

# TRIVOCIS

THREE VOICES . . . STUDENTS, PARENTS, FACULTY

SEPTEMBER 2010  
VOLUME 58, NUMBER 1

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



## From the Principal

### *Dear Menlo-Atherton Community:*

Welcome to the 2010-2011 academic year. It's a great time to be a Menlo-Atherton Bear.

A hallmark of our educational system is the ability to begin anew each year. Whether your child is a bright-eyed freshman or a seasoned upperclassman, the new year brings great opportunity. Talk to your youngster about his or her aspirations and what s/he most wants to accomplish this year; it can pay great dividends. It is also a great opportunity for family reflection and planning.

### **New Developments:**

As I pen this, our contractors are putting the final touches on our Pride Hall renovation. There certainly is plenty of natural light and fresh air, as they've completely removed large pieces of the ceiling and entire sections of the side walls. Architect Brent McClure worked with me to "re-envision" the out-of-date space: he brought in new light by increasing the ceiling height in two large sections of the corridor, added "viewing windows" inside the long hallway, and increased the walking area by removing an interior curb.

New lighting, flooring, and doors are being installed; the structural integrity of the hallway has been greatly improved. Certainly, its new appearance brings that key part of the school into the 21st century.

A new substation and set of high-voltage electrical conduits have been installed on Coach Parks Field to power up temporary field lights. Preliminary utility work for our Media Arts Building is also moving forward—once built, it will connect to the new substation and provide electricity to two new multimedia classrooms, a digital photo facility, and video production area. The Ayers Gym received a new floor, classrooms were repainted in the "C" and "D" wings, and flooring was replaced in much of the "F" and "G" wings. It's been a dusty and productive summer, but the campus looks good.

### **New Bell Schedule:**

Along with a spruced-up campus, we will commence the year with a new bell schedule. While the process was protracted at points, the final product is a solid one and allows for a later start time for 80% of our students.

There will be impacts with this change and some additional congestion at dismissal, now that all students end their day at 3:15 p.m. Adjusting athletic schedules, installing field lights to allow for early evening practice, and working to improve traffic flow at dismissal will address a few immediate concerns. The research on school start time unequivocally supports a later start for teenagers. Newsweek and CNN have had recent articles on the benefit of a later start: (<http://pagingdrgupta.blogs.cnn.com/2010/07/05/small-delay-in-school-start-timesbig-benefits/>). Of course it is essential that students turn in at a reasonable time and do not stay up late Facebooking friends and texting.

### **New Parent Resources:**

Here are a few reminders and hints for new parents:

1. Sign up and read the weekly Bear Notes email (delivered by the M-A PTA each Sunday evening to your in-box).
2. Tear out and post the monthly school calendar printed on the last page of TriVocis.



### **Calendar Highlights**

#### **PTA Meeting**

Tuesday, August 31<sup>st</sup>

#### **Back to School Night**

Thursday, September 2<sup>nd</sup>

#### **Minimum Day #1**

Friday, September 3<sup>rd</sup>

#### **Labor Day – No School**

Monday, September 6<sup>th</sup>

#### **Freshman Parent Tapas**

Friday, September 10<sup>th</sup>

#### **Minimum Day #2**

Tuesday, September 28<sup>th</sup>

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Sign up for BearNotes and paperless TriVocis: [www.mabearspta.org](http://www.mabearspta.org)

Send articles for next issue by September 17<sup>th</sup> to [trivocis@mabearspta.org](mailto:trivocis@mabearspta.org).

3. Refer to the MAbears.org electronic calendar on our main web page. (Hint: It's the fourth button on the left side at [www.mabears.org](http://www.mabears.org).)
4. Attend the first PTA General Meeting on Tuesday, August 31, at 8:30 a.m. in the theater cafeteria.
5. Attend the "M-A 101 Workshop" that I will conduct on August 26, 2010, at either the 10:00 a.m. or 7:00 p.m. meetings, in the theater cafeteria. Use the visitor parking that faces Middlefield Road.

**Highlights from Spring:**

Preliminary AP results have arrived for many classes. Areas of great strength included AP European History (30 of 31 students passed), AP United States History (49 of 50 students passed), and AP Physics (all 25 students received a passing score). The school's overall AP passing rate was its highest ever at 87.3%. Other results were equally impressive.

