clinic Trick or Treat Street	26 Fall Play Encore Performance CSF applications due	27 ACT Testing www.actstudent.org Homecoming Dance 8:00pm - midnight, Bay Meadows
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">Homecoming Spirit Week</div>					
29 Freshman Challenge Day	30 Freshman Challenge Day PTA Parent Education Series: Planning Ahead to Pay for College, 7pm, Library Deadline for Dec. 1 SAT Test www.collegeboard.com	31	1 November	2 ACT Registration Deadline	3 SAT Testing www.collegeboard.com

Future

November 7 "Thriving Teens...Got Sleep?" 7 pm with Mark R. Rosekind, Ph.D.
November 10 MA Fashion Show, "My World": 12, 4, 7:30 pm

For other future events, see:

www.mabears.org
Calendars and Events from left menu

Submit calendar events for November to:
linkmarkr@mac.com

Freshman Challenge Day

October 29 & 30, 2007

GREAT OPPORTUNITY FOR NEW FRESHMAN PARENTS TO GET INVOLVED AT M-A!

By Betsy Bowersox and Terri O'Neel, Co-Coordinator's Challenge Day 2007

Challenge Day is coming to M-A for the fourth year in a row! The event is sponsored by the M-A PTA with full support from our new principal, Matthew Zito, and his administrative team who has offered guidance and support to M-A's 9th grade Challenge Day from the very beginning. The entire freshman class of 2011 will participate in an event of a lifetime. At the end of each day, our hope is that the students will not only have bonded as a class, but also that the walls of separation will have been torn down inspiring the students to live, study, and work in an environment of compassion, acceptance, and respect.



Since 1987, the Challenge Day programs have touched the lives of close to a half-million teens and adults nationwide. In fact, the Challenge Day program was featured on the Oprah show earlier this year and was also featured in the book *Chicken Soup for the Teenage Soul* and the Emmy Award-winning documentary, "Teen Files: Surviving High School".

Challenge Day is a powerful, high-energy program in which youth and adult participants are guided through a series of experiential learning activities. The overall goals of the program are to increase personal power and self-esteem, to shift dangerous peer pressure to positive peer support and to eliminate the acceptability of teasing, violence and all forms of oppression. The Challenge Day programs are designed to unite the members of the school and to empower them to carry the themes of the program back to the greater school population.

Adult participation is crucial to the success of these two days! The freshman class will be divided into two groups, so we are looking for 120 adult volunteers to help with this event, about 60 per day. Your time commitment will be either Monday, October 29 or Tuesday, October 30.

Remaining volunteer positions include small group leader for 5-6 students (7:15 am-3: 00 pm) or registration help (6:50 am - 8:15 am). As you are making your volunteer plans for the school year, please take time to consider making a real difference in the lives of teens at M-A in this awesome way. To volunteer for any of these positions, please email Betsy Bowersox at betbowe@earthlink.net.

Menlo-Atherton High School PTA
PTA, 17th Dist. Ca.
Congress of Parents & Teachers
555 Middlefield Rd
Atherton, CA 94027

NON-PROFIT ORGANIZATION
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Articles Editor: Kim Carlisle
Production Editor: Gale Lane
Mailing: Debbie Hall, Jane Little

Send article submissions to: kim@kimcarlisle.com
Send calendar entries to: linkmarkr@mac.com

Next submission deadline – October 12, 2007
Next mailing date – October 25, 2007

This issue was mailed and a PDF version posted online at www.mabears.org on September 20, 2007

One issue to each Menlo-Atherton High School family.
For divorced parents, one to each household.