

# TRIVOCIS

THREE VOICES . . .

STUDENTS, PARENTS, FACULTY

AUGUST 2011

MENLO-ATHERTON HIGH SCHOOL

VOLUME 59, NUMBER 1

555 MIDDLEFIELD ROAD, ATHERTON, CA 94027 • WWW.MABEARS.ORG • 650-322-5311

## New Beginnings

August always approaches quickly, and this year is certainly no different. By the time you receive this, the new school year will already have begun, bringing with it both excitement and a little trepidation. Any worries will quickly dissipate once that first bell rings and students slip into their new academic routine. The beginning of the year is always a time to establish new goals or to reaffirm existing ones; encouraging your student to select activities that he or she is passionate about and wants to explore in the coming year is another worthwhile exercise.



## Transition to M-A

For new students the transition to high school can feel daunting, especially during the first few weeks. Students work to establish new routines, are introduced to many new faces, and must learn to navigate the physical campus successfully. There is no need to worry, however; by October our new Bears will have mastered their school and will feel at home on campus. As a parent, expect to provide a little extra nurturing during the first few weeks if you don't get a full response to your questions and inquiries. I have reprinted my June suggestions for a smooth transition to M-A on page 11.

## Summer Updates

A number of physical improvements took place during our summer: new floors were installed in many offices, classrooms, and both locker rooms; F-15 was converted into a beautiful new science lab; and construction of the Media Arts building is proceeding nicely (the structural steel is in place and the contractors are beginning installation of electrical systems). All sports aficionados will be delighted to know that our permanent field lights are installed and ready for football season. Please come out on Friday, September 16, for our dedication ceremony on Coach Parks Field. The M-A football team will take on St. Ignatius that evening under our shining new lights.

## New Staff

Karl Losekoot joins the staff as our new vice-principal and we welcome new teachers in the departments of English, foreign language (Spanish), science, and special education. I am very happy with the quality and experience that each new staff member brings.

## Noteworthy

- Senior Webb Henniger has earned the rank of Eagle Scout with Menlo Park Troop 222.
- Alice Kleeman was featured as Counselor of the Month on the new website [www.collegeadmissionbook.com](http://www.collegeadmissionbook.com).
- Christian and Jesse Perkins were featured in the Menlo Park Almanac for their tennis doubles championship this past August. The twins are in first place in the Boys 16 Doubles in NorCal in the US Tennis Association Grand Prix standings.

Matthew Zito



## CALENDAR HIGHLIGHTS

### PTA Meeting

Thursday, September 1

### Labor Day: No School

Monday, September 5

### Back to School Night

Thursday, September 8

### Minimum Day #1

Friday, September 9

### Minimum Day #2

Tuesday, September 20

### Welcome Dance

Friday, September 30

## Contents

Your PTA Presidents	3
Foundation for the Future	7
From The Guidance Office	8
De la Oficina de Consejería	9
Band and Orchestra Families	10
Career Center	12
Athletic Boosters:	14
Scholarship Federation	15
Challenge Day Volunteers	16
Student Leadership	18
Calendar	19

## Estimada Comunidad de Menlo-Atherton:

### Nuevos Comienzos

Agosto siempre se acerca rápidamente y, sin duda, este año no es diferente. Cuando reciban la presente, el nuevo año escolar ya habrá comenzado, trayendo consigo tanto emoción como un poco de temor. Toda preocupación se disipará rápidamente una vez que suene la primera campana y los estudiantes caigan en su nueva rutina académica. El comienzo del año escolar es siempre un buen momento para establecer nuevas metas o para reafirmar las ya existentes; un ejercicio que vale la pena es el de animar a su hijo/a a seleccionar las actividades que le apasionan y las que quiere explorar este año que viene.

### Transición a M-A

Para los nuevos estudiantes la transición a la escuela secundaria puede parecer abrumadora, especialmente durante las primeras semanas. Los estudiantes trabajan para establecer nuevas rutinas, conocen a muchas personas nuevas y tienen que aprender a navegar por el campus físico con éxito. Sin embargo, no hay necesidad de preocuparse; para octubre, nuestros nuevos Bears ya habrán dominado su escuela y se sentirán como en casa en el campus. Como padre de familia, espere proporcionar un poco más de cariño de lo normal durante las primeras semanas, incluso si usted no recibe una respuesta completa a sus preguntas. He reproducido mis sugerencias de junio para una transición sin problemas a M-A en la página 11.

### Actualizaciones de verano

Se llevó a cabo una serie de mejoras físicas durante el verano: se instalaron pisos nuevos en muchas oficinas, salones de clases y los dos vestuarios; se convirtió F-15 en un nuevo y precioso laboratorio de ciencias; y la construcción del edificio de Artes Mediáticas está avanzando muy bien (se ha colocado el acero estructural y los contratistas están comenzando la instalación de sistemas eléctricos). Todos los aficionados al deporte estarán encantados de saber que nuestra iluminación permanente en el campo está instalada y lista para la temporada de fútbol americano. Hagan el favor de venir el viernes, 16 de septiembre, para nuestra ceremonia de apertura en el Campo Coach Parks. El equipo de fútbol americano de M-A se enfrentará al colegio San Ignacio esa noche bajo nuestra brillante y nueva iluminación.

### Nueva Plantilla

Karl Losekoot se une a la plantilla como nuevo vice-director y damos la bienvenida a los nuevos maestros de los departamentos de inglés, idiomas extranjeros (español), ciencias y educación especial. Estoy muy contento con la calidad y experiencia que cada nuevo miembro del personal trae.

### Digno de notar

- Webb Henniger, estudiante de 12º grado, se ha ganado el rango de Eagle Scout con la Tropa 222 de Menlo Park.
- El nuevo sitio web, [www.collegeadmissionbook.com](http://www.collegeadmissionbook.com), destacó a Alice Kleeman como Consejera del Mes.
- El Menlo Park Almanac destacó a Christian y Jesse Perkins con una reseña de su campeonato de tenis de dobles el pasado mes de agosto. Los gemelos están en primer lugar en la tabla de posiciones del Gran Premio de la Asociación de Tenis de EUA en Dobles Masculinos 16 en el Norte de California.

### Matthew Zito

TRIVOCIS

August 2011

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M-A High School PTA News

17th District CCPT

Published monthly by the PTA of Menlo-Atherton High School  
555 Middlefield Road  
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650-322-5311  
[www.mabearspta.org](http://www.mabearspta.org)

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Mailing: Nancy Ryde, Corby Locke

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 email to [trivocis@mabearspta.org](mailto:trivocis@mabearspta.org).

Next deadline: September 13

Publication: September 28

## Your PTA Presidents

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Welcome new and returning M-A students, families, and staff members to the 2011–12 school year! The year is off to a smooth start, with Arena Check-In and the first days of school behind us. Many thanks to Gloria Principe and LeeAnn Yasukawa and the 150+ parent volunteers who helped make the first events of the year a success.

The M-A PTA is proud to support your students, as well as the entire school staff, by providing volunteers and funding for many important projects and events as well as for essential supplies and equipment. If you haven't already joined the PTA, it's not too late! Our PTA membership drive continues through the month of September, and as always your contributions play an important role in enriching the classroom experience for our students.

For all families, but especially those who are new to M-A, we invite you to be a part of our active volunteer community. You'll meet other parents, see firsthand what is happening on campus, and perhaps learn tips for navigating the high school process from veteran M-A parents. There are so many ways to participate—from baking muffins for staff appreciation to tutoring students to being a part of the fashion show—and your time commitment makes a huge difference for our students and staff. A complete list of volunteer opportunities can be found at [mabearspta.org](http://mabearspta.org).

On September 1, our first PTA meeting of the year will include a vote on the PTA 2011–12 budget and will feature M-A's dynamic principal, Matthew Zito. He will preview what lies ahead for the school year as well as present his M-A 101 tutorial. Please join us at 9:30 am for this informative meeting. Throughout the year, keep up to date with the PTA by attending our meetings at 6:30 pm in the PAC cafe on October 12, December 14, February 2, April 11, and May 16.

We are proud to be a part of the PTA leadership this year, and we look forward to seeing you on campus. If you have any questions or suggestions for us, feel free to send them to [president@mabearspta.org](mailto:president@mabearspta.org). Thank you for being an important part of our wonderful M-A community!

