

TRIVOCIS

THREE VOICES . . . STUDENTS, PARENTS, FACULTY

SEPTEMBER 2007
VOLUME 55, NUMBER 1

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



PTA meeting

Wed, Sept 5, 8:30am

Freshman Events

- Family Potluck p16
Friday, Sept 7, 6pm
- Freshman Dance
Friday, Sept 7, 7pm

Fashion Show Meeting for Seniors p.6

Tue, Sept 18 or Wed Sept 19

Back to School Night

Thurs, Sept 20

Welcome Back Dance

Fri, Sept 28, 7-10pm

On-Line Resources p.6

Sign up for eScrip! p.6

Volunteers Needed

Fashion Show p.6

ESLTutors p.12

Freshman Challenge Day p.18

From the Principal

Greetings to the Menlo-Atherton Community:

It is with great pride that I write my first Trivocis article as Principal. Let me say how proud I am to be Principal of M-A, with its rich traditions, its history of academic excellence, and the first rate programs and athletics that it provides to all. The stewardship of this California Distinguished High School is my paramount concern and priority. In honor of that, I have committed to serving a four-year term as principal, allowing me to guide our incoming ninth grade class through to graduation.

Menlo-Atherton is the rare school that authentically prepares students for the life in 21st Century California. I believe that the experience we provide is unique and unmatched by any school, public or private. I appreciate that you have chosen us for your child's high school and assure you that their education is our highest priority.

Throughout the summer, M-A students continued to pursue their musical, intellectual, and community service activities. The award winning M-A jazz band toured Europe, performing in eight venues and producing a new album entitled "One Last Time?" Other groups of students participated in a historical tour of Europe with teacher Liane Strub, and finished building an elementary school in Guatemala with teachers Paul Snow, Betsy Snow, and Debbie Gutoff.

There are a number of exciting developments for this year. First and foremost, M-A received a full six-year accreditation from the Western Association of Schools and Colleges, the maximum term granted. Our visiting team recognized eleven areas of great strength in the school and commented on the amazing level of support provided to the school and our students.

Other important activities include the hiring of fifteen great new staff, including three teachers dedicated to reducing class size; the renovation of the 'G' Wing courtyard in the rear of campus to provide a comfortable area for students to socialize and eat, as well as for outdoor performances; and a much needed tennis facility 'face lift', coordinated by parent and M-A alum Jody Horowitz (Class of 1973). Our student support staff was increased to include a half-time social worker, a sixth guidance advisor, and a coordinator to work with community agencies. In the administrative ranks, we are fortunate to have the services of Fred Kessler in the role of Vice-Principal and

Simone Kennel as our new Dean of Students. I know that the students will certainly miss the sound of my voice in the hallways! Finally, I must note the fact that we were again recognized as a California Distinguished High School—an honor that will stay with us through the year 2011.

While we begin the year with many strengths and accomplishments, we also have the challenges of construction and parking related to our new Performing Arts Center. When complete, the building will house a 482-seat theatre with all related backstage facilities, a 250-person capacity multi-use space that will double as a student cafeteria, and facilities for our music program that include rehearsal rooms and ample storage space for sheet music and instruments. Parking and the flow of traffic will be reconfigured so that vehicles can enter the campus with more ease and are able to idle or park without blocking others. The project scope also includes plans to beautify the Middlefield frontage and restore it to the way it appeared when the school first opened: Filled with roses and majestic oak trees. It is an ambitious and expensive project; construction will take a full two years and will cause some disruption to the normal flow of things on campus. The end result will be well worth it. Long-time band director Frank Moura should occupy the new music facility in September of 2009, leaving behind 'temporary' music rooms built in 1955. Parking and traffic up-dates will be provided throughout the construction odyssey.

Finally, I want to extend the opportunity to anyone who wishes to come by and chat—my office is located in the front of the administrative wing and is open to all!

Sincerely,

Matthew Zito, Principal

Saludos a la Comunidad de Menlo-Atherton:

Con gran orgullo les escribo mi primer artículo de Trivocis como Director. Permítanme decirles lo orgulloso que estoy de ser el Director de M-A, con sus buenas tradiciones, su historia de excelencia académica y programas y deportes de primera calidad que proporciona a todos. La administración de esta California Distinguished High School [Escuela Secundaria Distinguida de California] es mi mayor preocupación y prioridad. En honor a eso, me he comprometido a servir un cuatrienio como director, permitiéndome guiar la nueva clase de noveno año hasta la graduación.

Menlo-Atherton es la rara escuela que prepara auténticamente a los alumnos para la vida del siglo XXI en California. Creo que la experiencia que proporcionamos es única y sin comparación con cualquier escuela, pública o privada. Les agradezco que nos hayan elegido para ser la escuela de su hijo/a y les aseguro que su educación es nuestra más alta prioridad.

Durante el verano, los alumnos de M-A continuaron siguiendo sus actividades musicales, intelectuales y de servicio a la comunidad. La banda de jazz de M-A, ganadora de premios, fue de gira a Europa, tocó en ocho locales y produjo un nuevo disco llamado “One Last Time?” [“¿Una última vez más?”]. Otros grupos de alumnos participaron en una gira histórica por Europa con la profesora Liane Strub y terminaron de construir una escuela primaria en Guatemala (con los profesores Paul Snow, Betsy Snow y Debbie Gutoff).

Hay novedades emocionantes este año. **En primer lugar, M-A recibió una acreditación de seis años, el período máximo que se otorga, de la Asociación Occidental de Escuelas y Universidades.** El equipo que nos visitó reconoció once áreas con gran peso en la escuela y comentó sobre el impresionante nivel de apoyo que se da a la escuela y a nuestros alumnos.

Otras noticias importantes incluyen la contratación de quince nuevos fantásticos empleados, incluyendo tres profesores que se dedicarán a reducir el tamaño de las clases; la ‘G’ Wing Courtyard [Plaza del Ala ‘G’], en la parte trasera del recinto, se reformó para proporcionar un área cómoda para que los alumnos socialicen y coman, y para representaciones al aire libre; y las instalaciones de tenis recibieron una renovación muy necesaria gracias a la coordinación de Jody Horowitz, madre y antigua alumna de M-A (Clase de 1973). Se aumentó nuestra plantilla de apoyo a los alumnos para incluir un trabajador social a tiempo parcial, el sexto consejero de orientación, y un coordinador para trabajar con las agencias de la comunidad. Entre el personal administrativo, tenemos la fortuna de tener los servicios de Fred Kessler como Sub-director y Simone Kennel como nuestra Decana de Alumnos. ¡Seguramente los alumnos extrañarán el sonido de mi voz por los pasillos! Para terminar, me gustaría destacar el hecho que **nos han reconocido de nuevo como una Escuela Secundaria Distinguida de California** – un honor que quedará con nosotros hasta el año 2011.

Y así como comenzamos el año con fuerzas y logros, también tenemos los desafíos de la construcción y el estacionamiento relacionados con el nuevo Centro de Artes Escénicas. Cuando se termine, el edificio tendrá un teatro de 482 plazas con todas las instalaciones relacionadas con los bastidores; un espacio multi-uso con capacidad de doscientas cincuenta personas que hará a la vez de cafetería estudiantil; e instalaciones para nuestro programa de música que incluyen salas de ensayos y bastante espacio para almacenar partituras e instrumentos. El estacionamiento y el tráfico se reconfigurarán de forma que los vehículos entren en el campus con más facilidad y puedan esperar en el coche o aparcarse sin bloquear a otros. El alcance del proyecto también incluye planes para embellecer el frontal que da a Middlefield y restaurarlo de la forma como aparecía cuando la escuela abrió por primera vez: lleno de rosas y majestuosos robles. Es un proyecto ambicioso y caro; la construcción llevará dos años enteros y creará algún trastorno en el curso normal de las cosas en el campus. El resultado final bien merecerá la pena. Frank Moura, el director de banda que lleva tantos años con nosotros, ocupará la nueva instalación de música en septiembre de 2009, dejando las aulas de música “temporales” que se construyeron en 1955. Se proveerán informes actualizados sobre el estacionamiento y el tráfico durante toda la odisea de su construcción.

