

TRIVOCIS

THREE VOICES . . . STUDENTS, PARENTS, FACULTY

FEBRUARY 2008
VOLUME 55, NUMBER 5

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



Minimum Day: Tues, Feb 12
Holidays - No School
 Friday, Feb 15 & Monday, Feb 18
PTA Meeting
 Wednesday, Feb 6, 8:30am, Rm F-15
Election Day: Tuesday, Feb 5
Calif Scholarship Federation p.8
 Sign-ups at lunch, Feb 4-8, Library \$3
College Info Nights-Pls RSVP! p.8
 for Sophomore Parents
 Tuesday, Feb 5, 7:30 pm, Library
 for Junior Parents
 Thurs, Feb 7, 7:30 pm, Library
Spring Sports Parent/Athlete Night
 Tuesday, Feb 12, 7 pm, Library
Parent Education Night
"Your Teen's Mental Health" p.8
 Wednesday, Feb 20th, 7 pm, Library
Winter Formal Details on p.16
 Friday, Feb 22, 8 pm, GiftCenter, SF
Big Band Dance: Friday, Feb 29,
 8-11:30 pm Ticket Form p.13



Feb 29th is deadline for \$50k matching funds for our Foundation! p. 4

Big Bear Run: Sunday, May 4 Registration Form p.11

From the Principal

Dear Menlo-Atherton Community:

One of the great aspects of working at a high school is that you have the opportunity to start fresh at the beginning of each semester. While everyone else slogs on in his or her everyday drudgery, we get a new start. As I walked around campus and visited classes during the first days of the semester, the positive energy was palpable. Everyone is rested, students and staff are engaged and there is an almost limitless sense of possibility. Our challenge is to maintain and cultivate that sense of the possible. We must continue to encourage our students to think of what they do at M-A and in their community as important and full of meaning; that their path in life is not predetermined or entirely shaped by influences outside of their control; and that educating oneself and preparing to be an informed citizen for this century is an essential life task. In our 'adult world,' the majority of us spends most of the day dealing with the mundane details of life and no longer thinks about the bigger picture of who we are and what we want to become.

Speaking of new beginnings, it is exciting to help form the school environment at Menlo-Atherton and watch things grow and take shape. The concrete walls for the Performing Arts Center are taking shape in the front patio, our freshmen are settled into the routines of high school, and we are already making plans for graduation and next school year. In the midst of the usual school seasons, a larger transformation is taking place at the school. With the proceeds from our existing school construction bonds and Measure J (which will appear on the February 5th ballot), we will finish the re-building and expansion of the school campus. We will also restore the Middlefield frontage and improve the entire appearance of the school property.

The improvements are not just in the facility arena—we are continuing to invest in our staff, providing training and professional development for them to improve their skills, address problem areas, and rejuvenate themselves. From a school-wide perspective, we continue our work to strengthen and support all levels of the academic program, so that students can move seamlessly between levels and still experience a uniformly high quality academic experience. We are also cognizant of the need to maintain our strength in upper echelon academics and in supporting students with diverse learning needs and styles.

As a result of our size and dizzying array of programs and services that we offer, it is sometimes challenging to provide the intimate experience and high quality customer service that is our goal as an institution. Recently, I had a phone message from a parent whom I know well that put things into perspective for me. I frequently wonder what awaits me when I return a phone message and was pleasantly surprised to learn that the

parent wanted to know about bringing his younger son to M-A (he started ninth grade at a small, exclusive private school). He proceeded to tell me that he found it easier to connect with his older son's teachers at Menlo-Atherton, that staff were generally more responsive, and that he had been disappointed by the overall quality of the experience at the intimately sized private school.

I was reminded again of what a special place this is and that because Menlo-Atherton is a neighborhood public high school, we sometimes fail to recognize the high quality of the experience and academics that are provided here. While we have our challenges, this is an amazing high school that strives to take care of all its students. Even though we are large, there is an intimate environment on campus and a belief that all our students can be successful. As I like to say when I speak about Menlo-Atherton: Our academics are the gold standard, there is something for everyone, and there is a place for everyone on this campus, and in our programs.

As we begin the New Year, you might want to think about the possibilities in your own life; we will continue our work at cultivating limitless possibilities in your children's lives.

Respectfully, Matthew Zito, Principal

Estimada Comunidad de Menlo-Atherton:

Una de las mejores cosas de trabajar en una escuela secundaria es la de tener la oportunidad de empezar de nuevo al comienzo de cada semestre. Mientras todos los demás trabajan duro en su rutina diaria, nosotros empezamos de nuevo. Se podía palpar una energía positiva cuando caminaba por el campus y visitaba las clases durante los primeros días del semestre. Todos estamos descansados; los estudiantes y la plantilla están involucrados y hay una sensación casi ilimitada de posibilidad. Nuestro desafío es mantener y cultivar esa sensación de lo posible. Debemos seguir animando a nuestros estudiantes para que piensen que lo que hacen en M-A y en su comunidad es importante y tiene sentido; que su camino en la vida no está predeterminado o completamente modelado por influencias fuera de su control; y que educarse a sí mismos y prepararse para ser un ciudadano informado para este siglo es una tarea esencial en la vida. En nuestro “mundo adulto”, la mayoría de nosotros pasamos la mayor parte del día tratando con los detalles mundanos de la vida y ya no pensamos en el gran cuadro de lo que somos y de lo que queremos ser.

Hablando de nuevos comienzos, es emocionante ayudar a formar un entorno escolar en Menlo-Atherton y ver cómo las cosas crecen y toman forma. Las paredes de hormigón del Performing Arts Center están cobrando forma en el patio delantero, nuestros estudiantes de primer año se han acostumbrado a la rutina de la escuela secundaria, y ya estamos planeando la graduación y el próximo curso escolar. En medio de las usuales temporadas escolares, una gran transformación está tomando lugar en la escuela. Con los ingresos de nuestros existentes bonos de construcción de la escuela y Measure J (que aparecerá en la votación del 5 de febrero), terminaremos la reconstrucción y expansión del campus de la escuela. También restauraremos la fachada que da a Middelfield y mejoraremos todo el aspecto de la propiedad de la escuela.

Las mejoras no se centran solo en el espacio de las instalaciones —seguimos invirtiendo en nuestra plantilla, aportando capacitación y desarrollo profesional para que nuestra plantilla mejore sus destrezas, se dirija a áreas problemáticas, y se rejuvenezca. Desde una amplia perspectiva escolar, seguimos trabajando para fortalecer y apoyar todos los niveles del programa académico, de forma que los estudiantes puedan moverse suavemente entre los distintos niveles y al mismo tiempo vivir una uniforme experiencia académica de alta calidad. Somos además conscientes de la necesidad de mantener nuestra fuerza en los altos niveles académicos y de apoyar a los estudiantes con las diversas necesidades y estilos de aprendizaje.