M-A graduates from June are now packing their bags for college. They move into an array of unique and top-tier institutions, including every UC campus and many of the Colleges That Change Lives. Your own children will join them soon enough.

It's shaping up to be another stellar year.

Respectfully,

*Matthew Zito*

*Principal*

***Estimada Comunidad de Menlo-Atherton:***

Bienvenidos al año escolar de 2010-2011. Es un momento fenomenal para ser un Oso de Menlo-Atherton.

Un distintivo de nuestro sistema educativo es la posibilidad de empezar de nuevo cada año. Si su hijo/a es un estudiante de primer año dispuesto y ávido o un experimentado estudiante de los últimos años, el nuevo año trae gran oportunidad. Hable con su hijo/a acerca de sus aspiraciones y lo que más quiere lograr este año; puede producir grandes beneficios. También es una gran oportunidad para la reflexión y la planificación familiar.

**Nuevos Acontecimientos:**

Mientras trazo estas palabras, nuestros contratistas ponen los toques finales a la renovación de nuestro Pride Hall. Definitivamente tienen bastante luz natural y aire fresco, ya que han eliminado completamente pedazos grandes del techo y secciones enteras de las paredes laterales. El Arquitecto Brent McClure trabajó conmigo para "re-visualizar" el espacio anticuado: introdujo luz nueva al aumentar la altura del techo en dos grandes secciones del corredor, añadió "ventanas de observación" en el interior del largo pasillo, y aumentó la zona peatonal eliminando un bordillo interior.

Se están instalando nuevos pisos, puertas e iluminación; y se ha mejorado muchísimo la integridad estructural del pasillo. Definitivamente, su aspecto está muy mejorado y trae esa parte clave de la escuela al siglo XXI.

Se han instalado una nueva subestación y un conjunto de conductos eléctricos de alto voltaje en Coach Parks Field para encender las luces temporales del campo; el trabajo preliminar de servicios de electricidad para nuestro edificio de las Artes Mediáticas también están avanzando - una vez construido, se conectará a la nueva subestación y proporcionará electricidad a dos salones de multimedia, un centro de fotografía digital, y área de producción de videos. El Gimnasio Ayers recibió un nuevo piso, se pintaron salones en las alas C y D, y se cambió el piso en gran parte de las alas "F" y "G". Ha sido un verano polvoriento y productivo, pero el campus se ve bien.

**Nuevo horario de clases:**

Junto con un campus bien arreglado, comenzaremos el año con un nuevo horario de clases. Si bien el proceso se prolongó en algunos momentos, el producto final es sólido y permite una hora de inicio más tarde para el 80% de nuestros estudiantes.

Habrà impactos con este cambio y algo de atascos adicionales a la salida de clases, ya que todos los alumnos terminan su día a las 3:15 p.m. Ajustar los horarios de deportes, instalar iluminación en el campo para permitir la práctica temprano por la noche, y trabajar para mejorar el flujo de tráfico a la salida de clases son algunas soluciones para abordar unas preocupaciones inmediatas. Las investigaciones sobre la hora de inicio de clases apoyan inequívocamente un comienzo más tarde para los adolescentes. Newsweek y CNN han tenido artículos recientemente sobre los beneficios de un comienzo más tarde: (<http://pagingdrgupta.blogs.cnn.com/2010/07/05/small-delay-in-school-start-timesbig-benefits/>). Por supuesto, es

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555 Middlefield Rd.,  
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[www.mabearspta.org](http://www.mabearspta.org)

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The purpose of the newsletter is to promote communication between the administration/faculty and parents. We welcome all your comments, suggestions, and articles. 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).

2010-2011 Publication Dates		
Issue	Deadline	Mailing
Oct	Sept. 17	Sept. 29
Nov	Oct. 15	Oct. 27
Dec/Jan	Nov. 19	Dec. 1
Feb	Jan. 14	Jan. 26
March	Feb. 11	Feb. 23
April	March 18	March 30
May	Apr. 15	Apr. 27
June	May 13	May 25

esencial que los estudiantes a su vez se vayan a la cama a una hora razonable y que no se queden despiertos hasta tarde con el Facebook y mandando mensajes de texto a los amigos.