Finalmente, quiero dar la oportunidad a todo el que quiera para que pase por mi oficina y charlar —mi oficina se encuentra en frente del ala administrativa y está abierta para todos.

Atentamente,

Matthew Zito, Director

TRIVOCIS

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M-A HS PTA News

17th District CCPT

Published Monthly by the
PTA of Menlo-Atherton HS

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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		
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Feb	Jan 11	Jan 24
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June	May 9	May 22

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Build for the Future with the PTA

By Julie Brody and Pam Stoner, PTA Co-Presidents

Welcome, one and all, to the 2007-2008 M-A school year! We hope you've had a relaxing summer and are ready to start fresh and join the PTA in supporting our wonderful administration, staff, and student body. Each year the PTA provides volunteers and funding for the many projects and events that make M-A a special place to be. We hope that if you haven't already joined the PTA, you will now consider doing so. Your contributions are critical. You should have received a form in the August mailing or at Arena Check in. You can drop your donation form in the PTA mail slot located in the school office or mail it in. Questions: David Jones at dmacjones@aol.com. **Thank you so much for your generous donations!**

The M-A PTA supports our M-A families, students, and staff through a wide range of activities. A great way to get to know M-A, and support your student, is to volunteer for an event on campus. This allows you to participate directly in the M-A community, meet other parents, and see the action on campus. Some of the events that you can be involved with are the Fashion Show, 8th Grade Information Night, Staff Appreciation, Grad Night, Parent Education Speaker Series, Student Awards Night, tutoring ESL students, and Freshman Challenge Day. Please consider spending time with the students – it will keep you connected with your teenager! There are many other ways in which the PTA helps out, so if you're interested, we could use your support! You don't need any special qualifications. All it takes is a willing attitude and a small portion of your time. However, if you do have any special talents, ideas, or passions, we would love to learn about them.

The PTA also helps students by providing scholarship opportunities and sponsoring programs like Outreach, Jazz Assembly, Challenge Day, Freshman Transition, and the Canned Food Drive. The Mini-Grant Program allows M-A staff to purchase needed equipment and provides enhancements to faculty and administration areas.

We look forward to working with our new Principal, Matt Zito, and supporting the theme "Building for the Future". We know that under Matt's direction, we will have a great year ahead.

The Fashion Show will be held on November 10th this year and will be chaired by Kathy Dunn, Becky Galvez and Nancy Sterling. The theme will be called "My World". The show will reflect the world of our senior class; their music, friends, hopes and dreams.

Parents can find pertinent information for their students in the following ways:

- **M-A Website**

Go to www.mabears.org to find events and information

- **Comunicado!**

Timely reports on your student's academic progress, managed by the district. You can locate this link and create an account at the M-A website: www.mabears.org.

- **eNotes**

Day-to-day information for parents, published electronically by the PTA twice a week. To subscribe, go to the M-A website: www.mabears.org.

- **TRIVOCIS**

Monthly newsletter published by the PTA and mailed to each family. Current and past issues are also online at the M-A website: www.mabears.org.

Monthly PTA meetings

Please mark your calendars now for the monthly PTA meetings that will occur on the first Wednesday of each month at 8:30 a.m., the first on September 5th. The location is to be determined and we will post it as soon as possible. Principal Matt Zito will be speaking at our first meeting and will address construction, parking, and will be available for your questions. Please join us and learn more about the inner workings of your child's school and the PTA. We hope to see you there

Julie Brody julie@brodyfamily.net 650-796-8590

Pam Stoner pastoner@yahoo.com 650-327-4020

Bienvenidos a todos al año escolar 2007-2008 en M-A! Esperamos que su verano haya sido placentero y que estén listos para empezar con entusiasmo y formar parte del PTA (asociación de padres de familia) y juntos poder apoyar a nuestra fantástica administración, empleados y estudiantes. Cada año, el PTA apoya con sus voluntarios y fondos a los muchos proyectos y eventos que hacen que M-A sea un lugar tan especial. Esperamos que consideren unirse al PTA si todavía no lo han hecho. Sus contribuciones son muy importantes. Deberían de haber recibido un formato en el correo de agosto o en el Arena Check-in (lugar donde se registran los alumnos). Pueden depositar su donación en el buzón del PTA que se encuentra en la oficina del colegio o también por correo. Preguntas: David Jones al dmacjones@aol.com. Muchas gracias por sus generosas donaciones!

El PTA en M-A le da apoyo a familias, estudiantes y empleados de M-A a través de una variedad de actividades. El ser voluntario en alguna actividad del colegio, es una excelente manera de conocer M-A y de apoyar a su estudiante. Esto le permite tener contacto directo y poder participar en la comunidad de M-A, conocer a otros padres de familia, y ver de cerca la dinámica en el colegio. Algunos de los eventos en los cuales se podría involucrar son los siguientes: el Fashion Show (Desfile de Modas), 8th Grade Information Night (sesión de información para alumnos en 8th grade), Staff Appreciation (Apreciación a los empleados), Grad Night (Noche de Graduación), Parent Education Speaker Series (conferencias educativas para padres de familia), Student Awards Night (Noche de Premiación a Estudiantes), tutoring ESL students (clases para alumnos aprendiendo inglés como segundo idioma), and Freshman Challenge Day (Día de Reto/Actividades para el grado 9). Por favor consideren pasar tiempo con los estudiantes – lo mantendrá conectado con su adolescente! Existen muchas

otras maneras que el PTA apoya a la escuela, o sea que si está interesado, podríamos beneficiar de su apoyo! No se necesita ningún requisito. Lo único que se necesita es voluntad y un poco de su tiempo. Sin embargo, si usted tiene un talento especial, ideas o pasión por algo, nos encantaría saber de ellos.

El PTA ayuda también a estudiantes ofreciendo oportunidades para obtener becas, financiando programas, Outreach, Jazz Assembly, Challenge Day, Freshman Transition y el Canned Food Drive. El Programa de Mini-Becas le permite a la administración de M-A el poder comprar material necesario y hacer mejoramientos en las áreas de enseñanzas y administración.

Estamos entusiasmados por trabajar con nuestro nuevo director, Matt Zito, y dar apoyo a nuestro tema "Construir para el Futuro". Sabemos que bajo el liderazgo de Matt, tendremos un año maravilloso.

El Fashion Show (desfile de modas) tendrá lugar el 10 de noviembre bajo el liderazgo de Kathy Dunn, Becky Galvez and Nancy Sterling. El tema será "Mi Mundo". El desfile de modas reflejará el mundo de nuestra clase de "seniors" (grade 12); su música, sus amigos, sus esperanzas y sueños.

Los padres pueden obtener información acerca de su estudiante de las siguientes maneras:

- M-A Web site: Ir a www.mabears.org para obtener eventos e información en general. Este es el sitio internet del colegio.
- Comunicado! (sitio internet llamado Comunicado!): Reportes sobre el progreso académico de su estudiante; gerenciado por la administración – puede encontrar este link en el sitio internet www.mabears.org
- eNotes: Información a diario para padres de familia, publicado electronicamente por el PTA dos veces por semana. Para suscribirse, ir al sitio internet www.mabears.org
- TRIVOCIS: Publicación mensual producida por el PTA y enviada a cada familia por correo; la última publicación se encuentra en el sitio internet del colegio.

Porfavor marque su calendario ahora para las juntas mensuales del PTA que tendrán lugar el primer miércoles de cada mes a las 8:30 am. La primera junta será el 5 de septiembre. El lugar se comunicará en cuanto se determine. El director Matt Zio estará presente para presentar información sobre la construcción, estacionamiento, y podrá responder a cualquier pregunta que tenga. Porfavor sea miembro del PTA y aprenda más sobre el funcionamiento del colegio de su hijo(a) y del PTA. Esperamos verlo ahí!