Como resultado de nuestro tamaño y de la selección vertiginosa de programas y servicios que ofrecemos, es a veces todo un desafío proporcionar la experiencia íntima y la atención al cliente de alta calidad que suponen nuestra meta como institución. Hace poco, recibí un mensaje telefónico de un padre a quien conozco bien que me hizo ver las cosas desde una perspectiva diferente. Frecuentemente me pregunto qué me espera cuando devuelvo un mensaje telefónico y en esta ocasión quedé gratamente sorprendido al saber que el padre quería enterarse de cómo llevar a su hijo menor a M-A (él empezó el noveno grado en una pequeña y exclusiva escuela privada). Siguió diciéndome que encontraba más fácil conectar con los profesores de su hijo mayor en Menlo-Atherton, que la plantilla era generalmente más receptiva, y que la calidad general de la experiencia en la pequeña escuela privada le había decepcionado.

Esto me hizo acordarme de nuevo de lo especial de este lugar y de que a veces no reconocemos la alta calidad de la experiencia y los estudios que proporcionamos aquí, en Menlo-Atherton, una escuela secundaria pública de vecindario. Aunque tenemos nuestros desafíos, ésta es una asombrosa escuela secundaria que se esfuerza por cuidar de todos sus estudiantes. Y aunque somos grandes, existe un entorno íntimo en el campus y creemos que todos nuestros estudiantes pueden tener éxito. Como me gusta decir cuando hablo de Menlo-Atherton: Nuestros estudios son el estándar de oro: hay algo para todos, y hay un lugar para todos en este campus y en nuestros programas.

Mientras comenzamos el Nuevo Año, quizás quiera pensar en las posibilidades de su propia vida; seguiremos con nuestro trabajo cultivando las ilimitadas posibilidades en la vida de nuestros hijos.

Cordialmente,

Matthew Zito, Director

TRIVOCIS

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Volume 55, Number 5

M-A HS PTA News

17th District CCPT

Published Monthly by the PTA of
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555 Middlefield Rd, Atherton, CA, 94027 650-
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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. The mention of any business or service in this newsletter does not imply an endorsement by the M-A PTA. Send submissions by e-mail to kim@kimcarlisle.com.

2007-08 Publication Dates

Issue	Deadline	Mailing
March	Feb 8	Feb 21
April	Mar 14	Mar 27
May	Apr 11	Apr 24
June	May 9	May 22

A MESSAGE FROM YOUR PTA PRESIDENTS

2008 will be Great!

“We will open the book, its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year’s Day.” – *Anonymous*

We hope that you have returned to school refreshed and renewed after the holiday break. New Years can be a wonderful time to reflect on one’s life. Generally resolutions are made to try to improve some type of character flaw. By observing the recent actions of M-A students and parents, resolutions do not seem necessary! Our M-A community can move forward with confidence that they are living their lives in a positive, productive way.

The PTA is incredibly proud to be able to report on Project Backpack, the Holiday Gift Drive, and Feed our Families – events that took place before the holidays. The Outreach Club, under the leadership of Geri Nicholas, gathered toiletries, warm clothing, and other necessities and filled over 230 backpacks, which were then delivered to the Tenderloin District in San Francisco. The packs were personally handed out, along with sandwiches and cookies, to grateful and surprised people by 50 students and 20 adult volunteers. These lives were definitely touched by this generous endeavor. The spirit of giving and receiving works so that both recipient and provider’s lives are enhanced.

The Holiday Gift Drive identified about 60 families that needed some extra support during the season. The PTA, Rotary Club, Coldwell Banker, the Congregational Church, Boy and Girl Scouts, and individual M-A families made donations so that gifts could be purchased. The students then selected, wrapped, and personally delivered gifts to each family member. Lisa Major and Leslie Maier were instrumental in making this event happen. Lisa and Leslie came forward at the perfect time and devoted themselves to this act of kindness.

Feed our Families, a wonderful program and massive volunteer effort, was managed by Sarah Fitzgerald and Diane Kelvie. Diane and Sarah gave selflessly of their own time during the busy holiday season in order to help Andy Stuart, Jenna Carson, and Kelly Todd organize the Leadership students for this monumental task. The students from all 4th period classes at Menlo-Atherton mobilized to sort and store food for 500 families. Over 100 parents, students, and alumni helped out as sorters, drivers, and contributors to make this happen. Everyone in attendance of this event felt honored to deliver provisions to families to make the holidays a bit less stressful.

We are excited to present the next Parent Education Night on February 20th, from 7 to 8:30 p.m. in the Library. Charlene Margot and Darcy Prime would like to invite parents to attend this event, “Your Teen’s Mental Health.”

Phillipe Rey and Liz Schoeben of Adolescent Counseling Services will highlight areas of concern (depression, use of alcohol and drugs, stress, cutting, eating disorders, family conflict, and suicide) that may be affecting your child or your children’s friends. Mr. Rey will give an overview of ACS as a Palo Alto-based nonprofit, and Liz Schoeben will then address parents directly about what she sees in her practice at M-A in terms of mental health issues. She will be honest and straightforward to help raise awareness of issues that may be difficult for parents to hear, but that are important for keeping our children "safe." This will be a Parent Ed Night that you don’t want to miss.

A reminder that Election Day will be Tuesday, February 5th for Measure J, the high school bond measure that the M-A PTA membership voted on to endorse and made a campaign contribution to. The passage of Measure J will support M-A by providing funds to upgrade technology, address energy and infrastructure improvements, renovation and construction needs, landscape, as well as other benefits. Please vote YES for Measure J! To learn more, go to www.communityforsequoia.org.

Our next PTA meeting will be held on Wednesday, February 6th in room F-15 at 8:30 a.m. We look forward to seeing you there!

M-A PTA February "Bear Hugs" to

- Emily Ligget for running the PTA's eScrip program, educating and giving families a cost-free way to make a donation to our school and provide funds for the PTA (and the M-A Athletic Boosters, as the PTA donates part of the proceeds from this program to their organization!).
- Alice Kleeman, Charlene Margot, Stacy Fredericksen, Julie Brody, Denise Bullwinkel, and Janet Perez for tirelessly transferring massive amounts of SOS survey data into a digital format so that the Stanford University School of Education could analyze the results for our spring Parent Education Series speaker event with Denise Pope.
- Muchas gracias to Rosalie Cornew for graciously assisting the PTA with Spanish translations of articles and flyers (often on short notice), and undertaking simultaneous English to Spanish translations at our various Parent Education Series events. This effort helps us to reach out to our entire M-A parent community.

FOUNDATION FOR THE FUTURE

MENLO-ATHERTON HIGH SCHOOL

Supporting Excellence in Education

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CHALLENGE GRANT EXCITEMENT AT THE FOUNDATION!