### **Nuevos recursos para padres :**

Éstos son algunos recordatorios y consejos para los padres nuevos:

1. Regístrese para recibir y leer el correo electrónico semanal Bear Notes (enviado por el PTA de M-A cada domingo por la noche a su bandeja de entrada).
2. Arranque y después cuelgue el calendario escolar mensual impreso en la última página del Trivocis.
3. Consulte el calendario electrónico de MAbears.org en nuestra página Web principal. (Pista: Es el cuarto botón en la parte izquierda en [www.mabears.org](http://www.mabears.org))
4. Asista a la primera Junta General del PTA el martes, 31 de agosto a las 8:30 a.m. en la cafetería del PAC.
5. Asista al Taller MA 101 que daré el 26 de agosto de 2010, a las 10:00 a.m. y a las 7:00 p.m., en la cafetería del PAC. Favor de utilizar el estacionamiento para visitantes que da para la calle Middlefield.

### **Aspectos más destacados de la primavera:**

Los resultados preliminares de los exámenes AP han llegado para muchas clases. Áreas de gran fuerza incluyeron Historia de Europa de nivel AP (30 de 31 estudiantes aprobaron), Historia de Estados Unidos de nivel AP (49 de 50 estudiantes aprobaron), y Física de nivel AP (los 25 estudiantes recibieron una calificación de aprobado). La tasa general de aprobación en los exámenes AP de la escuela fue la más alta que nunca con un 87.3%. Otros resultados fueron igualmente impresionantes.

Los graduados de MA de junio están empacando las maletas para ir a la universidad. Entrarán a una serie de singulares instituciones de alto nivel, incluidos todos los campus de la UC y muchos de las Universidades que Cambian Vidas. Sus propios hijos se unirán a ellos muy pronto.

Otro año estelar se está formando.

Atentamente,

*Matthew Zito*

*Director*

## **From the PTA**

*Amy Boyle and Carol Orton*

Welcome to the 2010-2011 school year! Thank you to Gloria Principe and Lee Ann Yasukawa, who coordinated many parent volunteers to assist school administration in preparing for and executing Arena Check-In.

Helping with Arena Check-in is just one of many tasks of the PTA. In addition to assisting school administration in making the school run more smoothly, the M-A PTA funds mini-grants, publishes weekly and monthly publications, pays for student planners and directories, sponsors parent education programs, and much more. Learn more here:

- [www.mabearspta.org](http://www.mabearspta.org) : The Parent Resource for all PTA activities
- BearNotes: Weekly information for parents published electronically by the PTA. To subscribe go to [www.mabearspta.org](http://www.mabearspta.org) .
- TriVocis: Monthly school newsletter published by the PTA. Available by mail or email, and always available at [www.mabearspta.org](http://www.mabearspta.org)
- PTA meetings: Mark your calendar with these dates and locations:
  - August 31, 2010 in the PAC Cafeteria at 8:30 a.m.
  - October 12, 2010 in the PAC Cafeteria at 7:00 p.m.
  - December 7, 2010 in the PAC Cafeteria at 8:30 a.m.
  - February 8, 2011 in the PAC Cafeteria at 8:30 a.m.
  - April 5, 2011 in the PAC Cafeteria at 7:00 p.m.
  - May 3, 2011 in the Wrestling Room at 8:30 a.m.
  - May 31, 2011 in the PAC Cafeteria at 8:30 a.m.

We look forward to seeing you at our first meeting on Tuesday, August 31, at 8:30 a.m. in the PAC Cafeteria, when Principal Matthew Zito will answer your questions and give us insights on the upcoming year.

Please join and support the PTA! If you have suggestions or questions, please contact us at [president@mabearspta.org](mailto:president@mabearspta.org).

## De la PTA (Asociación de Padres de Familia, Maestros y Administradores...PTA)

*Amy Boyle y Carol Orton*

Bienvenidos al año escolar 2010-2011! Gracias a Gloria Principe y Lee Ann Yasukawa, quienes coordinaron los muchos padres voluntarios para ayudar a la administración del colegio en la preparación y actividades durante el Arena Check-In.