**Stephanie Nisbet and Kathy Oppenheimer,**  
**PTA co-presidents**

### **JOIN THE PTA TODAY!** **The Membership Drive Continues**

Did you know that the PTA spends more than \$100 per student to support essential educational tools such as classroom materials, supplies, and equipment? Without PTA funding, our teachers would not have access to special opportunities for their students through mini-grants. Our students would miss out on important science equipment, supplies, and materials that enrich their academic experience. Our freshman students would not have the opportunity to participate in Challenge Day.

Additionally your contributions allow the PTA to provide student planners and directories, sponsor parent-education programs, publish the weekly BearNotes and monthly TriVocis, and much more.

The budget shortfalls in Sacramento have had a significant impact on important programs here at M-A, and your support is needed now more than ever. Your contributions will allow the PTA to restore many of the necessities that were eliminated due to recent budget cuts.

If you didn't join the PTA during Arena Check-In, fear not, there is still time. Contribute online at <http://www.mabearspta.org/Membership.html>,

or print out the form there, fill it in, and drop it by the office with your contribution. If you have any questions, send e-mail to [membership@mabearspta.org](mailto:membership@mabearspta.org).

In these times of economic instability, M-A relies more than ever on your support. Each contribution is critical to the PTA's ability to support the school staff in their endeavors toward student success. We appreciate your contribution and support. Thank you.

**Gail Blumberg and Peggy Propp**  
**Membership Drive Co-Chairs 2011-12**

## PTA Executive Board 2011-2012

**Presidents:** [president@mabearspta.org](mailto:president@mabearspta.org)

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Stephanie Nisbet [sdmsc\\_vp@mabearspta.org](mailto:sdmsc_vp@mabearspta.org)

### General Meetings

The 2011-12 M-A PTA general meetings are usually held one Wednesday of every month in the PAC cafe. Check the website for updates and more information.

September 1, 9:30-10 am: budget

October 12, 6:30-8 pm: audit and mini-grants

December 14, 6:30-8 pm: nominating committee elected

February 2, 6:30-8 pm: nominating committee report and mini-grants

April 11, 6:30-8 pm: election of 2012-13 officers and audit report

May 16, 6:30-8 pm: site council spending approval, preliminary 2012-13 budget, student awards

# M-A MAJOR FUNDRAISING ORGANIZATIONS



	FOUNDATION FOR THE FUTURE	PTA	ATHLETIC BOOSTERS
How Donations Are Raised	<ul style="list-style-type: none"> <li>▪ Fall direct donation campaign</li> <li>▪ Spring on-line auction</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fall membership direct donation drive</li> <li>▪ Senior Fashion Show</li> <li>▪ eScrip</li> </ul>	<ul style="list-style-type: none"> <li>▪ Direct donations</li> <li>▪ Big Bear Run</li> <li>▪ eScrip</li> </ul>
How Donations Are Used	<p><b>SALARIES (90%) &amp; OTHER ESSENTIAL NEEDS</b></p> <p><b>SMALLER CLASSES</b></p> <ul style="list-style-type: none"> <li>▪ Additional sections of core subjects</li> </ul> <p><b>STRONG CURRICULUM</b></p> <ul style="list-style-type: none"> <li>▪ Low enrollment classes (advanced languages &amp; electives)</li> </ul> <p><b>EXCELLENT TEACHERS</b></p> <ul style="list-style-type: none"> <li>▪ Collaboration time</li> <li>▪ Seminars &amp; Conferences</li> <li>▪ Incentive Awards</li> </ul> <p><b>COLLEGE &amp; CAREER SUCCESS</b></p> <ul style="list-style-type: none"> <li>▪ 2 Guidance Advisors</li> <li>▪ College counseling</li> <li>▪ SAT prep classes</li> </ul> <p><b>CRITICAL PROGRAMS</b></p> <ul style="list-style-type: none"> <li>▪ Student Support Coordinator</li> <li>▪ Parent Ed Coordinator</li> <li>▪ "Readers" for English &amp; Social Studies</li> <li>▪ AVID program</li> <li>▪ Leadership Coordinator</li> <li>▪ Library materials</li> </ul>	<p><b>VOLUNTEERS &amp; PROGRAM ALLOCATIONS</b></p> <p><b>STUDENTS</b></p> <ul style="list-style-type: none"> <li>▪ Student planners</li> <li>▪ National Honor Society</li> <li>▪ Scholarships/Awards</li> <li>▪ Jazz assembly</li> <li>▪ Freshman Transition</li> <li>▪ Freshman Challenge Day</li> <li>▪ 8th Grade Information Night</li> <li>▪ Grad Night</li> <li>▪ Community Outreach</li> </ul> <p><b>PARENTS &amp; FAMILY SERVICES</b></p> <ul style="list-style-type: none"> <li>▪ Communication                             <ul style="list-style-type: none"> <li>– TriVocis</li> <li>– BearNotes</li> <li>– Directory</li> </ul> </li> <li>▪ Parent Education series</li> <li>▪ English Language Support</li> <li>▪ Canned Food Drive</li> </ul> <p><b>TEACHERS/ADMIN SERVICES</b></p> <ul style="list-style-type: none"> <li>▪ Mini Grants</li> <li>▪ Science Equipment</li> <li>▪ Staff Appreciation</li> <li>▪ Copy room supplies</li> </ul>	<p><b>EXPENDITURES</b></p> <p><b>GRANTS TO COACHES</b></p> <ul style="list-style-type: none"> <li>▪ Equipment, gear &amp; uniforms</li> <li>▪ Coaching stipends not paid for by the district</li> <li>▪ Facilities improvement</li> </ul> <p><b>SCHOLARSHIPS</b></p> <ul style="list-style-type: none"> <li>▪ Funded through Atherton Police Activities League</li> </ul>
When Funding Occurs	<ul style="list-style-type: none"> <li>▪ Throughout school year</li> </ul>	<ul style="list-style-type: none"> <li>▪ Throughout school year</li> </ul>	<ul style="list-style-type: none"> <li>▪ Twice per year September/January</li> </ul>
Fundraising Goals	<ul style="list-style-type: none"> <li>▪ \$1,600,000</li> </ul>	<ul style="list-style-type: none"> <li>▪ \$150,000</li> </ul>	<ul style="list-style-type: none"> <li>▪ \$85,000</li> </ul>
For More Information	<p><a href="http://WWW.MAFUNDATION.ORG">WWW.MAFUNDATION.ORG</a></p>	<p><a href="http://WWW.MABEARSPTA.ORG">WWW.MABEARSPTA.ORG</a></p>	<p><a href="http://WWW.M-ABOOSTERS.ORG">WWW.M-ABOOSTERS.ORG</a></p>