Julie Brody julie@brodyfamily.net 650-796-8590

Pam Stoner pastoner@yahoo.com 650-327-4020

PTA Spending in 2006-07

by Stacy Fredericksen

M-A PTA continues to grow more fiscally sound, due to the increasing support of our members' donations. It is important that you have an accounting of how the PTA's money was spent last year to understand the impact your current donation can have on the entire M-A student body. To sum up M-A PTA spending, it encompasses a wide breadth of campus needs, focusing on support of M-A students, staff and parents. In 2006-07, our budgeted expenses were \$144,000.

Last year at M-A, the PTA's support of our staff included two rounds of Mini-Grants totaling \$30,000 which supported a variety of improvements, classroom materials and projects:

- Computer Lab Scanners and Pads
- Chemistry Kits
- Equipment for Robotics Club
- Digital Camera for Student Activities
- Set of Classroom Statistics Books
- Math Noon Time Contest Fees and Trophies
- Registration Fee for Latin Club State Convention
- College Tour for Young Latino Leaders
- Scholarships for Yearbooks
- Accelerated Math Lab
- AP Statistics Teaching Materials such as Lab Supplies & DVD/VCR Player & DVD Series
- Development of California High School Math Exit Exam Test Review Materials
- Dictionaries, Headphones, Photo Scanner & Hard Disc Camcorder for ESL & Phoenix Students
- Speaking Dictionaries & Thesaurus, History Books, LCD Projector, Voice Recognition Software & a pilot Social Cognition Program for the Social Academy & Special Ed Student
- Ceramics Supplies and Art Books
- Backpacks & Personal Supplies for Outreach Project
- Physics Demonstration Lab & High Speed Photography Kit
- Dolly & Letter Folding Machine for Duplicating Center
- Books and Materials for Adolescent Counseling Support Center
- Emergency Medical Supplies
- Financial Fitness for Life Teaching Materials
- Computer Academy Mentor Program
- Anger Management Counseling
- Floor Signs for Arena Check-in, etc.

Other support of the staff included \$1500 for WASC visitation team hospitality as well as \$7000 that was spent on supplies for new teachers and staff appreciation events held throughout the year including several breakfasts, coffee carts, and a year-end luncheon. We also allocated \$700 for five overhead projectors, \$8500 for ten desktop computers for the Guidance Department and \$3500 for a new server for the Arts Computer Lab.

Last year \$5,000 was used to support administrative staff by providing funds, as we do each year, for the Principal's Discretionary Fund, the Career Center, Guidance Center, and the nurse's office.

Our support of M-A students included spending \$14,000 on student programs such as:

- Outreach
- Shout Out Awards
- Leadership Classes
- Student Awards Night
- Student Scholarships
- Student school newspaper and yearbook
- Shadowing
- Jazz Assembly
- ESL Tutoring
- Arena Check-In
- Compass Program Incentives
- California Scholarship Federation
- AP Testing Scholarships
- National Honor Society

In addition, our support of students included spending \$11,000 for picnic tables and benches for our newly refurbished green areas, \$500 for the Quiz Kids National Tournament registration fee, \$3200 for 20 digital cameras, \$850 for a video camera and \$1000 to support the Creative Expressions Student Club in publishing two editions of the *Creative Expressions* magazine, whose content is entirely provided by M-A students. We continued our contribution of \$6000 for a safe and sober grad night and provided \$1300 for a senior breakfast the day before graduation.

We made a strategic decision to continue our support of freshman and their families by spending \$17,000 to fully fund Freshman Challenge Day and \$7,350 to fully fund the Freshman Transition program. We are excited that next fall will be the fourth year that M-A freshman will be supported with these programs. So, welcome to M-A, all incoming freshman families! We hope you will join the PTA (membership info was in summer mailing packet) and consider making a donation to the PTA to allow us to further increase our support for M-A's freshman families in the future.

The \$3500 spent on parent education not only provided parents, but teachers, staff and students with education covering a broad range of concerns in the M-A community. Denise Pope, from Stanford's Stressed Out Students (SOS), spoke on how student stress affects academic and physical productivity. We heard Professors Rosekind and Dement, also from Stanford, explain the impact of sleep habits on our daily lives and a new website on Focus on Alcohol-Committee for Teen Safety (FACTS) was launched. We also funded the PTA service awards, which are given in the spring and continued the tradition this year of adopting a book for the M-A library for each of our recipients.

One of the most important roles of the M-A PTA is to serve as a communication facilitator for the school. Our PTA spent \$10,000 this year producing and printing the Trivocis publication, which is mailed monthly to all M-A families. (Note: we also provided eNotes, the weekly email updates to subscribers, but there was no cost associated with that service.) We also designed and paid \$6000 for the Calendar/Directory, which is given to all students.

Under miscellaneous spending, we granted thirty percent of our eScrip revenue to the M-A Athletic Boosters, which amounted to \$10,000 this year as well as provided \$5,000 seed money for their 2nd Annual Big Bear Run. This fundraiser has turned into a wonderful community event that is providing a strong revenue source for the athletic programs at M-A.

We hope you now have a better appreciation of how M-A benefited from your donations to the PTA. We want to give a BIG thanks to our many generous donors who made all of these opportunities possible. Again, please don't forget that the PTA provided over 16,000 hours of volunteer support for our school this year showing that without our many volunteers and their hard work, M-A would not be the California Distinguished School of which we are so proud.

Support the M-A Library by Shopping at Kepler's

By Diana Beers, dbeers@seq.org, 322-5311, x5160

The M-A Library is now registered with the Kepler's Community Partners in Education program. This means that you can support the library by mentioning Menlo-Atherton when you make a purchase at Kepler's. They will donate 10% of the sale to the Menlo-Atherton Library. In addition, Kepler's partnership with M-A has given our students the opportunity to hear nationally recognized authors at no charge to the school. Last year, Alisa Valdes-Rodriguez and Greg Mortenson spoke at M-A. This fall, we will be hosting Sherman Alexie who has written his first young adult novel.

Please Return All Overdue Textbooks

Please encourage your student(s) to return all textbooks from last year if they have not already done so. It is very important that we get back all textbooks to ensure that students this year have the required textbooks they need for their classes.

PTA Fashion Show “My World”

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

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

Yes, it's later than usual, and that's not the only change. We have new choreographers, and the fashion show is going green. In the spirit of “My World,” the show will embrace the ‘world’ of our seniors: their music, their life, their hopes, as well as their place in the world of today. The show will also be more environmentally friendly by using recyclable products for the lunch and for the reduced-size printed program. And, for the first time, the show will offer sponsors a ‘paperless’ option for recognition.

This is the PTA’s main fundraiser of the year, supporting all PTA programs and mini grants. And it’s a lot of fun too. We encourage the M-A community to support this great event in any or all of these ways:

- **Attend one of the three shows**

Gather your children or friends and enjoy the music, fashions and dancing of the Class of 2009. Tickets will go on sale at the end of September. Get your tickets early, as the show sells out every year.

- **Volunteer to help**

We welcome any parent to help up us plan, set up or execute the show. We have a variety of jobs to fit a spectrum of talents.

- **Sponsor the show**

Starting with a Family Sponsor level of \$250, there are many levels of underwriting that directly support the show and the PTA.

- **Buy Raffle tickets.** Details will follow next month. Tickets will go on sale at the end of September.

The fashion show features the senior class, but it is more than just a senior event. The show is a great celebration of the energy and enthusiasm of our students. Come join the fun--have a nice lunch, see the fashions generously donated by our community stores, and support the PTA.

Please contact any of us for more details. We hope to see you on November 10!

Kathy Dunn: Kathy@kdunn.net, Becky Galvez: BeckyGalvez@comcast.net, Nancy Sterling: N.Sterling@comcast.net

Calling All Seniors!
Seniors who want to be in the Fashion Show must attend one of the two orientation sessions, on Tuesday, Sept. 18 and Wednesday Sept. 19. Details will be announced to the students and will be published in enotes.

Online Resources for Students

M-A subscribes to several online resources that are available to students from off campus. Below is a summary of the resources and the user names and passwords required to access these resources off campus. If your student encounters any problems using these databases they can talk to any of the library staff for more information.