Ayudar durante Arena Check-in es una de las muchas actividades de la PTA. Además de ayudar a la administración en el funcionamiento de la escuela, la PTA de M-A apoya económicamente con mini-becas, publica información cada semana y mes, financia las agendas de los estudiantes (planners) y directorios, así como el programa de conferencias a padres de familia, y mucho más. Infórmese más aquí:

- [www.mabearspta.org](http://www.mabearspta.org): El recurso para padres sobre todas las actividades de la PTA.
- BearNotes: Información semanal publicado electrónicamente por la PTA. Para suscribirse ir a [www.mabearspta.org](http://www.mabearspta.org).
- TriVocis: Publicación mensual de la escuela publicado por la PTA. Disponible por correo normal o por email, y siempre publicado en [www.mabearspts.org](http://www.mabearspts.org)
- Juntas de la PTA: Marque su agenda con estas fechas y lugares:
  - Agosto 31, 2010 en la PAC Cafetería a las 8:30 a.m.
  - Octubre 12, 2010 en el PAC Cafetería a las 7:00 p.m.
  - Diciembre 7, 2010 en el PAC Cafetería a las 8:30 a.m.
  - Febrero 8, 2011 en el PAC Cafetería a las 8:30 a.m.
  - Abril 5, 2011 en el PAC Cafetería a las 7:00 p.m.
  - Mayo 3, 2011 en el Wrestling Room a las 8:30 a.m.
  - Mayo 31, 2011 en el PAC Cafetería a las 8:30 a.m.

Nos dará mucho gusto verles en nuestra primera junta el martes 31 de agosto a las 8:30am en la Cafetería de PAC (teatro de M-A), donde el Director Matthew Zito contestará sus preguntas y compartirá con nosotros sus comentarios sobre este año escolar que comienza.

Por favor únase y apoye a la PTA! Si tiene alguna sugerencia o pregunta, por favor comuníquese con nosotras al correo [president@mabearspta.org](mailto:president@mabearspta.org) o (650) 321-4418.

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

*By Charlene Margot, Parent Education Series Chair*

The M-A PTA Parent Education Series is off to a great start this fall with two terrific offerings in August. On August 26th, new and freshman families are invited to join us for **“M-A 101: An Introduction to Menlo-Atherton High School.”** Principal Matthew Zito is the featured speaker at M-A 101 which is offered in a morning (10:00-11:30 a.m.) *or* evening session (7:00-8:30 p.m.) in the Performing Art Center (PAC) Café.

If you have questions about Menlo-Atherton or want to learn how your student can successfully navigate our school, this event is for you! In addition to Mr. Zito, presenters will include members of M-A's terrific Guidance staff, current M-A students, and recent alumni. Each session will include critical information about “the nuts and bolts” of M-A, with time for Q & A with the principal at both morning and evening sessions.

On October 4th, the Parent Education Series is honored to present **Dr. Ken Ginsburg, “Building Resilience in Children and Teens.”** Dr. Ginsburg, a nationally renowned pediatrician specializing in Adolescent Medicine at the Children's Hospital of Philadelphia, PA, is a leading authority on developing resilience in children and adolescents by creating strategies to build upon their inherent strengths. He seeks to bring focus to the impact of stress on our children and to redefine perceptions of "success." Dr. Ginsburg is the author of *A Parents' Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings (American Academy of Pediatrics)*.

As one of the nation's leading authorities in the field of Child and Adolescent Resilience, Dr. Kenneth Ginsburg opens his "tool kit" and offers practical ideas and step-by-step, concrete strategies for building resilience in our children by developing Competence, Confidence, Connection, Character, Contribution, Coping and Control (the 7 C's). Learn how to develop your teen's personal guide to manage stress. These preventive strength- building strategies may make young people less likely to turn to the quick easy fixes we fear (sex, drugs, self harm, and eating disorders, among others).

## 2010-11 M-A Parent Education Series

- 1) **“M-A 101: Orientation to Menlo-Atherton High School,”** with Principal Matthew Zito  
Thursday, August 26, 10 - 11:30 a.m. OR 7 - 8:30 p.m., Performing Art Center Café
- 2) **SPECIAL EVENT! Dr. Ken Ginsburg, “Building Resilience in Children and Teens”**  
Monday, October 4, 7 - 8:30 p.m., Performing Art Center Theater

For more information, please contact Charlene Margot, Parent Education Chair, at [parenteducation@mabearspta.org](mailto:parenteducation@mabearspta.org) or 650.868.0590. For detailed information on Parent Education Series Events, go to: [www.mabearspta.org/ParentEdEvent.html](http://www.mabearspta.org/ParentEdEvent.html).