Happy New Year! We are thrilled at the generosity of the parents and community members listed on our Donor Roll below, which covers donations received as of December 31, 2007.

If you have not already made a gift to M-A, make your donation of any size today, and YOU will help earn \$50,000 for M-A!

The Foundation will receive a \$50,000 CHALLENGE GRANT if 50 more donors than last year contribute to the Foundation by February 29th.

WE NEED 76 MORE DONORS TO EARN THE \$50,000!

To donate on-line, go to www.m-afoundation.org and click on "Donate Now". **Or mail a check to:**

Foundation for the Future, P.O. Box 1228, Menlo Park, CA 94026.

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

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Cindy Folker, Director
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FOUNDATION FOR THE FUTURE

MENLO-ATHERTON HIGH SCHOOL

Supporting Excellence in Education

From The Guidance Office

By Karen Ramirez, Head Guidance Counselor, Francine Andrade, Julie Watts, Karina Escobar-Weaver, Paula Kousounadis, and Silvia Torres, Guidance Counselors

Second Semester

Wednesday, January 9th was the first day of the second semester. The second semester will end on June 6th. The last day of class for our students is June 5th.

Second Semester Deadlines

- The last day to add a class during the second semester is January 25.
- The last day to drop a class without a record appearing on your transcript is February 21.
- The last day to drop a class with a record of withdrawal passing (WP) or withdrawal failing (WF) appearing on your transcript is May 2; the latter will impact your grade point average.

First Semester Grades

First semester grades were mailed the week of January 14, 2007 and the next progress report period will be mailed the week of February 11th. Reminder: Grading periods are every 4 and a half weeks. Reviewing first semester grades with your student is a great opportunity to discuss improvements for second semester. Following are some tips for your student regarding taking notes in class:

- Write the subject and date on every page.
- Leave some space between ideas.
- Don't worry about perfect spelling and punctuation, unless the teacher says otherwise. Make sure you understand what you are writing.
- Pay special attention to information on the blackboard or overhead projector.
- Star, circle, or underline topics teachers repeat. It might show up on a test.
- Review notes within 24 hours of taking them.
- Read assignments before class.
- Save notes in a folder or binder to review before tests and quizzes.

Seniors

Reminder: Mid-year Reports are mailed to colleges as soon as first semester grades are available. It is the student's responsibility to provide Mrs. Fran Huber in the Guidance Office with a completed Transcript Request Form and attach all Midyear School Reports and stamped addressed envelopes for colleges requesting first semester grades. There is a \$2.00 fee for each transcript that must accompany the midyear report.

P.E. Requirement

In order to graduate, students must complete 20 credits of physical education (P.E.). A maximum of 10 credits of physical education may be completed during the ninth grade. Students complete 10 credits of physical education by completing P.E. Core during the ninth grade. In order to meet the additional 10 credits, students may enroll in a P.E. Elective class at Menlo-Atherton High School or through the Sequoia Union High School summer school program. Students can also earn 2.5 credits of physical education for every sport they complete during their sophomore, junior, and/or senior years. Please see your guidance advisor if you have any questions.

The Guidance Office would like to send a BIG THANK YOU to all our parent volunteers who came out at 6:45 in the morning to hand out class schedules to your students. Also, thank you to Kristin Smith and Lisa Dettmer for arranging to have all the volunteers.

De la Oficina de Consejería

De parte de Karen Ramirez, encargada del departamento de Consejería, Francine Andrade, Julie Watts, Karina Escobar-Weaver, Paula Kousounadis y Silvia Torres, consejeras

Segundo Semestre

El miércoles 9 de enero fue el primer día del segundo semestre. El segundo semestre terminará el 6 de junio. El último día de clases para nuestros estudiantes será el 5 de junio.

Fechas Importantes para el Segundo Semestre.

- El último día para agregar clases durante el segundo semestre será el 25 de enero.
- El último día para quitar clases y que éstas no aparezcan en su expediente académico será el 21 de febrero.
- El último día para quitar una clase con el record de WP (pasando) ó WF (reprobando) apareciendo en el expediente académico será el 2 de mayo; la calificación WF (reprobando) afectará su promedio general.

Calificaciones del Primer Semestre

Calificaciones del primer semestre fueron enviadas por correo la semana del 14 de enero y el próximo reporte del progreso académico para segundo semestre será enviado la semana del 11 de febrero. Recordatorio: Los períodos de calificaciones son cada 4 semanas y media. Revise con su estudiante las calificaciones del primer semestre, es una gran oportunidad para discutir las mejorías necesarias para el segundo semestre. A continuación son algunos consejos para su estudiante respecto a tomar notas en la clase:

- Escriba el nombre de la clase y la fecha en cada página.
- Deje espacio entre ideas y pensamientos.
- No se preocupe acerca de tener la puntuación y ortografía perfecta a no ser que la profesora lo indique. Asegúrese a comprender lo que esta escribiendo.
- Ponga atención especial a la información que esta escrita en el pizarrón ó en el proyector.
- Circular, subrayar ó marcar los tópicos que la profesora/or repite. Esta información puede aparecer en el exámen.
- Revise las notas tomadas dentro de un período de 24 horas después de haberlas tomado.
- Lea y revise las tareas antes de llegar a la clase.
- Guarde las notas que ha tomado en la clase en un folder ó carpeta para revisar y estudiar antes de un exámen ó prueba.

Estudiantes del Doceavo Grado

Recordatorio: El reporte de medio año será enviado por correo a las universidades y colegios en cuanto las calificaciones de el primer semestre estén disponibles. Es la responsabilidad del estudiante de proveer a la Sra. Fran Huber en la oficina de consejería, la forma completa pidiendo el expediente académico y adjuntando todos los reportes, sobre con dirección y estampilla para las universidades que requieren calificaciones del primer semestre. Hay un cargo de \$2.00 por cada expediente académico que debe acompañar el reporte de medio año.

Requisitos de Educación Física (P.E.)

Para poder graduarse, los estudiantes tienen que completar 20 créditos de educación física (p.e.) Un máximo de 10 créditos de educación física pueden ser completados durante el noveno grado. Los estudiantes completan 10 créditos de educación física al tomar la clase P.E.Core durante el noveno grado. Para poder obtener los otros 10 créditos, los estudiantes pueden inscribirse en clases de educación física (P.E. Elective) en la escuela superior de Menlo-Atherton o a través del programa de la escuela de verano del distrito de Sequoia. Estudiantes pueden también obtener 2.5 créditos de educación física por cada deporte que completen durante el décimo, onceavo y doceavo grados. Por favor comunicarse con su consejera si tiene preguntas.