Database	Web Address	User name/password
Infotrac	http://infotrac.galegroup.com/itweb/athe71818	no user name/mabears
WorldandI	http://www.worldandischool.com	menlo/atherton
World Book	http://www.worldbookonline.com/wb/Home	sequoia/ravens
Grolier	http://reference.seq.org/grolier	student/suhsd

Have You Signed Up for eScrip?

eScrip is an easy way to for M-A to raise funds. Businesses such as Safeway, Draegers and Macys, as well as credit card companies like Visa, MasterCard, and American Express donate a percentage of your purchases to M-A.

It costs you nothing to participate, and takes just a few minutes to sign up!

How do I sign up for eScrip?

Go to www.escrip.com.

I am already signed up, do I need to do anything else?

If you are an incoming freshman family, make sure your eScrip account benefits M-A

Do I need to renew my Safeway account?

Yes, it needs to be renewed each year. If you forgot your Safeway club number, you can get it by calling 1-877-SAFEWAY.

If you need help signing up, to find out if you are already signed up, or for any other questions regarding escrip, contact Emily Liggett at 322-5533 or emligget@pacbel.net.

Thank you for supporting M-A!

From Our President

Welcome to all new and returning M-A families from M-A's Foundation for the Future! For 15 years we have brought parents and community members together to support excellence in education at Menlo-Atherton High School. The Foundation is the only fundraising group at M-A able to pay salaries for key teachers and staff – committing \$750,000 for such this year alone. Public funding is inadequate to support the outstanding teaching and curriculum the local community demands for our students; we raise private funds to bridge that gap.

Last year, thanks to a tremendous response from our donors, the Foundation increased funds raised over the previous year by over 50%. For this school year we have already committed to:

Improve the classroom experience through class size reduction. The Foundation is funding 16 new sections of World Studies, Geometry and freshman English in 2007-08, allowing smaller sections for hundreds of students.

Invest in teacher excellence. In addition to sponsoring annual teaching awards, Foundation funding also will enable faculty to collaborate with department colleagues to strengthen curriculum, to participate in teacher-training and, for the first time, to pursue continuing education.

Preserve and expand M-A's diverse curriculum. The Foundation is supporting ESL, Special Education and AP courses as well as the arts and technology. We also rescue classes – based on M-A's administrative input – that are in danger of being cancelled, including advanced foreign language and electives such as yearbook, journalism and chorus.

Provide excellent college and career preparation. The Foundation is funding resources including a College Information Specialist and SAT prep classes.

Support critical programs and services, including social studies readers, the Dean of Students, Spanish translation and a new testing coordinator.

The Foundation has two key fundraising goals for this year:

- To raise \$1,000,000; and
- To increase the breadth of donor participation across the M-A and local communities.

We will be launching our fundraising campaign, "It's a New Day @ M-A", in October. Please look for information about the Foundation and how you can contribute in upcoming Trivocis articles, as well as via email, snail mail and informational events. Every gift – regardless of size – is valued, and we very much hope you will join us to support excellence in education at M-A High School.

Sincerely,

Kathy Jackson
Foundation for the Future President

2007-08 BOARD

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M-A High School
P.O. Box 1228
Menlo Park, CA 94026
Tel: (650) 322-5311 x5206
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

Welcome Back! And a special welcome to our 9th grade parents!

First Day of School

Classes began **August 23rd**. All students must pick up their schedules in the Athletic Complex starting at 7:15 am. First period begins at 7:50 am. Teachers will not admit students without a class schedule. If your student does not pick up his/her schedule, the administration will call home to question the whereabouts of your student. After second period, remaining schedules can be picked up in the front office in the Administration Building. If your student must **MISS THE FIRST DAY OF SCHOOL DUE TO ILLNESS OR SOME OTHER UNFORESEEN CIRCUMSTANCE**, please alert the Attendance Office (322-5311, Ext. 5101) as soon as possible in order to retain your student's classes.

Requesting a Schedule Change

If a schedule change is necessary, this needs to be done during the first two weeks of school. The student should pick up a REQUEST TO SEE A GUIDANCE ADVISOR form in the Guidance Office and put it in his/her guidance advisor's box. If your student doesn't "know the ropes", someone in the Guidance Office will help. Moving into a class is dependent on the size of the class. After the first two weeks of school, we do not make schedule adjustments except for a possible level change i.e., moving from Spanish II to Spanish I. The last day to make a schedule change is **September 10th, 2007**. Thereafter, changes will only be made if a student is in the wrong level. If a student wants to drop a class and not have it show on his/her transcript, it must be done by **October 4th, 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 up on the transcript.

Classroom Visits

Guidance Advisors will meet with all students in their social studies classes starting in September to review transcripts, high school and college requirements and provide general information and tips to help your student.

Technology Challenge Exam

All students are required to satisfy the technology requirement in order to graduate from M-A. Students have three options in completing the technology requirement: 1) Pass an approved technology class; 2) submit a Technology Portfolio; or 3) pass the Technology Challenge Exam. The Technology Challenge Exam is offered at M-A twice a year, once each semester. This year the date for the Fall exam will be September 5, 2007 and the deadline to sign up is August 31, 2007. Please sign up in the Guidance Office.

Senior Deadlines

All required courses for graduation, including safety education, that are taken via distance learning must be completed by **NOVEMBER 26, 2007**, and the Guidance Office must receive the final transcript no later than **DECEMBER 14, 2007**. Please be aware that not all courses taken under the Distance Learning program are approved by the University of California system.

- **Seniors** who elect to meet the technology requirement by completing a portfolio **must have it completed and approved by December 3, 2007**. Please refer to the district web site for more details.
- The fall semester is a busy time for seniors. Students may visit the College and Career Center, Guidance Office, or go on-line (www.macareercenter.com) to get a copy of the Recommendation Request Packet. Seniors requesting a letter of recommendation from their Guidance Advisor need to **personally submit their recommendation packets to their Guidance Advisor as follows:**

- **For Early Action:** Friday, September 28, 2007

- **For Regular Decision:** Wed, November 7, 2007

When submitting their recommendation packet to teachers and Guidance Advisor, seniors must include a copy of their college essay, parent statement, peer statement, a copy of their transcript, a transcript request form, \$2.00 per transcript, and envelopes addressed to the colleges/universities with two stamps per envelope.

Physical Education (P.E.) Medicals

When students are enrolled in a physical education class and cannot continue to attend due to a medical problem, they must obtain a doctor's letter specifying the medical condition involved and the duration of the medical condition. Students need to submit this letter to Tonya Castillo, Health Clerk (administration building, ext. 5129, tcastill@seq.org), as soon as the medical condition appears. Ms. Castillo will evaluate the letter and may need to consult with the student's doctor, and/or our district nurse. If deemed appropriate, Ms. Castillo will issue a P.E. medical for the quarter(s) involved. **Students will NOT be allowed to obtain a P.E. medical retroactively** by presenting a doctor's letter for a quarter that has already ended.

(Continued on p 10)

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.

Bienvenidos ... y una calurosa bienvenida a los padres de familia de los alumnos del noveno grado!

Primer Día de Escuela

Las clases comenzarán el **jueves 23 de agosto**. Todos los estudiantes tienen que recoger la hoja con el horario de las clases en el Gimnasio empezando a las 7:15 a.m. El primer período comienza a las 7:50 a.m. Los maestros/as no admitirán estudiantes a las clases si no tienen la hoja con el horario de clases. También, si la hoja con el horario de clases no es recogida por el estudiante, la escuela va a llamar por teléfono preguntando donde está el estudiante. Después del segundo período, el resto de las hojas con el horario de clases podrán ser recogidas en la oficina de la secretaria en el edificio principal. Si su estudiante **NO PUEDE ASISTIR A LA ESCUELA EL PRIMER DIA DE CLASES, YA SEA POR ENFERMEDAD O POR OTRA CIRCUNSTANCIA NO PREVISTA**, por favor deje saber a la Oficina de Asistencia (650) 322-5311 Ext. 5101 lo más pronto posible para poder retener esas clases.