# ORGANIZACIONES PRINCIPALES DE M-A DE RECAUDACION FONDOS

## FOUNDATION FOR THE FUTURE

MENLO-ATHERTON HIGH SCHOOL

Supporting Excellence in Education



Supporting Menlo-Atherton High School Athletes

	FOUNDATION FOR THE FUTURE	PTA	ATHLETIC BOOSTERS
Como son Recaudados los Fondos	<ul style="list-style-type: none"> <li>▪ Campaña de otoño de donaciones directas</li> </ul>	<ul style="list-style-type: none"> <li>▪ Campaña de otoño de donaciones directas</li> <li>▪ Desfile de Modas de la Clase de Seniors</li> <li>▪ eScrip</li> </ul>	<ul style="list-style-type: none"> <li>▪ Donaciones directas</li> <li>▪ Carrera de Big Bear Run</li> <li>▪ eScrip</li> </ul>
Como son Asignadas las Donaciones	<p><b>SUELDOS (90%) &amp; OTRAS NECESIDADES ESENCIALES</b></p> <p><b>CLASES MAS PEQUENAS</b></p> <ul style="list-style-type: none"> <li>▪ Secciones Adicionales de materias principales</li> </ul> <p><b>PROGRAMA ACADEMICO FUERTE</b></p> <ul style="list-style-type: none"> <li>▪ Pocos alumnos por clase (idiomas avanzados &amp; electivos)</li> </ul> <p><b>MAESTROS EXELENTE</b></p> <ul style="list-style-type: none"> <li>▪ Tiempo de Colaboración</li> <li>▪ Seminarios &amp; Conferencias</li> <li>▪ Premios de Incentivo</li> </ul> <p><b>EXITO DE UNIVERSIDAD Y CARRERA</b></p> <ul style="list-style-type: none"> <li>▪ 2 Consejeros Académico</li> <li>▪ Consejeros de Universidad</li> <li>▪ SAT clases preparatorias</li> </ul> <p><b>PROGRAMAS CRITICOS</b></p> <ul style="list-style-type: none"> <li>▪ Coordinador de Apoyo a Estudiantes</li> <li>▪ Coordinador de Conferencias</li> <li>▪ "Lectores" para Clases de Ingles y Social Studies</li> <li>▪ AVID programa</li> <li>▪ Coordinador de Leadership</li> <li>▪ Materiales de la Biblioteca</li> </ul>	<p><b>ALOCACION DE VOLUNTARIOS Y PROGRAMAS</b></p> <p><b>ESTUDIANTES</b></p> <ul style="list-style-type: none"> <li>▪ Agendas para Estudiantes</li> <li>▪ National Honor Society</li> <li>▪ Becas / Premios</li> <li>▪ Jazz assembly</li> <li>▪ Transición de Freshman</li> <li>▪ Freshman Challenge Day</li> <li>▪ Noche de Información para Octavo Grado</li> <li>▪ Noche de Graduación</li> <li>▪ Integración con la Comunidad</li> </ul> <p><b>SERVICIOS PARA PADRES Y FAMILIAS</b></p> <ul style="list-style-type: none"> <li>▪ Comunicaciones                             <ul style="list-style-type: none"> <li>– TriVocis</li> <li>– BearNotes</li> <li>– Directorio</li> </ul> </li> <li>▪ Serie de Conferencias para Padres</li> <li>▪ Apoyo a Clases de Ingles</li> <li>▪ Campana de Recaudación de Comida Enlatada</li> </ul> <p><b>SERVICIOS MAESTROS/ADMIN</b></p> <ul style="list-style-type: none"> <li>▪ Mini Becas</li> <li>▪ Equipo de Ciencias</li> <li>▪ Apreciación de la Administración</li> <li>▪ Material para Cuarto de Copias</li> </ul>	<p><b>GASTOS</b></p> <p><b>BECAS PARA ENTRENADORES</b></p> <ul style="list-style-type: none"> <li>▪ Equipo, material y uniformes</li> <li>▪ Pago Nominal a Entrenadores no cubierto por el Distrito</li> <li>▪ Mejoras a las Instalaciones</li> </ul> <p><b>BECAS</b></p> <ul style="list-style-type: none"> <li>▪ Financiado a través de Atherton Police Activities League</li> </ul>
Cuando Ocurre el Financiamiento	<ul style="list-style-type: none"> <li>▪ A través del año escolar</li> </ul>	<ul style="list-style-type: none"> <li>▪ A través del año escolar</li> </ul>	<ul style="list-style-type: none"> <li>▪ Dos veces al año septiembre/enero</li> </ul>
Meta de Recaudación Fondos	<ul style="list-style-type: none"> <li>▪ \$1,600,000</li> </ul>	<ul style="list-style-type: none"> <li>▪ \$150,000</li> </ul>	<ul style="list-style-type: none"> <li>▪ \$85,000</li> </ul>
Para más Informacion	<p><a href="http://WWW.MAFOUNDATION.ORG">WWW.MAFOUNDATION.ORG</a></p>	<p><a href="http://WWW.MABEARSPTA.ORG">WWW.MABEARSPTA.ORG</a></p>	<p><a href="http://WWW.M-ABOOSTERS.ORG">WWW.M-ABOOSTERS.ORG</a></p>

## MENLO-ATHERTON HIGH SCHOOL

On behalf of the Board of the Foundation for the Future, we welcome all M-A families to our Foundation family. For nineteen years, we have supported excellence in education at Menlo-Atherton High School by efficiently connecting donor dollars to the needs of our students. The results have transformed our school and instilled a wonderful sense of community—our California Distinguished School is a source of great local pride.

Too frequently, we are reminded that state funding is inadequate to fully sustain M-A's exceptional teaching and curriculum. We continue to raise private funds to provide stable solutions, and we are the only fundraising entity at M-A that funds salaries for key teachers and staff. For this school year, we have committed to raise an inspiring \$1,600,000. Menlo-Atherton High School is worthy of our commitment to continued excellence. With your help, the Foundation will:

**Maintain smaller class sizes.** We will fund 31 additional sections of key academic subjects in 2011–12, and hundreds of students will feel the difference. Last year, 45% of Foundation funds paid for 31 additional class sections, effectively reducing class size in 152 English, social studies, math, science, and foreign language classes.

**Support excellent teaching.** We will fund professional development programs, enable departmental collaboration, and provide incentive awards for outstanding teachers and staff.

**Enrich M-A's curriculum.** We will support important courses such as advanced languages like AP Latin and key electives such as drama and yearbook.

**Ensure college and career success.** We will support college counseling services, SAT prep classes, and two guidance counselors.

**Fund critical programs and services.** We will provide vital funding for a leadership advisor, AVID, a student support coordinator, and more. We will launch our official 2011–12 fundraising campaign in early October. Look for information about how you can contribute in TriVocis, in periodic e-mails, and at informational events. Your donation at any level is greatly appreciated and will be spent purposefully to benefit every student at M-A. To maintain our current support of critical programs, we must raise \$300,000 more than we did last year. To succeed, we need everyone to stand up for excellent public education at Menlo-Atherton High School!



**Gloria Principe and Mike David,  
Foundation for the Future co-presidents**

## Fall Offerings from the M-A Parent Education Series!

The M-A PTA Parent Education Series gets off to a great start this fall with its popular event for new and incoming families, “M-A 101: An Introduction to Menlo-Atherton High School.” Don’t miss this highly informational presentation featuring Principal Matthew Zito, offered in two sessions, morning (10:00–11:30 am) or evening (7:00–8:30 pm), on September 1 in the Performing Arts Center (PAC) cafe. In addition to Mr. Zito, presenters will include members of M-A’s Guidance staff, current M-A students, and recent alumni. Each session will include time for Q & A with the principal.

On October 20, the M-A Parent Education Series collaborates with CAMPUS, a consortium of Atherton and Menlo Park United Schools, to present internationally renowned author, educator, and parenting expert Dr. Michele Borba on “Finding Balance.” Michele Borba is recognized for her practical, solution-based strategies to strengthen children’s behavior, character, and social development and to build strong families. She received an Ed.D. in educational psychology and counseling from the University of San Francisco, an MA in learning disabilities, and a BA from the University of Santa Clara, and she earned a life teaching credential.

Our fall offerings conclude with a special event on November 16 in partnership with M-A college advisor Alice Kleeman. Authors Robin Mamlet, former dean of Admissions at Stanford, Swarthmore, and Sarah Lawrence, and Christine VanDeVelde, local journalist and parent, will discuss their newly released book, *College Admission: From Application to Acceptance, Step by Step*. *College Admission* is the ultimate user’s manual and go-to guide for any student or family approaching the college application process. Featuring the wise counsel of more than fifty deans of admission, the book has more thorough, expert, compassionate, and professional advice than any other guide. (See the Web site at <http://www.collegeadmissionbook.com/>.) Kepler’s Bookstore will be on-site for book sales and author signing. See the schedule on page 12 and mark your calendars!

## From The Guidance Office

Welcome back! And we extend a special welcome to our 9th grade families.

### 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 Counselor* form in the Guidance Office and put it in his or 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, for example, moving from Spanish II to Spanish I. The last day to add a class is September 8, 2011. 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 or her transcript, it must be done by October 6, 2011. The last day to withdraw (Withdrawal Pass—WP or Withdrawal Fail—WF) from the first semester class is November 10, 2011. However, this will show up on the transcript.

### Classroom Visits

Guidance counselors will meet with students in their classes starting in September to review transcripts, high school and college requirements, and to provide general information and tips to help your student:

- 12th grade: September 2011
- 9th grade: September/October 2011
- 10th grade: October 2011
- Selected 11th grade: November 2011

### Senior Deadlines for Class of 2012

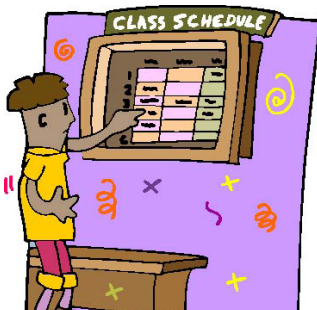
Safety Education: Students still needing to meet the safety education requirement have the following options:

- Classroom at M-A
- On-Line (NovaNet, Phoenix, BYU\*\*)
- Off-Campus (College of San Mateo)

\*\*Must be done by 12/1/11

Students can see their guidance counselor for additional information.