La oficina de consejería quiere brindar un gran agradecimiento a todos nuestros padres y madres voluntarios que se presentarán a las 6:45 de la mañana para distribuir los horarios de clase a sus estudiantes. También les damos las gracias a Kristin Smith y Lisa Dettmer por coordinar la presencia de todos los voluntarios.

FROM THE CAREER CENTER

By Alice Kleeman

Hello from the Career Center. I'd like to let you know about some upcoming events. In some cases, more information will be available later. As always, feel free to contact me if you have questions or concerns!

COMMUNITY COLLEGE NIGHT, Tuesday, January 29, 6:00-8:00 p.m., for students and parents. Free pizza! While seniors and their parents will find this most relevant at this time, other students are certainly welcome. There will be information tables sponsored by our local community colleges (Foothill, DeAnza, Cañada, College of San Mateo, and Skyline) plus a panel discussion. RSVP to AAKleeman@aol.com or 322-5311 x 5141.

CASH-FOR-COLLEGE WORKSHOP, Saturday, February 2, 10:00-2:00, Foothill College (free financial aid information and help filling out FAFSA).

SOPHOMORE PARENT COLLEGE INFO NIGHT, Tuesday, February 5, 7:30 p.m., Library. Sophomore parents only, no students. This is an opportunity for a casual Q&A with me; we'll discuss college testing, admission, etc. RSVP to AAKleeman@aol.com or 322-5311 x 5141.

JUNIOR PARENT COLLEGE INFO NIGHT, Tuesday, February 7, 7:30 p.m., Library. Junior parents only, no students. This is an opportunity for a casual Q&A with me; we'll discuss everything juniors need to know and do this year in relation to college, plus what will happen for them next year. RSVP to AAKleeman@aol.com or 322-5311 x 5141.

WESTERN ASSOCIATION FOR COLLEGE ADMISSION COUNSELING (WACAC) SPRING COLLEGE FAIR, Thursday, April 24, Mission College (Santa Clara), 10:00 a.m.-12:30 p.m., 6:00-8:30 p.m. This is an extremely comprehensive college fair with representation from colleges across the United States.

"M-A's OWN" SAT PREP

"Menlo-Atherton's Own" SAT Prep is taking enrollment for the class scheduled to begin March 31 and to run for five weeks, ending the week the May SAT is given. This also preps for the June SAT as there is not enough time to hold a full set of classes between the May and June exams.

An enrollment of twenty students will ensure the base price of \$100.00. If this number is not met, the price rises incrementally but tops out at \$225. Classes are on campus, 3:30-5 p.m., each Monday for math and Tuesday for English, of the five-week schedule. Students should, ideally, enroll for both days as we teach technique for taking SATs; but enrollment for only one subject is possible.

We are a non-profit organization, and to keep our costs so low, we run on a no refund, no make-up standard. We are also willing to accept some late enrollment (at a lower cost to compensate for the limited attendance) for the class prepping for the March exam. To get answers to your questions and/or to enroll your student, call Jane King at 650-323-4066 or email her at jcking@juno.com.

California Scholarship Federation

By Alice Hom & Marilyn Loftness, Parent coordinators

Time to sign up for membership in California Scholarship Federation (CSF) from February 4-8. Applications are available the week prior from your English teacher. Look for the sign-up table every day during lunch that week outside of the library.

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

Parent Education Series: Your Teen's Mental Health

By Charlene Margot, PTA Parent Education Series Co-Chair

The PTA Parent Education Series is underway for the spring semester! Concerned parents will not want to miss the next Parent Ed Series event, "Your Teen's Mental Health." This important evening features presentations by Adolescent Counseling Services, a Palo Alto-based nonprofit organization that offers free on-campus counseling at Menlo-Atherton. ACS provides an integrated network of services for teens and families in our community, and over the past 30 years, ACS has helped approximately 20,000 local teens through the challenges of adolescence.

Philippe Rey, Executive Director of ACS, and Liz Schoeben, Director of On-Campus Counseling services at M-A, will present an overview of Adolescent Counseling Services and the mental health issues impacting Menlo-Atherton and its students. Ms. Schoeben will address topics that many parents find difficult to discuss with their teens including depression, the use of drugs and alcohol, academic and personal stress, cutting, eating disorders, family/peer conflict, suicidal tendencies, and more. Liz Schoeben stresses that while these mental health disorders may not apply to your own student, it is likely that your child may face one or more of these concerns with friends or classmates.

The evening is critical for all parents who want to learn more about today's teens and how mental health issues impact student academic performance, social adjustment, peer/family relationships, and general health and wellbeing. Please join us on Wednesday, February 20 from 7:00-8:30 p.m. in the Menlo-Atherton Library for "Your Teen's Mental Health." Light refreshments will be provided before the presentation, followed by Q & A.

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

Mathematics Choices

By Gregg Whitnah, Math Department Chair

With students beginning to register for Fall classes in late February/early March now is a good time to think about options available from the math department.

Before discussing options, one cannot stress enough the value of Algebra. Algebra is considered the gateway course to college, and without it, college success is unlikely. Algebra is also required to graduate and is part of the math content of the California High School Exit Exam. As one of our Calculus teachers, I can tell you that Algebra skills can significantly affect a student's Calculus performance throughout the year. Calculus teachers have a saying that "many times when solving a Calculus problem, the first step is Calculus and the rest is all Algebra." All college-prep students should take as much math in the traditional math sequence as possible beginning with Algebra and then progress through Geometry, Algebra II, Pre-Calculus and Calculus. Taking as much college-prep math as possible helps students better prepare for college as well as improving their college eligibility. At a minimum, all students planning on attending college should complete at least through Algebra II.

The California High School Exit Exam (CAHSEE) has become M-A's most important standardized exam due to the emphasis placed on it by the No Child Left Behind program. We support the math content of the CAHSEE exam and believe it is a reasonable exam to pass. Passing the exam as a graduation requirement began with the class of 2006. The students in class of 2008 have already had several opportunities to pass it and will continue to have more opportunities. The math department offers a CAHSEE math preparation class for interested students. This year's Sophomores (class of 2010) will be taking the CAHSEE exams for the first time on March 11 and 12. An 8-week program of daily review sessions have been integrated in the appropriate sophomore math classes.

Our district requires a minimum of 2 years of math to graduate. The UC system and California State Colleges require at least 3 years of math, including Algebra II. M-A has two options for this third year of math, AS Algebra II or Algebra II. The prerequisites for AS Algebra II are a minimum of a "B" in Geometry while Algebra II requires only a "C" in Geometry. Other guidelines are A.S. Algebra II is intended primarily for sophomores and juniors whose individual goal is completion of Calculus. Algebra II is intended for seniors (and some juniors) who have struggled in math but who still want to have a rigorous preparation for future required math courses in college. Please discuss this option with your son or daughter if they plan on enrolling in AS or regular Algebra II next year. The math department strongly recommends that seniors enroll in Algebra II, not A.S. Algebra II. Juniors leaving Algebra II can take Statistics, Algebra II/Trigonometry or Pre-Calculus. Algebra II/Trigonometry is a class that we are offering for the student who passed Algebra II but whom still would like to brush up on their Algebra II skills, expand their knowledge of Algebra II and learn trigonometry in preparation for Pre-Calculus or other math courses that will meet a college math graduation requirement.