Solicitando Cambio en el Horario de Clases

Si hay necesidad de cambiar el horario de las clases, esto tiene que hacerse durante las primeras dos semanas de escuela. El estudiante tiene que llenar **la hoja en la cual pide cita con su consejera** y pone esa forma en el buzón de su consejera. Si su estudiante no sabe este procedimiento, alguien en la oficina de consejería le ayudará. Para poder cambiarse de clases dependerá en el tamaño de la clase. Después de las primeras dos semanas de escuela, nosotras en la oficina no podemos hacer cambios en el horario de clases excepto cambiar niveles. Por ejemplo, pasando de español II a español I. El último día para hacer cambios en el horario de clases es el **10 de septiembre, 2007**. A partir de entonces, se harán cambios solamente si el estudiante está en el nivel equivocado.

Si su estudiante quiere quitarse(dejar) una clase y no quiere que aparezca en el expediente académico, tiene que hacerlo para el **4 de octubre, 2007**. El último día que puede retirarse de una clase durante el primer semestre (Withdrawal Pass – WP ó Withdrawal Fail – WF) es el **16 de noviembre, 2007**. Sin embargo, esto aparecerá en el expediente académico.

Visitando Clases

Durante el mes de Septiembre, las consejeras se reunirán con todos los estudiantes en las clases de Estudios Sociales para revisar los expedientes académicos, los requisitos de la escuela superior, colegios de la comunidad y universidades y proveer información en general y consejos para ayudar al estudiante.

Requisitos de Tecnología

Todos los estudiantes necesitan satisfacer el requisito de Tecnología para poder graduarse de M-A. Los estudiantes tienen tres opciones para completar este requisito: 1) Aprobar una clase de Tecnología; 2) Someter un Portafolio Tecnológico; ó 3) Aprobar el Exámen de Tecnología. La hoja con las instrucciones de como crear un Portafolio Tecnológico esta disponible en la oficina de Consejería y el Exámen Escrito de Tecnología será ofrecido dos veces al año, una vez cada semestre. Este año la fecha para dicho exámen durante el otoño será el **5 de septiembre, 2007**. Por favor inscribise en la oficina de consejería a más tardar el **31 de agosto, 2007**.

Fechas de Vencimiento para los Estudiantes del Doceavo Grado

Todas las clases que son requisitos de graduación, incluyendo Educación de Seguridad, que son tomadas a través del programa Aprendizaje a Distancia tienen que ser completadas no más tardar de **NOVIEMBRE 26, 2007** y la oficina de consejería tiene que recibir la calificación final no más tardar de **DICIEMBRE 14, 2007**. Por favor note que no todas las clases que pueden tomarse a través del programa de Aprendizaje a Distancia son aprobadas por el sistema de la Universidad de California.

- **Los estudiantes del doceavo grado** que seleccionan completar el requisito de tecnología completando un portafolio **tienen que tenerlo terminado y aprobado para el 3 de diciembre, 2007**. Por favor visite la página en el internet para más detalles.
- El semestre durante el otoño es un semestre bien ocupado para los estudiantes del doceavo grado. Los estudiantes pueden visitar el Centro de Universidades y Carreras, la Oficina de Consejería ó entrar en la computadora (www.macareercenter.com) para adquirir una copia del paquete de cartas de recomendación. Los estudiantes del doceavo grado que piden cartas de recomendación a sus consejeras **necesitan personalmente someter el paquete completo a las consejeras en la forma siguiente:**
Para Decisión Temprana: viernes, 28 de sept 2007.
Para Decisión Regular: miércoles, 7 de nov, 2007
Cuando sometan el paquete de recomendación completo a los profesores y consejeras, los estudiantes del doceavo grado tienen que incluir una copia de su composición personal, un resumen acerca del estudiante escrito por los padres, un resumen escrito por un compañero acerca del estudiante, y una copia del expediente académico.

Consejería, cont'd

También deben incluir la hoja para solicitar que enviemos su expediente académico, \$2.00 por cada expediente académico y sobres rotulados con las direcciones de las universidades/colegios con dos estampillas postales en cada sobre.

Educación Física (P.E.) Excusa Médica

Cuando el estudiante está suscrito en una clase de educación física y no puede continuar asistiendo por motivos de problemas de salud, tiene que obtener una carta del doctor especificando la condición médica que el estudiante esta experimentando y cuanto durará esa condición. El estudiante

Estudiantes Asignados a las Consejeras

Abajo notará como hemos dividido el alfabeto y a que consejera le corresponde:

Student Last Name	Guidance Advisor	E-Mail Address	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

tiene que someter esta carta a Tonya Castillo, asistente de salud (en el edificio administrativo, 322-5311 ext. 5129, (tcastill@seq.org), inmediatamente que esta condición aparezca. La señora Castillo va a evaluar esta carta y puede, si es necesario, consultar con el doctor del estudiante ó/y con la enfermera del distrito. Si es necesario, la señora Castillo le dará una excusa médica para ese trimestre. La excusa médica se tiene que obtener durante el trimestre en el cual el estudiante tiene una condición médica que no le permite continuar en la clase de educación física. **Los estudiantes no pueden presentar una carta de parte del doctor y presentar un certificado médico retroactivo de educación física por un trimestre que ya paso.**

La Oficina de Consejería desea tomar esta oportunidad para darles las gracias a la comunidad incluyendo padres de familia, estudiantes, maestros/as, al personal de la escuela por su continuo apoyo. Por medio de este apoyo esta oficina le da la bienvenida a Paula Kousounadis, nuestra sexta consejera. Muchas gracias!

¡Esperamos tener un fantástico año escolar!

Guidance, cont'd from page 8

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

The Guidance staff would like to take this opportunity to thank the school community including parents, students, teachers and school staff for their continual support of the Guidance Office. Through your support, we are able to welcome Paula Kousounadis, our new sixth Guidance Advisor.

We hope to have a fantastic school year!

From the Career Center

I'm delighted to be back for another year in the Career Center! As always, my goal is to help students learn about college/career, scholarship, and financial aid options in an environment that focuses on sanity, health, good sense, and joy in the self-knowledge that the college search can bring if we keep everything in perspective.

Reducing anxiety among students and parents about college-related matters is one of my top priorities. Another high priority is opening students' (and parents') minds to the full range of options in higher education; no one is well served by a belief that there are only a handful of colleges where students will have top-notch academic and social experiences.

To learn more about a wonderful organization that embraces the above beliefs, see www.educationconservancy.org. M-A is one of eight high schools participating in an Education Conservancy research project.

Fall is prime time for meetings with seniors; I have already met with or scheduled meetings with dozens of this year's seniors, and the meetings continue! It's also the season for college-rep visits, conferences, and classroom presentations to ALL senior classes. (Visits to junior classes will follow.)

Once again, colleges all over the country are scheduling visits to the Career Center: by December, we will have hosted about 100 of these visits. Students can check the list by visiting the College Visits page at an event www.macareercenter.com. Each college's name on that page is a link to that college's web site. Students must come to B-15 to learn times for the visits and request passes to leave class. We must thank our teachers and administrators, who recognize the value of allowing students to miss a little classtime to attend these visits, and the colleges themselves, who visit because they see excellent applicants from M-A every year. Many high schools do not allow these visits, or they permit them only at lunch. We're so fortunate!

Early in the year I will attend both the UC and CSU Counselor Conferences; following those events, I will share updates with the seniors through their English classes and/or through my senior e-list. All seniors should be on the e-list (and parents should be on the parent e-list, *not* the junior and senior e-lists, which are for students only); sign up for e-lists on www.macareercenter.com. Seniors will receive a weekly e-mail (announcing college visits, new scholarships, events, etc.); parents and juniors will hear from me occasionally.

As always, feel free to call me (x 5141) or send me e-mail (AAKleeman@aol.com) with your questions and concerns.