Please be aware that not all courses taken under the Distance Learning program are approved by the University of California system.



## Secondary school reports/counselor recommendation for seniors

- Required for private or out-of-state colleges or universities only.
- Students must complete the Recommendation Request Packet available on Naviance. Go to: [www.mabears.org](http://www.mabears.org), click on the link to Naviance, login and click on "About Me" tab. The packet is in the document library on the right-hand side. The packet must include a copy of the college essay, parent statement, peer statement, and an unofficial copy of the student's transcript
- Students need to submit their recommendation packets in person to their guidance counselor as early as possible and no later than the following deadlines:
  - ◇ Early action/decision (letters due on or before 12/10/11): Tuesday, September 27, 2011.
  - ◇ Regular decision (letters due after 12/10/11): Wednesday, November 2, 2011.

### Students Assigned to Guidance Advisors

Below is the alphabetical breakdown of assignments:

Student last name	Guidance advisor	Email address	Ext
A and M, N	Mrs Lara Sandora	lsandora@seq.org	5125
B, C, D	Mrs Karina Escobar-Weaver	kwewaver@seq.org	5120
E, F, G through Go	Ms Silva Torres (Garza)	sgarza@seq.org	5139
Gr through Gz, H, I, J, K, L	Ms Laura Duran	lduran@seq.org	5182
O, P, Q, R, S through Se	Ms Francine Andrade	fandrade@seq.org	5181
Sh, T, U, V, W, X, Y, Z	Mr Jason Kubo	jkubo@seq.org	5185

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. The Guidance Office would also like to thank the volunteers that distributed schedules on the first day of school. This is a job that couldn't be done without our amazing parents.

**Silvia Torres-Garza, Head Guidance Advisor, Francine Andrade, Laura Duran, Karina Escobar-Weaver, Jason Kubo, and Lara Sandora, Guidance Counselors**

## De la Oficina de Consejería

¡Bienvenidos! Y una bienvenida especial a los padres de familia de los alumnos del noveno grado!

### Solicitando Cambio en el Horario de Clases

Si hay necesidad de cambiar clases, tiene que hacer el cambio durante las primeras dos semanas de escuela. El estudiante tiene que llenar **La Forma Para Pedir Cita Con Su Consejero/a** y poner esa forma en el buzón de su consejero/a en la oficina de consejería. Si su estudiante no sabe este procedimiento, alguien en la oficina de consejería le ayudará. Cambiándose a otra clase dependerá del tamaño de la clase. Después de las primeras dos semanas de escuela, nosotros no hacemos cambios de clases excepto para un posible cambio de nivel. Por ejemplo, pasando de español II a español I. El último día para añadir una clase en el horario de clases es el **8 de septiembre, 2011**. A partir de entonces, se harán cambios solamente si el estudiante está en el nivel equivocado.

Si su estudiante quiere dar de baja una clase y no quiere que aparezca en el expediente académico, tiene que hacerlo a más tardar el **6 de octubre, 2011**. El último día que puede dar de baja una clase durante el primer semestre (Withdrawal Pass—WP ó Withdrawal Fail—WF) es el **10 de noviembre, 2011**. Sin embargo, esta información aparecerá en el expediente académico.

### Visitando Clases

Comenzando en el mes de septiembre, los consejeros se reunirán con los estudiantes para revisar los expedientes académicos, los requisitos de la escuela superior, colegios de la comunidad y universidades y para proveer información en general y consejos para ayudar a los estudiantes:

- Grado 12: septiembre 2011
- Grado 9: septiembre/octubre 2011
- Grado 10: octubre 2011
- Grado 11 estudiantes seleccionados: noviembre 2011

### Fechas de Vencimiento para los Estudiantes de la Clase del 2012

Educación de Seguridad: Estudiantes que aún necesitan completar los requerimientos de Educación de Seguridad deben seguir las siguientes opciones:

- Un curso en M-A
  - Internet (NovaNET, Phoenix, Brigham Young University\*\*)
  - Ciencias de Salud 100 en el Colegio de San Mateo
- \*\*Debe terminar el curso a más tardar el 1 de diciembre del 2011.

Los estudiantes pueden ver a sus consejeros para información adicional.

Por favor tome en cuenta que no todos los cursos que los estudiantes toman a través del programa del Internet son aceptados por el sistema de la Universidad de California.

## Reporte de Escuela Preparatoria “Secondary School Report”/conocida como Recomendación de Consejero/a

- Requerido solamente para colegios/universidades privados o fuera del estado.
- Los estudiantes deben completar el paquete de cartas de recomendación, el cual está disponible en “Naviance.” Visite [www.mabears.org](http://www.mabears.org), haga un clic en Naviance, entre al programa Naviance, y haga un clic en “About Me.” El paquete está en la biblioteca de documentos en el lado derecho. El paquete debe incluir una copia del ensayo del colegio, testimonio/declaración de los padres, testimonio/declaración de un estudiante y una copia del expediente académico del estudiante.
- **Los estudiantes necesitan someter sus paquetes de recomendación personalmente a su consejero/a lo más pronto posible y a más tardar en las siguientes fechas:**
  - ◇ Para Decisión Temprana (para cartas con fecha de vencimiento el 10 de diciembre del 2011 o antes): **martes, 27 de septiembre del 2011.**
  - ◇ Para Decisión Regular (para cartas con fecha de vencimiento después del 10 de diciembre del 2011): **miércoles, 2 de noviembre del 2011.**

### Estudiantes Asignados a los Consejeros

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

Apellido del Estudiante	Consejero	Correo Electrónico	Ext
A y M-N	Mrs. Lara Sandora	lsandora@seq.org	5125
B-C hasta D	Mrs. Karina Escobar-Weaver	keweaver@seq.org	5120
E-F hasta Go	Ms. Silvia Torres (Garza)	sgarza@seq.org	5139
Gr-H-I-J-K hasta L	Ms. Laura Duran	lduran@seq.org	5182
O-P-Q-R hasta Se	Ms. Francine Andrade	fandrade@seq.org	5181
Sh - T-U-V-W-X-Y hasta Z	Mr. Jason Kubo	jkubo@seq.org	5185
El personal de la	Oficina de Consejería	desea tomar esta oportu-	

nidad para dar las gracias a la comunidad escolar incluyendo padres de familia, estudiantes, maestros/as, y al personal de la escuela por su continuo apoyo. La oficina de consejería también desea agradecer a los voluntarios que distribuyeron los horarios a los estudiantes el primer día de escuela. Este es un trabajo que no se puede llevar a cabo sin nuestros padres y madres de familia. Muchas gracias!

¡Esperamos tener un fantástico año escolar!

**Silvia Torres-Garza, Directora de la Oficina de Consejería, Francine Andrade, Laura Duran, Karina Escobar-Weaver, Jason Kubo y Lara Sandora, consejeros**

## English Learners to Take CELDT in September

In September, M-A English learners have their annual opportunity to demonstrate their level of proficiency with English on California's CELDT exam. The CELDT is very important to English learners both because it is a way to measure their annual growth in English and because it is (along with the CST-ELA test) one of the two main criteria for exiting the English learner program.

English learners will take the listening, reading, and writing portions of the CELDT in their English classes during the week of September 19 and then take the speaking test during the week of September 26. Please discuss the importance of the CELDT with your children and help us ensure that they are well rested and prepared to demonstrate their full English proficiency this year.

## Aprendices de Inglés Van a Tomar la "CELDT" en Septiembre

En septiembre, los aprendices de inglés de Menlo-Atherton van a tener su oportunidad anual para demostrar su propio nivel de proficiencia con inglés por medio del examen estatal, "CELDT". Este examen es muy importante para los aprendices de inglés por dos razones: porque es un modo para determinar su progreso anual en el inglés, y también porque es uno de los dos criterios para salir del Programa para Aprendices de Inglés.

Durante la semana del 19 de septiembre, los Aprendices de Inglés van a tomar exámenes en Lectura, Escribir y Escuchar. En la semana del 26 de septiembre van a tomar el examen de Expresión Verbal. Por favor, hable sobre la importancia del examen "CELDT" con su hijo/hija y nos ayude a asegurar que todos los estudiantes estén preparados para demostrar su proficiencia completa con inglés este año.