Another option for juniors or seniors is AP Statistics or Statistics. AP Statistics has a prerequisite of Pre-Calculus or concurrent enrollment while Statistics requires Algebra II or concurrent enrollment. The difference between the two courses is a matter of pacing and content. AP Statistics, while being a fun, hands-on course, moves at an intense pace (as do all AP courses) while Statistics allows students in the middle the time to practice and master the material. AP Statistics literally travels twice as fast as Statistics. Many students take two math courses concurrently to both complete up through Calculus and to also take AP Statistics while at M-A. Your sons or daughters are encouraged by the math department to take two math classes concurrently. The majority of the students in AP Statistics are also enrolled in AP Calculus or Pre-Calculus. Currently at M-A 200 students are taking AP Statistics or Statistics.

Yet another option is BC Calculus or AB Calculus. Too complicated to explain here, but a meeting is held for parents of prospective students each January. Do note for future planning that BC calculus students participate in a 4-week summer program immediately following the Pre-Calculus course.

Juniors and Seniors who are not performing well in the college-prep math sequence can sign-up for Business Math, which will focus on consumer and personal financial skills with a emphasis on using spreadsheets. Business Math will count toward the 2-year math requirement needed to graduate from our district.

If you have further questions about the math department offerings, feel free to call Gregg Whitnah at 322-5311 x8719 or send email to gwhitnah@seq.org

Math Contest Dates Changed

Due to some changes in school schedules the two of the three remaining contest dates have changed. The remaining contests dates are:

February 5 - California Math League

February 12 - AMC - by invitation only

March 11 - California Math League

Preparations for the 3rd Annual Big Bear Run are Off and Running!

Mark your calendar for Sunday, May 4th, 2008. Is walking or running a 5K race to support M-A athletics on your list of New Year's resolutions? We hope so! As many of you know, the Big Bear Run features a beautiful course that starts at M-A, winds through Lindenwood and ends on Coach Parks Field. Last spring, 620 runners crossed the finish line and helped us raise over \$50,000 for M-A's 53 sports teams. This year, our goal is to attract 700 runners and raise \$55,000—enabling Boosters to approve grants for new uniforms, equipment, tournament fees and more.

If you'd like to be a Family Sponsor (\$250), Bronze (\$500), Silver (\$1000), Gold (\$2500) or Platinum (\$5000), please contact Michele Culhane: michculhane@pacbell.net or Kim

Young at kyoung@moragne.com. All sponsors will appear on our race T-shirts and registration forms. Large donors will appear on banners, posters, Draeger's bags and in advertising and press. You may also send a check to M-A Boosters/Bear Run, P.O. Box 1288, Menlo Park, CA 94026.

Please find the 2008 registration form here in Trivocis and sign up now. (Teachers and Coaches—just indicate your subject area or team at the bottom of the form and send in NO payment!) And remember—the M-A sports team with the greatest number of race participants will receive an extra \$500 to spend any way the coach and players wish. The team with the greatest *percentage* of players running the race will also win \$500. Register today!

2007 Fall Sports Awards

Boys Cross Country

Most Valuable Player- Andy Delcalvo
Most Improved Player- Jarrod Nixon
Most Inspirational Player- Robby Merk

Girls Cross Country

Most Valuable Player- Suzanne Eldredge
Most Improved Player- Julia Vitale
Most Inspirational Player- Victoria Fernandez

Varsity Football

MVP- Will Latu
Defensive Player Of The Year- Litani Moimoi
Offensive Player Of The Year-Will Latu
Offensive Skill Award- Troy Mccabe
Defensive Skill Award- Nick Dove
Most Improved-Sam Jenkins
Most Inspirational-Raymond Vainikolo And Shaka Pahulu
Offensive Lineman Of The Year- Sam Vakameialo
Defensive Lineman Of The Year-Josh Afungia
MAFA (Menlo-Atherton Football Association) - Andrew Klein - Exemplifies All
The Positive Qualities We Expect In All Our Players!
Leadership - Steve Disibio
Street Award - Will Latu

Congratulations to Will Latu, Sam Knapp, Raymond Valnikolo, Sam Vakameialo, Josh Afungia, Litani Moi Moi, Nick Dove, Troy Mccabe, Andrew Klein And Russell Perkins for receiving All League Honors and to Our Very Own Coach Bob Sykes for Being Named Coach of the Year!

Frosh/Soph Football

Most Improved Player: Chris Chavolla
Offensive Player Of The Year: Sililo Poponi
Offensive Skill Award: Ryan Chilcoat
Defensive Player Of The Year:Chris Gow
Defensive Skill Award: Adrian Calderon
Special Team Player Of The Year: Alofanga Sakalia
Offensive Lineman Of The Year:Misi Mataele
Defensive Lineman Of The Year: Sateki Finau
Most Inspirational Player Of The Year: Noah Stid
Most Valuable Player Of The Year: Tavita Mapa

Girls Varsity Golf

Most Valuable Player- Keiko Wolff
Most Improved Player- Kendall Mongird
Most Inspirational Player- Rachel Verity

Girls Frosh/Soph Tennis

Most Valuable Player- Katie Castro
Most Improved Player- Heather Holyoake
Most Inspirational Player- Lizzy Peck

Girls Varsity Tennis

Most Valuable Player- Marietta Tuinetoa
Most Improved Player- Julia Peck
Most Inspirational Player- Luiza Neto

Girls Junior Varsity Volleyball

Most Valuable Player- Darby Rosenberg
Most Improved Player- Austin Costello
Most Inspirational Player- Amanda Tachis

Girls Varsity Volleyball

Most Valuable Player- Arielle Mckee
Most Improved Player- Sophia Cornew
Most Inspirational Player- Alex Warner

Boys Junior Varsity Water Polo

Most Valuable Player- Paolo Mccarty
Most Improved Player- Ian Kelly & Alex Booher
Most Inspirational Player- Nick Henze

Boys Varsity Water Polo

Most Valuable Player- Matt Bogott & Alex Popp
Most Improved Player- Eric Wright & Scott Swartz
Most Inspirational Player- Kevin Lane

Girls Junior Varsity Water Polo

Most Valuable Player- Heather Bogott
Most Improved Player- Claire Sutton & Allison Feldman
Most Inspirational Player- Laura Moreno

Girls Varsity Water Polo

Most Valuable Player- Rebecca Dorst
Most Improved Player- Vanessa Lane
Most Inspirational Player- Elise Delagnes