M-A's Own SAT Prep

Is your junior facing the dreaded PSAT, that first step on the college admission path? If so, he or she will want to be prepared, and M-A's Own SAT Prep program has been successfully prepping students for 27 years, and this begins the 28th year. We are attempting to offer two courses in an effort to accommodate student-athletes, so on Mondays and Tuesdays we plan an early session at 3:30-5:00 and a following one at 5:10-6:40. Both classes need a minimum of 20 students enrolled to be feasible. The fee will range from \$100.00 to \$225.00 depending on the enrollment. Classes meet on campus for five weeks, finishing the week the PSAT is given. We will also accommodate those seniors who have yet to take an SAT. Sophomores, who do not need to take the test, will be waitlisted and enrolled if space becomes available. Our motto is "As good as the best, and better than all the rest." Call Jane King to ask questions and/or enroll your student: 323-4066 or email her at jcking@juno.com.

2007 Destinations Of Menlo-Atherton Graduates (compiled 6/11/2007)

Total 366: 33% to two-year colleges, 61% to four-year colleges, 2% to vocational schools; 4% other Not included: Middle College students, non-grads

TWO-YEAR COLLEGES

119 students (33%)

Cañada College: 21
Cabrillo: 3
College of San Mateo: 23
Cuesta: 3
DeAnza: 6
Foothill: 41
Marymount (private): 2
Mission: 3
SF City College: 4
Skyline: 5
Other Comm Colleges: 8
U. of the Pacific: 1
U. of Redlands: 4
U. of San Francisco: 1
USC: 5
Vanguard: 1
Westmont: 3

CALIF STATE UNIV (CSU)

45 students (12%)

Cal Poly Pomona: 3
Cal Poly SLO: 4
Cal State East Bay: 1

Cal State Northridge: 1

Chico State: 5
Humboldt: 1
Long Beach: 1
Los Angeles: 1
Monterey Bay: 1
San Diego State: 8
San Francisco State: 5
San Jose State: 12
Sonoma: 2

UNIV OF CALIF (UC)

70 students (19%)

Berkeley: 14
Davis: 11
Irvine: 4
Los Angeles: 9
San Diego: 6
Santa Barbara: 4
Santa Cruz: 22

CALIF PRIVATE 4-YEAR

45 students (12%)

Dominican: 1
Loyola Marymount: 3
Menlo College: 1

Notre Dame de Namur: 1

Occidental: 2
Pitzer: 1
Santa Clara U.: 5
Saint Mary's: 6
Stanford: 10

OUT-OF-STATE 4-YR

COLLEGES

66 students (18%)

Arizona State: 1
Bates: 1
Brown: 2
Colby: 1
Colorado College: 1
Cornell: 1
Duke: 1
Georgetown: 1
Ithaca: 1
Kalamazoo: 1
Lawrence: 1
McGill: 1
NYU: 2
Oregon State: 4
Pace: 1

Parsons: 1
Prescott: 1
Rhode Island School of
Design: 1
Rutgers: 1
Southern Methodist U.: 1
SUNY Stonybrook: 1
Tulane: 1
U. of Arizona: 2
U. of Chicago: 1
U. of Colorado: 10
U. of Illinois: 1
U. in New Zealand: 1
U. of Oklahoma: 1
U. of Oregon: 6
U. of Portland: 1
U. of Puget Sound: 2
U. of Utah: 1
U. of Washington: 2
U. of Wisconsin: 1
U.S. Naval Academy: 1
Utah Valley State: 1
Vassar: 1
Virginia Military Institute: 1

Washington U. St. Louis: 1
Wesleyan: 1
Wheaton: 1
Whitman: 1
Whitworth: 1
Worcester Polytechnic Inst: 1
VOCATIONAL PROGRAM
7 students (2%)
Aesthetics School: 1
California Culinary Acad: 1
Electrical Training Pgm: 1
FIDM: 1
Horseshoeing School: 1
ROP Auto Body: 1
UTI: 1
OTHER
14 students (4%)
Work: 7
Army: 1
National Guard: 1
Parenting: 1
Year off in Canada: 1
Undecided: 3

Athletic Boosters Look Forward to Another Exciting Year in M-A Sports!

By *Laurie Knapp and Suzanne Amato*

M-A's Athletic Boosters, a parent organization that supports ALL 50 athletic teams and 950 athletes, is looking forward to another excellent year in M-A sports! In 2006-2007, the Athletic Boosters funded requests from Baseball, Basketball, Cross Country, Football, Golf, Lacrosse, Soccer, Softball, Swimming, Tennis, Volleyball and Water Polo with funds raised from membership donations, a portion of eScrip funds, the Fall Fund Drive and the incredibly successful 2nd annual Big Bear Run. We also maintain and allocate the Atherton Police Department athletic fund.

Athletic funding requests have more than doubled from the 2003-04 school year and are predicted to increase another 10% this year as team uniforms and equipment become outdated and require replacement. With your generous support, Boosters is determined to fund every request!

How can you support M-A's talented athletes and dedicated coaches?

1. Remember to join or renew your membership to the Athletic Boosters (forms available in the sports packet and on our website at www.m-aboosters.org)
2. Renew your eScrip account (Boosters receives 30% of the revenue)
3. SAVE THE DATE – MAY 4th for the 3rd Annual Big Bear Run. Contact Darci Wentz (darci@wentzhome.com) for sponsorship opportunities.

Go Bears!

ESL Tutoring Volunteer Program: Help M-A's English Learners

The Short Story:

Planning for this year's PTA ESL Tutoring Program is underway. Please email either Sally Fundakowski (salfun@comcast.net) or Cathy Fairgrieve (cfairgrieve@mindspring.com) if you're interested in tutoring.

The Rest of the Story:

Volunteer ESL tutors work weekly with students in ESL (English as a Second Language) classes. Most of our students have moved to the US within the past 3 years. They face huge challenges in tackling high school in a new language, a new country and a new educational system. Volunteers give them an opportunity to practice English conversation as well as individual support for their class work.

Last year, over 35 dedicated M-A parents and local community members tutored in ESL classes and at the afterschool homework program. Tutors typically volunteer for one class period each week.

This is a fantastic opportunity for parents to get involved in a very constructive way, working directly with students and teachers. For freshman parents, it's a unique way to get to know M-A. Prior tutoring experience is not necessary, nor is familiarity with a second language. Tutors will focus on reading, writing, vocabulary, and conversation. We are hoping to start most tutors in late September. We will contact everyone on our mailing list with more detailed information from the ESL teachers at the start of school.

Conversation with Amy Jamison: M-A's Athletic Trainer

What is a Certified Athletic Trainer?

Certified Athletic Trainers, also known as ATCs, are medical professionals who specialize in the prevention, assessment, treatment and rehabilitation of injuries and illnesses that occur in athletes and the physically active. You've probably seen an ATC working with professional athletes on television, at local sporting events, and in the high school athletic training room.

What does an ATC do?

As your child's athletic trainer, I ensure that s/he remains healthy and is able to participate in practices and games. My primary responsibilities are injury prevention, reduction of further injury by administering immediate care, development and implementation of rehabilitation programs and development of appropriate policies, including return-to-play.

I usually work behind the scenes, but you may also see me on the sidelines at games and practices. I'm often in the athletic training room, helping athletes rehabilitate following an injury. I can be found in my office, keeping records of medical histories and treatments, or you may see me in meetings with administrators developing policies such as an emergency action plan and guidelines for responses to heat illness, lightning and other environmental hazards.

What kind of training does an ATC have?

Athletic trainers are board certified by an independent organization. To become certified, an individual must possess a Bachelor of Science degree from a college or university with an accredited athletic training program and pass the written and practical components of a certification exam. To maintain his/her credential, an ATC must complete 80 hours of continuing education every three years.

Amy Jamison, M-A, 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. The athletic training room is located next to the football & baseball fields. Amy is there after school and for sports competitions. Athletes can stop by with injuries, questions or just to say hi!

M-A Boosters Honors Athletes

School spirit was soaring at the Spring Sports Awards Night, held on May 23rd in the late, great J Bldg and sponsored by the M-A Athletic Boosters. Our immeasurable thanks go to Jeff Skidmore, who produced the inspirational slide show of our athletes in action. Thanks to all the M-A families and community members who continue to support the fundraising efforts of the Athletic Boosters. Go Bears!!