Mil Gracias,

**Stephen Ready, bilingual resource teacher**

## M-A GRANDPARENTS' CLUB!

The M-A Grandparents' Club is our way to connect your students' grandparents to M-A. We will do the work for you by spreading the word about what's happening at M-A. Keeping in touch gives grandparents more in common with their grandchildren.

Registered grandparents will receive newsletters about M-A and information about school academics, events, and activities. They also will be informed about opportunities to support their grandchildren by supporting M-A, and they will find out why they should be so proud of this school!

Join today! Parents, you can register the grandparents in your family. Just go to: <http://www.mafoundation.org/grandparents.php> and sign up on the online form, or print the Grandparent Registration Form on the same page and either leave it in the school office or mail it to the M-A Grandparents' Club, Foundation for the Future, PO Box 1228, Menlo Park, CA 94026. Any questions? Contact Linda Fornaciari, Lynne Clarence, Michele Culhane and Mary Zarucchi at [grandparents@mafoundation.org](mailto:grandparents@mafoundation.org)

We know grandparents love to get mail and know more about what their grandchildren are doing. And we know that high-school-age grandchildren occasionally do not keep in touch with grandparents in these busy years. So take advantage of this way to reconnect them. It's free and super easy!

## Band and Orchestra Families

Please join us for our annual family potluck and information meeting! Thursday, September 15, from 6:30-8:00 pm outside the PAC cafeteria. Watch for the flyer or contact [kmuenzen@pacbell.net](mailto:kmuenzen@pacbell.net) or [nancy@ryde.tv](mailto:nancy@ryde.tv) with questions.



## M-A HAS A NEW DRUM LINE!

M-A is starting a drum line this year to play for home football games. For students who love playing percussion, here is a chance to become part of something exciting! Reading music is helpful but is not required, and participants do not have to be enrolled in a music class. Interested students should contact Kent Kurus

at [kkurus@seq.org](mailto:kkurus@seq.org), stop by the band room in the PAC, or phone 322-5311 ext. 8515. More information about the first meeting will be forthcoming at the beginning of school. **Go Bears!**

# Tips/Consejos

from Principal Matthew Zito's office

## Tips for students' smooth transition to M-A

1. Become acquainted with the physical layout of the school campus, including traveling between the PE locker rooms and the main campus classroom wings. (The original part of the campus is laid out in alphabetically organized wings: A, B, C, D, and E.) A campus map is available at [www.mabears.org](http://www.mabears.org).
2. Determine your transportation route to and from school, including drop-off and pick-up points.
3. Bring a snack and a full lunch to school. Our schedule has placed lunch late in the day so it's very important to have a snack during the brunch period. Food service lines tend to be long at the beginning of the year.
4. Join a fall sports team: football, girls volleyball, boys and girls water polo, girls tennis, girls golf, and boys and girls cross-country. Download the sports packet at [www.mabears.org](http://www.mabears.org) or pick up a copy in the vice-principal's office.
5. Know the location of student bathrooms (including the one in the health clerk's office in the administrative wing). Bathrooms are located in Pride Hall, next to classroom E-7, and at the edge of the basketball courts, in addition to those in both locker rooms.
6. Use a hall locker so you do not have to walk around campus with fifty pounds of textbooks or leave valuables in PE lockers.



## Consejos para facilitar la transición de los estudiantes a M-A

1. Familiarizarse con la distribución física del campus de la escuela, incluyendo cómo moverse entre los vestuarios de Educación Física y las alas de salones de clase del campus principal. (La parte original del campus está distribuida en alas organizadas alfabéticamente: A, B, C, D y E.) Se puede acceder a un plano del campus en [www.mabears.org](http://www.mabears.org).
2. Determinar la ruta de transportación de su hijo/a para ir y venir de la escuela, incluyendo los sitios de llegada y recogida.
3. Asegúrese de que su hijo/a lleve un tentempié y un almuerzo completo a la escuela. El almuerzo está programado hacia las últimas horas del horario escolar por lo que es muy importante comer un tentempié durante el brunch [desayuno-almuerzo matutino]. Las colas de servicio de cafetería tienden a ser largas a principios del año.
4. Apuntarse a un equipo de deportes de otoño: fútbol americano, equipo femenino de voleibol, equipos femenino y masculino de polo acuático, equipo femenino de tenis, equipo femenino de golf y equipos femenino y masculino de carrera a campo traviesa. Descargar el paquete de deportes de [www.mabears.org](http://www.mabears.org) o recoger una copia en la oficina del vice-director.
5. Conocer la ubicación de los baños de estudiantes (incluyendo el de la oficina del personal de salud en el ala administrativa). Hay baños en Pride Hall, al lado del salón de clases E-7 y en el lateral de las canchas de básquetbol, además de en los dos vestuarios.
6. Facilítele a su hijo/a el uso de un lóquer de pasillo para que no tenga que caminar por el campus con cincuenta libras de libros de texto o dejar objetos de valor en los casilleros de educación física.

# CAREER CENTER

My June and August meetings with incoming seniors are productive; the students ask great questions. I am working with them on remaining calm about the admission process (even enjoying it!), as well as being positive and realistic about their options.

**Parents of seniors:** Plan to attend an informal evening about the college search, application, and selection process. There will be plenty of time for your questions! Please come to the M-A Library at 7:00 pm on Thursday, September 15. RSVP to AAKleeman@gmail.com so I will know how many people to expect. (Parents of seniors only, please—no students. Students will hear from me at school!)



I will hold meetings for junior and sophomore parents in winter, so watch the calendar for those dates.

**All parents:** If you would like to be on the Career Center parent e-list, please go to <http://macareercener.com> and click on “Join the Career Center Mailing List” on the front page. (Juniors and seniors receive e-mail communication through Naviance. My e-mail communication with parents is occasional; students hear from me frequently.)

Many colleges have already scheduled visits to M-A, including U. of British Columbia, Bryant U., Colgate, U. of Denver, Dickinson, Duke, Grand Canyon U., Haverford, Mt. Holyoke, Northeastern, St. Mary’s, Scripps, Skidmore, U. of St. Andrews (in Scotland!), St. Lawrence U., Stony Brook U., U. of Toronto, Union, Washington & Lee, and Western New England U. By December, more than 115 colleges will have visited. Juniors and seniors who wish to attend these visits can learn about them through Naviance, the calendar in the Career Center, a list posted in their English classroom, and my Web site (<http://macareercener.com>). Students must obtain a pass *in advance* to request permission to leave class for these presentations.

On several days in fall I will be away from M-A. Fall conferences provide essential updates on the UC, CSU, community colleges, college testing, and financial aid. I will report new developments to the seniors (through their English

classes, Naviance, and our Facebook group). I will also attend the National Association for College Admission Counseling (NACAC) conference from September 21-24. While such absences are absolutely necessary for me to do a good job, I regret my unavailability. Students can always reach me by e-mail when I am away.

All seniors will receive a Senior Bulletin and a Financial Aid Calendar from me the first week of school; all juniors will receive a Junior Bulletin. Bulletins are intended to keep students on track with applications, testing, financial aid, scholarships, etc.

For the past several years at this time, I have written in *Trivocis* about my conviction that the ongoing frenzy over college admission is not healthy for students or families. Each year, I renew my commitment to encouraging students to keep open minds about college options. Let’s all ask ourselves whether our own actions are contributing to the frenzy; if the answer is yes, let’s step back and adjust our priorities. We must encourage students to pursue their interests and passions without undue stress or exaggerated emphasis on attending highly selective colleges. We can all contribute to deflating the upward spiral of unhealthy competition. And with constantly changing predictions about the impacts of budget cuts and college costs spiraling as well, we need to keep cool heads and keep options open.

Feel free to contact me with questions at any time at AAKleeman@gmail.com.

**Alice Kleeman**

## 2011–12 Parent Education Calendar

Thursday, September 1, 2011, 10:00–11:30 am OR 7:00–8:30 pm (two sessions): **M-A 101: ORIENTATION TO MENLO-ATHERTON** with Principal Matthew Zito at the M-A Performing Arts Center (PAC) cafe.

Thursday, October 20, 2011, 7:00–8:30 pm: **FINDING BALANCE** with Michele Borba, Ed.D., an M-A Parent Ed / Campus event at the M-A PAC.