Register Early for the 3rd Annual Big Bear Run, Sunday, May 4th, 2008



Time: Race-day Registration - 8 AM. Warm up - 8:30 AM. Start time - 9 AM sharp. **Pre-registration:** Pick up race T-shirts and bibs on Thursday, May 1st, 1:30 PM to 3 PM or on Friday, May 2nd, 2:30 to 3:30 PM at the T-Lot by the gyms. **Location:** Menlo-Atherton High School, 555 Middlefield Road, Atherton, CA 94027. (Race will start on Ringwood Avenue side of M-A.) **Course:** A flat, 5K race/walk that starts at M-A, weaves through Lindenwood and ends on Coach Parks Field. Everyone is invited. Refreshments and entertainment provided. **Awards:** Ribbons or Medals for 1st, 2nd, 3rd male & females in age groups: 12& under; 13 - 19; 20 - 29; 30 - 39; 40 - 49; 50 - 59; 60+. Gift certificate for overall winner, male and female. **Entry Fee:** Early Registration: By April 15th: \$20 for Adults / \$10 for Students 18 and under. Late and Race Day Registration: After April 15th: \$25 for Adults / \$15 for Students 18 and under. **REGISTER TODAY!** Please make check payable to M-A Athletic Boosters and mail entry form (below) and payment to: Big Bear Run, 9 Helen Place, Menlo Park, CA 94025. Interested in sponsoring the event? Please contact Michele Culhane: michculhane@pacbell.net or Kim Young: kyoung@moragne.com.

Big Bear Hugs for Our Sponsors to Date!



Anonymous • Murveit/Airola • Skidmore • Stanske • Young/Moragne
Bronze Sponsors: Chahrouri; Costella Kirsch; Dettmer; Gananian; K&J Mitchell; Sorenson.
Family Sponsors: Anonymous; Amato; Banta; Bastian; Booher/Harris; Branning; Brian; Brody; Bullwinkle; Costello; D&J Camarillo; DeFilipps; Dove; Fantuzzi; Fitzgerald; Folker; Gaston; Goldberg; Hale; Holland; Hood; Homberger; Hume; Kite/Davis; Knapp; M. Lee; Mayerson; Menninger; Milinovich; T&M Mitchell; Mosher; Perkins; Pinkston; Raub; Reardon; Sako; Shimbo; Songer; Stanek; Tobias Physical Therapy; Turner; Windham. **In-Kind donors:** Atherton Police; Occasions, Inc.; The Runners High

------(cut here)-----
On-line Registration available at www.active.com -----

Gender (circle one) M F Age _____ Date of Birth _____

Last Name _____ First Name _____

Address _____

City _____ Zip _____

Phone ____/____ Email _____

T- Shirt Size (circle one) Youth M L Adult S M L XL XXL

If you are an M-A athlete, please indicate your sports team(s) _____

Waiver: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims or damages I may accrue against the persons and organizations affiliated with this race for any and all injuries that may be suffered by me while participating in or en route to or from the event. I attest that I am physically fit and sufficiently trained for the competition, my physical condition verified by a licensed M.D. during the last 6 months. **For safety, no skates, no headphones or dogs are allowed.** As part of the waiver, I acknowledge that I have read and understand all of the above.

X _____ **DATE:** _____
ALL ENTRANTS MUST SIGN WAIVER. PARENT OR GUARDIAN IF UNDER 18

Stressed-Out Students Update

By Charlene Margot, SOS Task Force Member and Parent Education Series Co-Chair

An increasing numbers of students, parents and teachers in our society are suffering from unhealthy levels of stress. There is a mental health epidemic among adolescents and young adults in the United States, and rates of depression have doubled in the past five years with a record number of students seeking mental health services. Chronic stress can lead to feelings of burnout, disengagement, and stress-related illnesses such as headaches, exhaustion, stomach problems, and sleep disorders.

In May of 2006, Menlo-Atherton was invited to participate in the SOS: Stressed-Out Students project, a research and intervention program offered by Stanford University's School of Education. Founded in 2004 by Stanford lecturer and author Dr. Denise Clark Pope, the SOS project works to address and counter problems associated with academic and other stress. In an effort to combat the debilitating effects of stress on our students, Menlo-Atherton established the "SOS Task Force."

Over the past two years, the SOS Task Force has attended four SOS conferences at Stanford University with a team composed of administrators, faculty, counselors, parents and students. As M-A works with other returning teams from Bay Area high schools, we have a chance to share "what works" and offer suggestions for change. At Acalanes High School in Lafayette, their involvement with SOS has led to shortened school bells, later morning start times for final exams, a "test calendar" by department/subject, increased use of honor codes on tests and projects, yoga classes in P.E., and implementation of a Time Management Worksheet to help students with course selection in the spring.

This past fall, Menlo-Atherton administered the SOS: Stressed-Out Students survey to its student body. This comprehensive survey looked at student health, engagement, and academic integrity as well as personal and academic stress. SOS founder Denise Pope will address the faculty and staff of M-A at a special staff meeting in February 2008 with results from the SOS survey.

Dr. Pope returns to Menlo-Atherton in March 2008 to present results of the M-A survey in a highly anticipated PTA Parent Education Series event, "SOS: Stressed-Out Students M-A Survey Results." This thought-provoking evening is a must for parents seeking to establish a healthy balance between achievement and personal fulfillment for their students. By identifying the specific sources of stress in our diverse student body, Menlo-Atherton can better generate new programs or connect existing resources to students in need.

Mark your calendars! SOS founder Dr. Denise Pope presents Stressed-Out Students M-A survey results on Tuesday, March 25, 2008, 7-8:30 p.m. in the M-A Library.

For more information on the SOS project and a list of resources for parents and educators, go to:
<http://www.stanford.edu/dept/SUSE/sosconference/index.htm>.

Teen Sleep: A "Fresh" Focus

M-A's Teen Sleep Program is focusing on freshmen this year, the only M-A class that has not yet had the opportunity to participate in the program. Last school year, Stanford students from Dr. William Dement's Sleep and Dreams class came to M-A to present sleep information to the entire student body. (You may recall hearing your kids refer to their "sleep debt" or recite the caution, "Drowsiness is red alert!")

On February 19, Stanford students will return to present teen sleep information to all freshmen through World Studies classes. Plus, there's a new wrinkle in the program; a few M-A juniors will take part in the training to teach the freshmen and will team up with Stanford students to do the presentations. In addition, these M-A students will have an opportunity to attend one of Dr. Dement's classes and tour the Stanford Sleep Clinic.

This past fall, parents heard from the Teen Sleep Program when the PTA Parent Education Series sponsored a session expanding on the sleep presentations given last year. Students, teachers and yes, our own Mr. Zito, told true stories about the impact of sleep education and related their own personal sleep stories.