Congratulations! to our Outstanding Senior Athletes: Christina Dixon and Matt Mohr

Badminton

Most Valuable: Evan Fredericksen & Carson Rosenberg

Most Improved: Arnold Chan

Most Inspirational: Gabi Jubran

Baseball – Frosh-Soph

Most Valuable: Jeff Keller

Most Improved: Eric Stanske

Most Inspirational: Cam Rowland

Baseball – Varsity

Most Valuable: Daniel Johnston

Most Improved: Geoff Pound

Most Inspirational: Andrew Klein

Golf

Most Valuable: Nick Sako

Most Improved: Jake Hall Toy

Most Inspirational: Greg Sako & Elliot Hume

Lacrosse – Boys Junior Varsity

Most Valuable: Zander Rohn

Most Improved: John Contreras

Most Inspirational: Sam Peirce

Lacrosse – Boys Varsity

Most Valuable: Matt Fisher & Bo Dunnahoo-Kirsch

Most Improved: Charlie Fitz

Most Inspirational: Matt Mohr

Lacrosse – Girls Junior Varsity

Most Valuable: Monserrat Benavides & Alex Fanelli

Most Improved: Caroline Stroud

Most Inspirational: Molly Murphy

Best Defense: Monika Decker & Malena Spar

Coaches' Award: Eileen Johnson

Lacrosse – Girls Varsity

Most Valuable: Kayla Ushman

Most Improved: Julia Robinson

Most Inspirational: Sam Bassin

Best Offense: Tenley Breen

Best Defense: Megan Power

Softball

Most Valuable: Olivia Vagelos

Most Improved: Chelsea Mongird

Most Inspirational: Ellen Knapp

Swimming – Boys Frosh-Soph

Most Valuable: Simon Hood

Most Improved: Andrew Higgitt

Most Inspirational: Scott Swartz

Swimming – Boys Varsity

Most Valuable: Richard Hong

Most Improved: Chris Kelvie

Most Inspirational: Robbie Eaton & Jacob Morton

Swimming – Girls Frosh-Soph

Most Valuable: RYANNE HAUGHT

Most Improved: Laura Moreno

Most Inspirational: Maddy Martin

Swimming – Girls Varsity

Most Valuable: Lindsay Welton

Most Improved: Elise Delagnes

Most Inspirational: Rita Bullwinkel

Tennis – Boys Frosh-Soph

Most Valuable: Alden Mitchell

Most Improved: Derek Smith

Most Inspirational: Jonathan Kaslow, Guido Franke, & David Harris

Tennis – Boys Varsity

Most Valuable: George Horowitz, Carson Weiss, & Zach Schwab

Most Improved: Matt Boles Aguilar

Most Inspirational: Noah Greenberg

Track – Boys Frosh-Soph

Most Valuable: Russell Perkins

Most Improved: Joseph Ocon & Tom Folker

Most Inspirational: Aiden Vaesworn

Track – Boys Varsity

Most Valuable: Dan Jenkins & John Folker

Most Improved: Phil Arcuni

Most Inspirational: Sheraj Ragoobeer

Track – Girls Frosh-Soph

Most Valuable: Ashby Cogan

Most Improved: Sophia Kalin & Sylvia Bowditch

Most Inspirational: April Melendez & Steffi Pressesky

Track – Girls Varsity

Most Valuable: Kim O'Donnell & Keianna Talton

Most Improved: Caprice Powell

Most Inspirational: Sarah Rundle

Math Contests at M-A

by Gregg Whitnab, Math Department Chair

While college-bound students are usually well-informed about math contests at M-A the math department believes it would be valuable for parents to know more about our math contests and their benefits.

School-wide math contests are held on seven different Tuesday's throughout the year during lunch. These Tuesday contests are part of a state contest called the California Math League. Hundreds of high schools throughout the state participate, both at a state and county level.

There is a multitude of benefits for participating students. From their viewpoint, the most obvious is that they receive extra credit in their respective math classes. Another benefit is that many students are challenged and enjoy competing with their peers. Also each year we have approximately twenty winners in different categories. These students receive trophies and get to add this award to their college application resume. Beyond the extra credit, awards, and the spirit of competition, there is a very practical benefit of contests. Math contests give students an opportunity to engage in independent thinking that cuts across the math curriculum. We believe that students who participate in many math contests over their high school career become more skilled at taking standardized tests, in particular the SAT's, the math subject exams and their AP math exams.

This year's contest schedule is as follows: September 18, October 23, November 20, December 11, January 15, February 12 and March 11, February 26 – **AMC** *

Approximately 400 students participate each year on these 30-minute contests requiring a student to solve six challenging math problems by applying high school-level concepts from math subject areas ranging from geometry through pre-calculus. A student can score from 0 to 6 on each contest. We would like you to encourage your son or daughter to participate. Most participants are in Geometry 9, A.S. Algebra II, Pre-Calculus, AP Calculus, AP Statistics though certainly Algebra students are welcome. I have to add that the typical score on a contest can be a 1 or 2 with many students getting 0's due to the difficulty of the contest questions. While we would like you to encourage your son or daughter to participate, some good math students do not perform well in these competitions. If that is constantly the case, then we understand that at some point a student may decide to no longer participate.

* **AMC** is the American Math Contest which is an international math contest held once a year during class time. This contest is **by invitation only** with participants being chosen based on their California Math League performance and math abilities shown in class. Top performers go on the AIME (American Invitation Math Exam) which typically is 15 – 20 students at M-A. This is a 3-hour exam.

Freshman Transition and 6th Period Leadership Welcome New Bears

By Andy Stuart, Freshman Transition/6th Period Leadership

Plans are already well underway to welcome our new M-A Bears, the Class of 2011! Student leaders of the Freshman Transition program and members of the Freshman Transition Leadership class (6th period) have been working hard to ensure that incoming freshmen and their families will feel welcomed and supported throughout their first year of high school at Menlo-Atherton. In fact, over 130 upperclassmen leaders will be meeting for two full days in August to plan and get ready to offer support to M-A's next incoming class. These leaders will meet with each freshman student to ensure they are acclimating and thriving in their new school.

The Freshman Transition program at M-A presents a unique opportunity for freshmen, and their families. The program's goal is simple: to help incoming 9th grade students become comfortable in the new and sometimes challenging high school environment and offer them support in a variety of aspects. Throughout the first semester, selected student leaders visit classrooms to work with freshman students, promoting communication, offering advice, and answering questions. Experience has shown that peer leadership is the most effective way to create a school environment in which all students feel accepted without judgment.

In addition, a leadership class was created at M-A specifically designed to support incoming freshmen. The Freshman Transition Leadership class, composed of 30 dedicated student leaders, plans and presents events that serve freshmen and their families. Mark your calendars! The 4th Annual Freshman Family Welcome Dinner will be Sept. 7, and the first Freshman Dance is the same evening. Along with the new Leadership class, the PTA provided funds to present Challenge Day to every freshman student. Challenge Day is an intensive one-day workshop that promotes compassion, communication and community-building within a school. There are also several follow-up activities that build on the lessons learned in Challenge Day. The dates are October 29 or Oct 30.

In recent years, the M-A PTA has recognized the importance of embracing freshman students and their families. The Freshman Transition program, the Freshman Transition Leadership Class and Challenge Day are all programs that have had a tremendous positive impact on the social and academic environment at M-A. Menlo-Atherton is committed to continued work to build alliances and community spirit among its students and families.

On behalf of 9th grade teachers and counselors, the PTA, over 130 student Freshman Transition leaders and Principal Matthew Zito and his administrative team; we look forward to offering the class of 2011 a great first year of high school at Menlo-Atherton.

We are looking forward to a great year!

M-A's Fifth Period Leadership Class

By Kelly L. Todd, *English and Student Activities*, ktodd@seq.org

Welcome back M-A! We hope you had a happy and healthy summer! We have a lot of great activities planned over the next few months. Fifth period leadership is responsible for creating the "traditional" high school experience through planning events such as rallies, dances, spirit weeks, etc. Our class is organized into committees by graduating classes so that we can also effectively plan events to promote class spirit as well as school unity.