Wednesday, November 16, 2011, 7:00–9:00 pm: **COLLEGE ADMISSION: FROM APPLICATION TO ACCEPTANCE, STEP BY STEP** by Robin Mamlet and Christine VanDeVelde. This is an author/new publication event, and books are available from Kepler’s Bookstore

For more information, please contact Charlene Margot, program director of the M-A Parent Education Series, at [charlene\\_margot@mabearspta.org](mailto:charlene_margot@mabearspta.org) or (650) 868-0590.

Parent Education Series offerings are open to the Menlo-Atherton community and are sponsored by the M-A PTA.



## Back To School Tips

As teens reluctantly head back to school and leave the lazy days of summer behind, we are reminded of the stress that lies ahead for our youth. While returning to school can be an exciting time to get reacquainted with friends and teachers, it can also be the start of

some of the most stressful times of their lives.

In these first few months of school, it is important for both students and parents to become aware of how stress can impact teenagers and learn ways to manage stress before it becomes overwhelming. Because one of the main causes of stress for teens is academic pressure, we all need to look very carefully at how our teens are managing in school to be able to help them.

Adolescent stress is a topic of concern for our community. Our teenagers are overbooked, lack time-management skills, are driven to succeed, and are overwhelmed. While many adults recall their teen years with fond memories of friends and fun, our teens are dealing with conflicting demands from teachers, parents, and friends.

The primary sources of tension in adolescence today include academic pressure, relationship difficulties with peers, conflicts with parents, and pressure to succeed. Add to this that during adolescence, teens are stuck in a place where they are given many of the responsibilities of an adult without the freedom and independence of adulthood.

Often teens have not yet developed the coping skills required to deal with stress, and therefore their responses to stress tend to be healthier. These unhealthy responses may include anxiety, withdrawal, aggression, physical illness, drug and alcohol use, and depression.

Although stress is uncomfortable, it is not unmanageable. There are ways that teens can work to deal with the stress they experience before it becomes overwhelming. For example, they can learn to manage their time. Teens, not unlike many adults, tend to have difficulty organizing their time and as a result become overbooked and overwhelmed. Developing the skills to prioritize and schedule can be important in relieving some stress. Maintaining friendships and taking time to enjoy life is also very important in stress management and reduction. Finally, maintaining some physical activity or regular exercise is extremely beneficial to dealing with stress.

When stress does become overwhelming, there are still options. Learning relaxation techniques to self-soothe before panicking, talking to friends who may be experiencing similar stress, and talking to parents about what the teens are going through can be very important during these difficult times.

Many teens seek help from a counselor to deal with stress that has become overwhelming or to help them to manage some of the stressors in their lives. For teens who need a safe place to talk, Adolescent Counseling Services (ACS) has counselors

available at Menlo-Atherton High School and at other middle and high schools. Teen stress is a problem, but there are solutions and people who can help make this stress more manageable.

## Did you know?

- Teens' busy schedules often compete with the biological need for sleep. Sleep deprivation is another source of stress.
- Even the most well-adjusted teens experience stress in relationships with parents due to the developmental struggle between dependence and independence.
- Peer group stress tends to be highest during the middle school years

## Tips for Parents

- Talk with your children. Find out what's happening in their lives. Be honest and open with them. They should talk about their problems or write them down. Teach them to transfer coping strategies from other situations.
- Don't burden your children with your problems. But do tell them about the family's goals and discuss difficulties in a friendly manner.
- Compliment children when they do well, and don't forget hugs and kisses.
- Use humor to buffer bad feelings and situations. Children who learn to use humor themselves will be better able to keep things in perspective.
- Don't overload your children with too many after-school activities and responsibilities. Let children learn to pace themselves. Don't enroll them in every class that comes along, and don't expect them to be first in everything.
- Set a good example. Demonstrate self-control and coping skills. Children can benefit by seeing how you cope successfully with stress.
- Get friends' or professional help when problems seem beyond your skills

*Adolescent Counseling Services is a community non-profit, which provides vital counseling services on eight 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](http://www.acs-teens.org) or call Christina Walker, Site Director at M-A, at (650) 322-5311 ext. 5186. 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!*

*Thank you to the following foundations that supported ACS' On-Campus Counseling Program during the last school year: the Altos Foundation, Atkinson Foundation, In-N-Out Burger Foundation, Laurel Foundation, Palo Alto Community Fund, Palo Alto Medical Foundation, Palo Alto Weekly Holiday Fund, Rotary Club of Palo Alto, Sand Hill Foundation, the Nick Traina Foundation, and the WD Foundation.*

## Roni Gillenson, LMFT Program Director ACS On Campus Counseling Program

## Athletic Boosters:

### Another Exciting Year in M-A Sports!

Welcome back to another exciting year in M-A sports!

M-A Athletic Boosters is a parent organization that supports all 52 athletic teams and nearly 1000 athletes. In 2010–11, the Athletic Boosters funded requests from football, water polo, baseball, softball, swimming, golf, track and field, soccer, basketball, wrestling, dance, cheer, badminton, volleyball, lacrosse, and cross country. Many of our requests fund coaches who otherwise would not get paid by the school district. The money to support those requests was raised from a combination of donations, a portion of eScrip funds, and the very successful 6th Annual Big Bear Run. Our first granting session of the year is fast approaching, and with your support we hope to be able to provide our athletes with all the training and equipment they need to compete successfully.

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

- Look for a donation form and donate now to the Athletic Boosters. Donation forms are available in the Permit to Participate packet for fall athletes, on a page mailed to you by the district regarding Arena Check-In, and on our Web site at [www.m-boosters.org](http://www.m-boosters.org), where you can donate using our secure link to PayPal.
- Renew your eScrip account. M-A Athletic Boosters receives 30% of the revenue.

Save the date May 6, 2012, for the 7th Annual Big Bear Run. Contact Marci Coggins at [cogginshouse@aol.com](mailto:cogginshouse@aol.com) for sponsorship opportunities.

#### Join the excitement

We challenge you to come out and see one of our M-A Bears teams in action. The fall always boasts an exciting sports schedule, and there are lots of opportunities to cheer on your favorite Bears. We'll be competing in water polo (both boys and girls), girls tennis, football, girls volleyball, girls golf, and cross-country. And this year you will have four opportunities to see our mighty Bears Football team play under the lights at M-A's Coach Parks Field. You can find the fall sports schedules by visiting [www.mabears.org](http://www.mabears.org) and clicking on "Athletics" or by following the links at <http://www.m-boosters.org>.

As always, thank you for your support, and GO BEARS!

#### Di Gow and Beth Henninger, Athletic Boosters co-chairs



### Menlo-Atherton Football News Where There's **Light** There's **Fire!**

Join M-A Football as we kick off the first season in M-A history with Friday night lights! Come support your M-A Bears at home and away at these exciting games:

Day	Date	Location	Frosh Soph / Varsity Time
Friday	8/26	Scrimmage at Sequoia	4:00 / 7:00 pm
Friday	9/2	El Camino at M-A	4:00 / 7:00 pm
Saturday	9/10	Los Gatos at M-A	11:00 am / 2:00 pm
Friday	9/16	St. Ignatius at M-A	4:00 / 7:00 pm
Friday	9/23	M-A at Half Moon Bay	4:00 / 7:00 pm
Thursday	10/6	M-A at Burlingame	4:00 / 7:00 pm
Friday	10/14	M-A at Kings Academy	4:00 / 7:00 pm
Friday	10/21	Jefferson at M-A	4:00 / 7:00 pm
Friday	10/28	Sacred Heart at M-A	4:00 / 7:00 pm
Friday	11/14	M-A at Terra Nova	4:00 / 7:00 pm
Thursday	11/10	M-A at Woodside	4:00 / 7:00 pm

## California Scholarship Federation

Sign up September 19-23, 2011

California Scholarship Federation (CSF) will be accepting applications for membership. Applications will be available starting the previous week prior either from students' English teachers or from the school Web site at <http://www.mabearspta.org/csf.html>.

**Note: Only sophomores, juniors, and seniors may apply this semester as we will be processing SPRING 2011 grades. Current freshmen were not enrolled at M-A for this CSF application period.**

The California Scholarship Federation exists to promote and recognize high standards of scholarship in California schools.

**Membership is based on academic qualifications.** Membership is held during the semester after the qualifying grades were earned and is for one semester only. To become a member, the student must submit an application each semester that he or she is eligible. A point system specified in the CSF State By-Laws establishes the membership requirements. To secure eligibility for CSF membership, a student must earn sufficient points from pre-approved course lists. The majority of the required membership points must come from University of California-accepted course work. The application and course list explain what courses qualify and the limit of classes that can be used to qualify.