Later this year, the program will present three mini-lessons to the student body:

Sleep: The Competitive Advantage

Alert Behind the Wheel: Drowsy Driving Prevention

To Sleep, Not to Breathe: The Sleep Apnea Risk

Watch your PTA eNotes for dates, and in the meantime, sleep well! If you want to join our Teen Sleep Program Team or have any questions, contact Eileen Van Rhee, eileen@vanr.org, or Kay O'Neill, kayoneill@mindspring.com.

Bear Bytes

By Kelly Todd

BEARS ABOVE THE REST: Student of the Month Honorees for Science

We continue to honor our diverse student body not only based on achievement, but also on dedication and effort. We would like to congratulate our Science Department honorees who will be honored at the January Menlo-Atherton Student of the Month luncheon. These students were nominated by their teachers based on criteria determined by the Science Department. We honor these Bears for their dedication, hard work and achievement within their individual classes. Congratulations to:

<u>Grade</u>	<u>Teacher</u>	<u>Student</u>	<u>Congratulations on your...</u>
9th	Ms. Day	Sarah Mitchell	...positive class participation, interesting insight, help for your peers and pleasant nature.
10th	Ms. O'Neill	Maria Pimentel	...VERY hard work, organization, curiosity, supportive nature of classmates and desire to learn more about science.
11th	Mr. Powell	Cheri Slightham	...remarkable work ethic, willingness to ask questions and eagerness to push yourself to truly understand chemistry.
12th	Mr. Roisen	Jason Kwok	...excellent classroom achievement, ability and willingness to serve as a tutor for AP Bio students and generous giver of time and energy while keeping an infectious up-beat spirit.

These students are being recognized for a variety of reasons, but the one quality that they all have in common is that they serve as great role models for their fellow Bears. GOOOOOOOO BEARS!!!!

SERVICE-LEARNING THE M-A WAY

Linking Local and Global Communities for the Good of Others

Throughout the busy holiday season, several of our Bears continued to choose to contribute to our local communities:

- Ariane Khalfa is M-A's dedicated Key Club President. She has truly energized the club. In the past, there were maybe ten active members; this year the room overflows with over fifty! Key Club is dedicated to public service, and Ariane has provided great leadership for the club's many activities. She has taken on a huge task and done wonders for this wonderful service-based organization. She has also deepened the club's relationship with the adult Kiwanis Club, which is also a community-based public service organization. Ariane has simply done a remarkable job. Keep up the GREAT work!
- Estefania Castellanos made a huge contribution to canning during Feed Our Families. She spent several hours canning at stores, and she brought well over 30 bags of groceries to school. Not only did she contribute to our families, but she also spent time helping out her teachers! Thanks for being such a positive force!
- Several students stepped up just as Stephania did by spending many hours in front of our markets asking our neighbors for goods.. It was a life-changing event for all who had the opportunity to take part.

The entire Menlo-Atherton Family deserves a huge THANK YOU for your work on Feed Our Families 2007. Several people and organizations deserve a special thank you:

- Coach Parks for your continued support and guiding spirit
- Mr. McGovern for helping us bring in over 500 chickens
- Brian Oliver and M-A's phenomenal maintenance crew for your unending assistance and help in arranging the delivery and use of three large storage units
- PTA parent coordinators, Sarah Fitzgerald and Diane Kelvie, for your organization and gracious support
- Service West for the donation of the boxes used to gather and deliver the non-perishable goods
- JP Digital for the wonderful banners
- Key Market of Redwood City, Trader Joe's of Menlo Park, and Safeway of Sharon Heights for welcoming the Bears to can in front of their stores
- Manager Dan Isaac of Key Market and Leo Grande Produce for supporting us by ordering and delivering all of the produce and bread as well as donating bags and gloves.
- Accel Partners, Mark Rodgers, and many, many other generous contributors
- Classes of Ms. Vera, Ms. Podesta, Mr. Wellington, and Mr. Amoroso for helping with pick-up, delivery and organization.
- Our thank yous for Feed Our Families 2007 are extensive so please forgive us for leaving names out. This is a family effort and we know that could not have done this without any one person. We know we could not have helped our families without the service and support of everyone.

Hidden Promise

By Margaret Murchan, LCSW, ACS Program Director



Adolescent Counseling Services

Did you know that grain seeds hidden away for thousands of years in the Pyramids of Egypt sprouted after being planted?

Not only that, weed seeds recovered from a sunken Spanish galleon sprouted after three hundred fifty years in salt water! When the right conditions come along – they wake up and bloom. (1)

Our hidden promise is in our children – our “late bloomers,” our children who take another path. We have heard of Albert Einstein, who as a child had a great deal of trouble in school because of his ADD, undiagnosed at the time. And look what happened to him. Lately, we have heard of Greg Mortenson, the author of *Three Cups of Tea* and his feelings of restlessness with his traditional path. (2) His story is an incredible one not only of finding his path, but also of overcoming hardship and in the end exceeding beyond all expectations.

How do we help our children find their path and pursue their passion? Initially, they do not know how to identify their passion. It is our job as parents to help them in that process. They may not find the answer until after they leave home, but we have the unique opportunity of helping them when we have them with us, if only for a short time.

We need to *be open* to the possibility that our children may want to take a path different from our own. That requires *letting go* of our ego and our attachment to specific preferences for them. Next, we need to *understand* the unique traits and abilities of our child. We can *reflect back* to them our perception of what they are good at, what they get excited about. They can be *empowered* to investigate and test out their own hypotheses. We can *reinforce* what we see as progress towards knowing themselves and pursuing their goals. We can do a lot.

As you can see, the *how to* part of being a parent includes *openness, letting go, understanding, reflecting back, empowering and reinforcing*. We offer our children a gift when we help them find their path. It may be very different from our own. What they achieve comes partly from our efforts, but we want them to be able to celebrate it as their very own.

Sue Monk Kidd, *Firstlight*

Greg Mortenson, *Three Cups of Tea*

Adolescent Counseling Services is a community non-profit, which provides vital counseling services on seven secondary campuses at no charge to students and their families. To learn more about our services please visit the ACS website at www.acs-teens.org or call Margaret Murchan at ACS at (650) 424-0852, ext. 102. ACS relies on the generosity of community members to continue offering individual, family, and group counseling to over 1,500 individuals annually. ACS provides critical interventions and mental health services, building a better future for tomorrow. If you are interested in helping to support our efforts, do not hesitate to call to make a donation. It goes a long way in helping teenagers find their way!