We have several special events coming up. Fifth period will be hosting the Welcome Back Dance on 9/28; this is a chance for the Bears to come together and dance their summer away... as well as a chance to get to know our baby bears! We are also planning a few beautification days during the first semester for the classes to do a little after-summer-clean up. Most of all, we are looking forward to our Homecoming Spirit Week: 10/21-10/27.

We are looking forward to the 2007-2008 year! Welcome back!

ESL Students Shine on KQED

By J.J. Lee-Gilbert

Several students in Menlo-Atherton High School's ESL 2 class have won the KQED Immigration Essay Contest and took advantage of the opportunity to read their essays on the air. Erick De La Rosa from Guatemala, Peni Paea from Tonga, Tatsuhiro Kawano from Japan, and Jonathan Jimenez from Mexico worked very hard and wrote touching and inspiring stories about their experiences coming here and adjusting to a new life in this country.

The reward for the contest was the opportunity to read their essays on the air for the Perspectives program on KQED FM 88.5. In addition each student received a \$68.00 cash prize. The winning essayists went to the KQED studios in San Francisco in early June to read their essays, except for Jonathan who was sick on the day of recording. They were very excited and nervous to do this, but so proud of themselves afterwards. They have been through so much and are working hard to make a better life for themselves and their families in America.

Their essays were aired during a half-hour special on July 1st and then again on July 4th. The recordings were also archived online after the first airing at <http://www.kqed.org/epArchive/R707011630>. Please check it out!

I commend the many M-A volunteer tutors who spent countless hours assisting our ESL students in this year's essay writing. Without their help, success stories like this could have not been realized.

Outreach Bears

By Julia Ransobhoff, *Community Liaison*

Menlo-Atherton's Outreach club is off to a busy and productive year. Our calendar is filled with exciting opportunities to help our local, national, and global communities. Many students are already involved, coordinating both ongoing and new projects. New students are always welcome to join Outreach and participate on any level. There is always a place for you to make a difference in this busy community, as we start the year continuing on with community funding. We will kick off the year with our first meeting September 10th at lunch in B-23. Stop by to learn about the plans for the year and enjoy yummy treats.

This year, Outreach projects include support for Alex Child's, Art in Action, Beautification, Conflict Mediation, Darfur, Habitat for Humanity, Holiday Gift, Pancake Breakfast, Pennies for Leukemia, Project Backpack, Safe Rides, Selby Lane Tutoring, SOS, Tobacco Prevention, and Walk for Ben. Conflict Resolution Training is taking place on October 3rd and 4th from 9:30- 3:30. Yes, we have a full and fun schedule!

As a new junior at M-A, I serve as the Community Liaison for Outreach. I coordinate projects both inside and outside M-A, and make contacts as we continue to reach out with Geri Nicholas' awesome leadership. I am leading two new projects this year. Teenlit is an easy way for M-A students to read and get published – in exchange for reading a copy of the newest book releases that we provide, we will publish your short book review online. You can join readers around the world who are sent books, and share a passion for reading. Running for a Reason (R4R) is a new project at M-A, but was started by my siblings (Sam Ransohoff, freshman, and Katie Ransohoff, Harvard '11) and me five years ago to help fund the health insurance gap for children facing life-limiting illness and receiving care through Hospice of the Valley. R4R meets several times a month with elite coaching for athletes of all levels, and includes plyometrics, stretching, pilates, yoga, running, and tons of fun. We emphasize healthy living while helping support the needs of this non-profit organization. We fundraise by selling baked goodies and raffle tickets for items donated by our community.

Take a look at our bulletin board in Pride Hall for more information about our projects and get involved! Outreach needs you and welcomes you to come make new friends, get inspired, and become empowered as you make a difference. Come kick off your year as an Outreach Bear!

Questions? Contact Geri Nicholas at gnichola@seq.org x5020

Attention all M-A Freshman Families:

You are invited to the FRESHMAN FAMILY WELCOME

The Freshman Transition Team, Leadership and the PTA are teaming up for the 4th annual event for M-A. Designed to make the freshmen and their families feel more comfortable at M-A, please join us for this fun evening!

When: Friday September 07 at 6p.m.

Where: Near the library

What: Potluck Dinner (You know the food will be good, since you are cooking it!)

Last Name	Please bring (serves 6-8 people)
A-H	Entree
I-Sh	Salad
Si-Z	Dessert

Drinks will be on sale for \$1.00 each. Proceeds to benefit the Freshman Leadership Class, who **CREATE ALL M-A EVENTS** for FRESHMEN!

Don't miss out on this great opportunity to meet new friends!

Questions? Feel free to contact Patty Burch, Freshman Family Welcome chair, at pattyburch@comcast.net or (650) 473-1542.

Atencion a todas las familia de estudiantes Freshman de M-A Estan todos cordialmente invitados a la: BIENVENIDA FAMILIAR

La Asociacion de Transicion de los Freshman, el Liderato y et PTA estan colaborando con este evento emocionante para M-A. Unase a nosotros en esta velada divertida e informative ya que queremos que todos ustedes se sientian bienvenidos e integrados a vuestra comunidad.

Fecha: Viernes 07 Septiembre, 6:00p.m.

Lugar: acerca a la biblioteca

Evento: Cena estilo potluck (la comida sera sabrosa pues usted prepara algo!)

Apellido	Favor de traer suficiente papr 6-8 personas
A-H	Plato principal
I-Sh	Ensalada
Si-Z	Postre

Bebidad a \$1 cada una-ganancias beneficiaran al liderato de la clase Freshman quienes crean eventos come este!

Nose debe perder esta gran oportunidad de conocer nuevas amistades!

Preguntas? Changa contacto con Patty Burch, la Jefa del Comite de Bienvenida: pattyburch@comcast.net or (650) 473-1542

Trivocis Calendar September 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31 Deadline to sign up for Technology Exam	1 September School Beautification @ MA
3 Labor Day No School	4 Fall Play Audtions, 2:30pm, C16	5 PTA meeting 8:30am Technology Exam SDMSC Mtg. 2pm, Career Center Fall Play Audtions, 2:30pm, C16	6 Spring Ceramics Sale 11am-3:30pm Trivocis submissions deadline Fall Play Audtions, 2:30pm, C16	7 Deadline for Oct Trivocis Fall Play Audtions, 2:30pm, C16 Freshman Family Welcome Pot Luck, 6pm, near the library Freshman Dance	8
10 Last day to make schedule changes Deadline for Oct. 6 SAT Test www.collegeboard.com	11 Student Athlete Parent Sports Info Night, 7pm	12	13 Health Clinic 9-2:30pm	14 End Progress Report Period	15 ACT Testing www.actstudent.org School Beautification @ MA
Outreach mtg. lunch, B-23 Foundation Mtg. 7-10pm, Library	Back to School Week				
17	18 Fashion Show Orientation mtg. Math Contest lunch, D-wing School Picture Make-Ups SDMSC, 4:30pm Staff Lounge	19 Fashion Show Orientation mtg.	20 Trivocis Mailing / Posting Back to School Night	21 ACT Registration Deadline	22
24	25	26 Parent Education Series-"Parent Orientation to M-A with Principal Zito" 10-11:20AM and 6-7:20PM, Library	27 Health Clinic 9-2:30pm Band Pot Luck, 6:30-8:30pm	28 Early Action College Application recommendation packets deadline Welcome Back Dance, 7-10pm	29

Future	
Oct 3 & 4	Conflict Resolution Training
Oct 18 – 20 & 26	Midsummer Night's Dream Performance
Oct 29 & 30	Challenge Day
Nov 7	Regular Decision College Application deadline
Nov 10	Fashion Show, 12:00, 4:00, 7:30pm
Nov 26	Distance Learning deadline for graduation

For other future events, see:
www.mabears.org
"Calendars and Events" from left menu
Submit calendar events for October 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'Neil, Co-Coordinator 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. 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) or lunch server (10:00 am - 12:00 noon). 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.

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Next mailing date – September 20, 2007

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