Life Membership is achieved by qualifying for at least four or more semesters in the last three years of high school. One semester must be during the senior year. 100% Membership is achieved by qualifying for six semesters in the last three years of high school.

Each qualifying M-A student will be recognized in Pride Hall and as seniors; CSF Life and 100% members will be recognized during Award Night and the graduation program.

**Sign-ups:** Look for the sign-up table outside the library during lunch on September 19-23. Bring your completed application, \$3 membership fee, and SPRING 2011 report card or transcript.

**Please note:** Requesting a transcript is an additional \$2 processing fee. You may obtain a transcript for free through <http://www.portal.seq.org>.

For more information about CSF and its history, visit <http://www.csf-cjsf.org>. For questions, write Alice Hom at [dnahom@aol.com](mailto:dnahom@aol.com).



### WANTED

#### Computers or parts, working or not, for the M-A PTA computer-donation program

We will securely erase your computer, reload it with software, and send it home with a needy, hard-working student. Our goal is for every student at M-A to have access to a working computer at home. To donate one computer (or a truckload, if your company is upgrading), please contact Sue Kayton at [kayton@alum.mit.edu](mailto:kayton@alum.mit.edu) or (650) 853-1711.

We also need network laser printers and digital cameras and other hardware for classrooms. For a complete list, visit <http://suekayton.com/MAHigh/Computerdonations.htm>.

## ADULT VOLUNTEERS NEEDED FOR CHALLENGE DAY! OCTOBER 24 and 25

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Challenge Day is coming to M-A for the eighth year, and we need your help! This event for incoming freshmen kicks off our year-long “Be the Change” program and is sponsored by the M-A PTA with support from the principal, teachers, and administrative staff. Our goal is that at the end of the day, students will have not only bonded as a class but also torn down old stereotypes and become inspired to live, study, and work in an environment of compassion, acceptance, and respect.

Since 1987 the Challenge Day programs have touched the lives of over half a million teens nationwide. In fact, Challenge Day is the subject of the popular TV series *If You Really Knew Me* and was featured on the Oprah show, in the book *Chicken Soup for the Teenage Soul*, and in 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 negative 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. And it works! In the poignant words of a past parent volunteer and small-group facilitator, “I do believe that each time the students see each other, it will remind them that they are not alone in their difficulties. I saw repeatedly throughout the day students realizing they are not the only ones with various struggles. Then I saw their peers reaching out to assist.”

Adult participation is crucial to the success of these two days! The freshman class will be divided so that half attend each day, and we are looking for over 150 adult volunteers to help. You can volunteer either Monday, October 24, or Tuesday, October 25. Volunteer positions still needed include small-group facilitators for 4 to 5 students (8:15 am–3:30 pm) and registration (8:00–9:15 am). Small-group facilitators are especially needed. This event cannot take place without parent volunteers! Being a Challenge Day volunteer is truly a life-changing experience. Everyone is welcome, whether you are a parent of a freshman or of an upperclassman.

As you are making your volunteer plans for the school year, please take the time to consider making a real difference in the lives of our M-A teens. As previous participants, we can promise that you, too, will walk away a changed individual. To volunteer for either of the positions, please e-mail us, specifying the position and time for which you wish to volunteer: [challengeday@mabearspta.org](mailto:challengeday@mabearspta.org).

**Lisa Deal and Ellen Mouchawar,**  
PTA co-chairs of Challenge Day 2011

**The Menlo Atherton Visual and Performing Arts Department** welcomes you to the 2011/2012 school year. Look forward to several exciting shows and performances, including the first annual Bear Arts Expo that is scheduled for spring 2012.

Enroll your student in the ARTS!

Courses include:

Visual Arts

Drawing and Painting

Ceramics

Web Design

Digital Photography

Art Studio and AP Art Studio

AP Art History

Performing Arts

Drama

Jazz Band

Orchestra

Guitar

Choir

Audio Production



Talk with your guidance counselors about prerequisites and enrollment



Introducing A NEW way to earn money for our M-A students! **BLUEBIRD** is a great new eScrip coupon service that earns Menlo-Atherton High School 5% each time you make a purchase! To receive amazing deals via Bluebird emails, please join at [bluebird.escrip.com](http://bluebird.escrip.com) by clicking on the "Join" link in the grey

menu bar. (Joining eScrip does not automatically make you a member of Bluebird.) Local merchants you recognize will be featured weekly, offering deep discounts off the normal prices of goods and services. When you forward your Bluebird email to family and friends, M-A will automatically receive 5% if they make a purchase!

If you are a business owner, or know someone who is, please consider using bluebird to promote and help grow your business. Menlo-Atherton High School will receive a cash bonus for all new merchants that sign a contract with bluebird through the Menlo-Atherton High School eScrip Team.

For all questions, please contact Mary Murphy, [mary@nortechventures.com](mailto:mary@nortechventures.com), your eScrip/bluebird M-A PTA volunteer representative.

### **Did you miss adding M-A High School to your eScrip account at Arena Check-In? If you did...**

IT IS NOT TOO LATE ! Since 2000 the MA-PTA has earned \$325,400 for our students! And that means we count on you to continue to give us this free money to support your kids. Your typical grocery shopping can give us at least \$30-40.00 per year from our local grocery stores.



Check out our easy link to update or join eScrip. Go to [www.mabears.org](http://www.mabears.org) and click on the eScrip logo at the bottom right corner of the M-A home page. This will take you to your eScrip home page, where you can see where your money is going. Sometimes, you may need to sign in to get to your eScrip home page. While you're there, please renew your Safeway card by clicking on the "Renew!" button.

Need to add M-A to your account? If M-A isn't listed as a recipient on your account (see top right corner of your front page), you can add it by going to "my eScrip, and add M-A's ID # 136550465. If you aren't able to retrieve your password or have other challenges with the eScrip Web site, please contact Mary Murphy at [mary@nortechventures.com](mailto:mary@nortechventures.com). If you aren't able to find your eScrip account, perhaps you need to sign up for eScrip, follow the directions at the eScrip site.

Don't let this free money get away! The PTA needs YOU to help us continue to support our M-A students in their sports, academics and arts!!!

## STUDENT LEADERSHIP

### ASB Leadership

Welcome back, M-A! We hope everyone had a fun and relaxing summer vacation! This year, fifth period leadership has a lot of activities planned for the 2011–12 school year. All of the committees are led by and full of strong, motivated student leaders who are ready to work. As soon as we get back, fifth period leadership will be planning Club Training and Club Rush, which will be on September 15 and September 22, respectively. Club Rush will allow students to visit booths set up by all of the clubs at M-A and find one they want to participate in. In addition, fifth period will start planning the Homecoming Dance, on October 22, and Trick-or-Treat Street, on October 27, an annual event when younger children come to the M-A campus to go trick-or-treating. Overall, this year we have our hands full and these are only a couple of activities we are planning. We are excited for a new school year! Welcome back!

*Selin Kutlu, Associated Student Body president*

### Class of 2012

As the 2011–12 school year starts, the M-A leadership program is hard at work planning an array of "back to school" activities. The senior committee, to be led this year by Sara Orton, Lauren Dunn, and Kari Newman, is looking forward to a final year full of class unity, school spirit, and celebration. The Senior Class of 2012 will be reunited the second Friday of the year—September 2—before the first night game of the football season for a Senior Tailgate. All seniors are invited to get together to cheer for our Bears and take part in the first senior bonding! With less than a year until graduation, the Class of 2012 has many "lasts" to look forward to: the first and last Senior Fashion Show, Homecoming, Winter Formal, Prom, Senior Week, and of course- Graduation! Lets start the year off well, Bears.

*Sara Orton, Senior Class president*

### Show Your Bear Pride for Menlo-Atherton High

Buying Bear Wear has never been easier or more convenient! It's available at the Student Store, of course (see below), but you can also shop from your own home. You can buy almost any Bear Wear that your Menlo-Atherton heart desires, with 10% of the proceeds coming directly back to M-A. Access our online store site in two ways:

1.The easiest way is to log onto [www.mabears.org](http://www.mabears.org) and pull down the "Students" menu to find "Bear Wear Online." The link will take you from the M-A site directly to our area at Prep Sportswear.