Reaching Out in the New Year

By Julia Ransobhoff, Community Liaison

The Outreach Bears ended the year by successfully helping over sixty Menlo-Atherton families through the Holiday Gift program. A Laptop For Every Child raised over \$900 to send four solar-powered laptops to underprivileged children. Moving into 2008, Outreach will be working with Pennies for Leukemia to gather coins in our classrooms in support of the Leukemia and Lymphoma Society. The Alex Child's project will continue to make bead kits on Thursdays during period 7 in the Career Center for children in local hospitals. Be on the lookout for a monthly car wash to support education in Kenya. Habitat for Humanity will return this spring after it generated much interest this past September. Starting in February and leading up to St. Patrick's Day, Outreach will be selling Shamrocks for \$1 to support those suffering from Muscular Dystrophy. Outreach is also looking to get involved in the health care debate by studying federal cuts to children's health insurance. The Teenlit literacy project is up and running with Ms. Burton-Tillson's freshmen, offering the students a chance to read new releases and have their book reviews published online. Want to get involved with Outreach this semester? Join us Mondays at lunch in the Career Center.

Attention Parents of Juniors: Mark your calendars now for PTA Junior Parents' Information Night

- Monday, April 21, 2008
- 7:00 pm - 8:00 pm,
- M-A Library

This program will feature an information-packed 60 minutes regarding senior year at M-A and overview of the year to come. Guidance counselor Karen Ramirez will review school and district completion requirements, have Q and A, and provide informative handouts. Understanding and anticipating the calendar of events will ease the stress of senior year and help keep your senior student on track.

Meeting also highlights PTA-sponsored events such as the Fashion Show and Grad Night celebration.

(This is NOT a planning for college application forum, as Alice Kleeman is the acknowledged expert in this complicated area.)

Coordinators:

Kristin Gananian, gananian@pacbell.net or 854-9332,
Cindy Welton, clwelton@sbcglobal.net or 854-2310

Winter Formal Dance 2008 - GENERAL INFORMATION

Friday, February 22 8:00 p.m. - Midnight
GiftCenter Pavilion 888 Brannan St. San Francisco

All students:

- 1) Remember all students and guests must bring a picture ID.
- 2) This is a Formal Dance so dress appropriately.
- 3) No exit until 11:30PM.
- 4) No backpacks and/or bags (There will be a club-sponsored coat check available.)
- 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 cab fare to their homes.**

TICKET INFORMATION: **No refunds!!!**

Jan 22-25 PAL ONLY	Jan. 28-Feb. 1	Feb. 4-8	Feb. 11-14	Feb. 19-21	Feb. 22
S: \$30 (singles only, NO couples)	S: \$35 C: \$60	S: \$40 C: \$70	S: \$45 C: \$80	S: \$50 C: \$90	\$55 (singles only NO couples)

- All students purchasing tickets during First Week Ticket sales must have PAL sticker!
- There will be a \$10 fee if you must change a ticket for a pre-approved reason after purchasing it.
- Absolutely no tickets will be sold at the door. Last day for sales is Friday, Feb. 22 at 12:00 pm *unless we sell out sooner!*

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 the GiftCenter, 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 the GiftCenter from 8pm - 11pm.
- Pictures will be returned within 2 weeks after Winter Formal.

DRESS CODE:

- **This is a formal occasion...** No jeans or tennis shoes will be permitted.
- **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 Winter Formal!!

Directions to the GiftCenter Pavilion: 888 Brannan Street San Francisco

From the Peninsula (101 North): Take the 9th Street/Civic Center exit; get into the right hand lane; take an immediate right as you exit; this puts you onto Bryant Street; go down one block to 8th Street and take a right; go one block to the corner of 8th Street and Brannan Street.

Parking: There are three parking lots available, all located on the corner of 8th Street and Brannan - kitty corner from the GiftCenter. These lots are individually owned, and usually charge between \$5 and \$15 depending upon events in the neighborhood.

* THESE ARE PUBLIC LOTS AND REQUIRE THAT DRIVERS PAY FOR THE SPOTS REGARDLESS OF WHETHER THERE IS AN ATTENDANT ON DUTY OR NOT. LOTS TYPICALLY HAVE A PAYMENT BOX OR ENVELOPE AT ENTRY FOR DRIVERS TO DEPOSIT MONEY. Street parking is also available around the GiftCenter and Jewelmart. Have quarters available for the meters, and observe all parking signs, as parking laws are enforced throughout the area.

<http://www.giftcenterpavilion.com/home.html>

TriVocis Calendar - February 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Community College Night, 6-8pm	30	31	1 February	2 Winter Arts Festival
4	5 Election Day! CAHSEE – Seniors only California Math League Soph Parents College Night, 7:30pm, Library	6 PTA General Mtg., 8:30am, Rm F-15 CAHSEE – Seniors only	7 Junior Parents College Night, 7:30pm, Library	8 Concert on the Green with Jazz Band & Greg Abate, noon TriVocis Deadline Winter Rally	9 ACT Testing www.actstudent.org
California Scholarship Federation sign ups -- during lunch on the Green					
11 Spring Sports Participation Deadline Foundation Mtg.	12 MINIMUM DAY AMC (Math Contest) Spring Sports Mtg 7-9:30pm, Library	13	14	15 Lincoln's Birthday Holiday <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;">No School</div>	16
18 President's Day Holiday <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;">No School</div>	19 Freshman Teen Sleep Education	20 Parent Ed: Your Teen's Mental Health (ACS), 7pm, Library	21 TriVocis mailing Last Day to Drop Classes w/o penalty	22 Winter Formal, 8pm	23
25	26	27	28	29 Foundation Matching Fund Deadline Big Band Dance, 8pm	1 March SAT Testing www.collegeboard.com
2	3	4	5 Winter Sports Awards Night, 7pm, Library	6	7

Future	
March 11-12	CAHSEE - All Sophomores
March 17-21	Spring Break
March 25	Dr. Denise Pope, Stressed Out Students survey results, 7pm
April 21	PTA's Information Night for Junior Parents
May 4	Big Bear Run

For other future events, see:
www.mabears.org
 "Calendars and Events" from left menu

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

Spread the Wealth of Technology!

If you're getting a new computer at home or at work, please consider donating your old computer to the M-A PTA. We will securely erase all the data, refurbish the machine, and send it home with a hardworking, deserving M-A student. Donations are tax-deductible. For more information, please contact Sue Kayton, kayton@alum.mit.edu, (650) 853-1711.

2007-08 M-A PARENT EDUCATION SERIES		
#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 Caroll Fowler, M.A., MFT Manager of the Family Program at The Sequoia Center, a Drug and Alcohol Treatment and Recovery Center	Wednesday, April 2, 7:00-8:30 p.m. Menlo-Atherton Library
<p>Mark your calendars now!</p> <p><i>For more information, contact PTA Parent Education Series Co-Chairs Charlene Margot, cmargot@csiconsulting.net or Darcy Prime, darcyprime@sbcglobal.net.</i></p>		

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