2.You may also log directly into the Prep Sportswear Web site at <http://www.prepsportswear.com>. Select our state (California), our city (Atherton), and finally our wonderful school (Menlo-Atherton High).

The only thing left to do is start shopping!

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

If you have questions, please contact Kelly Todd at [ktodd@seq.org](mailto:ktodd@seq.org).

### Student Store Open for Business

The Back to School Grand Opening of our Student Store will take place on Tuesday, September 6. We are located on the side of B21 facing the PAC. The store is open every day at lunch with a great team of student leaders ready to help our customers. We are pleased to offer healthy snacks and drinks that meet our state nutritional requirements as well as a super variety of Bear Wear and spirit items to meet the M-A community's needs. Need goggles for your chemistry class? We offer those as well as other school supplies. If you have any questions, please contact one of our ASB treasurers/Student Store managers, Wendy Wang or Fitz Geonzon, or Kelly Todd at [ktodd@seq.org](mailto:ktodd@seq.org).

### Bear Pride Fridays

We are looking forward to the 2011–12 school year being the most spirited year in the history of Menlo-Atherton High School. Our goal is for every Friday to be *Bear Pride Friday*. We hope to look down Pride Hall and Hello Hall or across the G-Wing, the Green, or the girls' soccer field at lunch and see an ocean of maroon and gold.

Every Friday, please throw on your Bear Wear, sport your favorite athletic team shirt, or show off your favorite M-A gear. Any appropriate maroon and/or gold shirt will show your Bear spirit. You can find Bear Wear at the Student Store during lunch or online at Prep Sportswear (see above). Staff members, join in by wearing your staff shirts.

Join us every Friday for Bear Pride Friday!

### Welcome, Class of 2015 and New Bear Families!

We are excited to have you as part of the Menlo-Atherton family, and we are planning quite a few opportunities that will allow the Class of 2015 to become actively involved in the Bear community.

We were thrilled to meet our newest Bears at Freshman Orientation on Tuesday, August 23. It allowed us to introduce the freshmen to our spirited leadership students and our supportive Freshman Transition leaders, whom they will get to know really well this year.

We have many opportunities for the Class of 2015 to get involved on campus. Our first two weeks will be filled with activities each day at lunch. The venues will be announced during our daily Bear News announcements, which will be heard over the intercom each day at the start of SS&R (Silent Studying and Reading). On Thursday, September 22, we will be hosting our fall Club Rush, which will allow students to find out about our wide variety of clubs and meet some of the members. In honor of the freshmen, we will be hosting a Welcome Dance on Friday, **September 30**, from 7:00 to 10:00 pm on the gym patio. In Menlo-Atherton spirit, we hope to see everyone dressed in maroon and gold each Friday for Bear Pride Friday.

## TRIVOCIS CALENDAR – SEPTEMBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>August 29</p> <p>9th &amp; 10th grade class meetings/ assemblies; M-A PAC (special double assembly schedule)</p>	<p>30</p> <p>11th &amp; 12th grade class meetings/ assemblies; M-A PAC (special double assembly schedule)</p> <p>EL Parent meeting; 6:00-8:00 pm; M-A PAC cafe</p>	<p>31</p> <p>SUHSD Board meeting; 5:30 pm</p>	<p>September 1</p> <p>PTA General meeting; 9:30-10:00 am; M-A PAC Café</p> <p>Parent Education: "M-A 101: An Introduction to M-A"; 10:00-11:30 am <b>or</b> 7:00-8:30 pm; PAC Cafe</p> <p>SDMSC meeting; 3:30-4:45 pm; Career Center</p>	<p>2</p> <p>Senior class tailgate before first night football game</p> <p>Fall Athletic package deadline</p>	<p>3</p>
<p><b>5 – Labor Day – no school</b></p>	<p>6</p> <p>Student store opens every day at lunch; outside of B-21</p> <p>Foundation for the Future Board meeting; 7:00 pm, Library</p>	<p>7</p>	<p>8</p> <p>Last day to add a class</p> <p>Back To School Night; 6:30-8:30 pm</p>	<p><b>9 – Minimum Day #1 – early release</b></p> <p>October 1 SAT registration deadline (<a href="http://www.collegeboard.org">www.collegeboard.org</a>)</p>	<p>10</p> <p>ACT Test; 8:00 am (<a href="http://www.act.org">www.act.org</a>)</p>
<p>12</p>	<p>13</p> <p>October Trivocis article deadline</p> <p>EL Parent meeting; 6:00-8:00 pm; M-A PAC cafe</p>	<p>14</p> <p>SUHSD Board meeting; 5:30 pm</p>	<p>15</p> <p>SDMSC meeting; 4:30-6:30 pm; Career Center</p> <p>Band/Orchestra Family Potluck and meeting; 6:30 pm; PAC café patio</p> <p>Senior Parent College Info Night (parents only) with Alice Kleeman; 7:00 pm; Library (<a href="mailto:rsvp-AAKleeman@gmail.com">rsvp-AAKleeman@gmail.com</a>)</p>	<p>16</p> <p>M-A Athletic Boosters Fall Grant request deadline</p> <p>October 22 ACT registration deadline (<a href="http://www.act.org">www.act.org</a>)</p>	<p>17</p>
<p>19</p> <p>CELDT testing this week</p> <p>California Scholarship Federation (CSF) membership applications (M-A Spring 2011 grades); lunch; outside Library</p>	<p><b>20 - Minimum Day #2 – early release</b></p> <p>CSF membership applications (M-A Spring 2011 grades); lunch; outside Library</p> <p>EL Parent meeting; 6:00-8:00 pm; M-A PAC cafe</p>	<p>21</p> <p>Picture make-up day; M-A PAC Lobby</p> <p>CSF membership applications (M-A Spring 2011 grades); lunch; outside Library</p>	<p>22</p> <p>Picture make-up day; M-A PAC Lobby</p> <p>M-A Student Club Rush; lunch</p> <p>CSF membership applications (M-A Spring 2011 grades); lunch; outside Library</p>	<p>23 – First day of Fall!</p> <p>PTA mini-grant applications due by noon</p> <p>CSF membership applications (M-A Spring 2011 grades); lunch; outside Library</p>	<p>24</p> <p>Fall Campus Beautification</p>
<p>26</p> <p>CELDT testing this week</p> <p>Foundation for the Future Board meeting; 7:00 pm, Library</p>	<p>27</p> <p>CAML math contest; lunch</p> <p>Deadline for Early Action College Recommendation packet; Guidance Office</p> <p>EL Parent meeting; 6:00-8:00 pm; M-A PAC café</p> <p>9th Grade Parent Info Night; 6:45-7:45 pm; Library</p>	<p>28</p> <p>October Trivocis mailed</p> <p>SUHSD Board meeting; 5:30 pm</p>	<p>29</p>	<p>30</p> <p>Welcome Dance for Freshman only; 7:00 – 10:00 pm; M-A Gym patio</p>	<p>October 1</p> <p>SAT Test; 8:00 am</p>

Note: Trivocis calendar items are current as of August 20. For the most current, updated information about M-A events please check the following: M-A Bears website at [www.mabears.org](http://www.mabears.org) and the weekly newsletter, M-A Bear Notes. Submit calendar entries by email to: [trivociscalendar@mabearspta.org](mailto:trivociscalendar@mabearspta.org)

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## CHANGE SERVICE REQUESTED

## TRIVOCIS

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### Future Events

- October 6 – Last day to drop a class and not have it show on transcripts**
- October 12 – PTA General meeting; 6:30 pm; M-A PAC Café**
- October 13 – November Trivocis article deadline**
- October 15 – PSAT Test**
- October 17 -21 – Homecoming Spirit Week**
- October 20 – Parent Education: “Finding Balance” ; 7:00 pm; M-A PAC**
- October 22 – ACT Test; 8:00 am**
- October 22 – Homecoming Dance**
- October 24 & 25 – Freshman Challenge Days**
- October 27 – Trick-Or-Treat Street at M-A**
- November 11 – Veterans Day – No school**

### IMPORTANT REMINDER FOR RECEIVING TRIVOCIS!

A copy of Trivocis is sent via USPS mail only to households that do not have an email address in the Infinite Campus System. Households with an email address in the Infinite Campus System will receive an alert each month with a link to the new Trivocis. Please email [trivocismailing@mabearspta.org](mailto:trivocismailing@mabearspta.org) with any questions.