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

## Freshman Challenge Day November 1 & 2, 2010

### ADULT VOLUNTEERS NEEDED THIS FALL AT M-A!

Challenge Day is coming to M-A for the seventh year, and we need your help! This freshman event, which kicks off our year-long “Be the Change” program, is sponsored by the M-A PTA with support from the principal, teachers, and administrative staff. The incoming freshman class will participate in this lifetime experience. Our goal is that at the end of the day, students will have not only bonded as a class, but also will have 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, “The Challenge Day Program” 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*. Currently, MTV has a reality TV series based on the Challenge Day program entitled, “If You Really Knew Me.” Check it out to see just how meaningful this program is!

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 they 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 one with various struggles. Then I saw their peers reaching out to assist.”

Adult participation is crucial to the success of these two days! We wish to thank the many people who have already volunteered for this event. **We still need over 100 adult volunteers to serve as small group facilitators for 4-5 students on either Monday or Tuesday, November 1 or 2, 8:15 am - 3:30 pm.** Everyone is welcome, whether you are a parent of a freshman or 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 you that you, too, will walk away a changed individual. **To volunteer to be a small group facilitator, please email us, specifying the day you wish to volunteer: Stasia Grose and Ellen Mouchawar, PTA Co-Chairs of Challenge Day 2010, at [challengeday@mabearspta.org](mailto:challengeday@mabearspta.org).**

# 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>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>STRONG CURRICULUM</b></p> <ul style="list-style-type: none"> <li>▪ Low enrollment classes (advanced languages &amp; electives)</li> </ul> <p><b>COLLEGE &amp; CAREER SUCCESS</b></p> <ul style="list-style-type: none"> <li>▪ College counseling</li> <li>▪ SAT prep classes</li> <li>▪ Guidance Advisor</li> </ul> <p><b>CRITICAL PROGRAMS</b></p> <ul style="list-style-type: none"> <li>▪ Student Support Coordinator</li> <li>▪ “Readers” for English &amp; Social Studies</li> <li>▪ Spanish translation</li> <li>▪ AVID program</li> <li>▪ Leadership Coordinator</li> <li>▪ Library materials</li> </ul>	<p><b>VOLUNTEERS &amp; EXPENDITURES</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>▪ 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 speaker series</li> <li>▪ Hospitality</li> </ul> <p><b>TEACHERS/ADMIN SERVICES</b></p> <ul style="list-style-type: none"> <li>▪ Staff appreciation</li> <li>▪ Mini Grants</li> <li>▪ Emergency medical supplies</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>▪ \$1,000,000+</li> </ul>	<ul style="list-style-type: none"> <li>▪ \$150,000</li> </ul>	<ul style="list-style-type: none"> <li>▪ \$60,000</li> </ul>
For More Information	<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>

## From Our Co-Presidents



Welcome to all new and returning M-A families from M-A's Foundation for the Future! For eighteen years, we have brought parents and community members together to support excellence in education at Menlo-Atherton High School. Public funding is inadequate to fully support the outstanding teaching and curriculum that M-A provides, and we raise private funds to help bridge that gap.

In spite of a difficult economic environment, M-A's Foundation raised over \$1,000,000 last year, increasing our donor base by 72% since 2005. The Foundation is the only fundraising group at M-A that pays salaries for key teachers and staff. For this school year, we again have committed to raise more than \$1,000,000, with over 90% supporting critical salaries. Your contributions will:

- **Fund smaller classes.** We will fund 30 additional sections of key academic subjects in 2010-11, allowing smaller classes for hundreds of student.
- **Support excellent teaching.** We will fund professional development, enable departmental collaboration, and provide incentive awards for outstanding teachers and staff.
- **Enrich M-A's strong curriculum.** M-A Foundation funding will support important courses such as advanced/AP Latin and Physics, and electives of Yearbook, Guitar and Drama.
- **Enhance college and career success.** We will support college counseling services, SAT prep classes and an additional guidance counselor.
- **Fund critical programs and services.** Vital funding will be provided for English and Social Studies "readers", Spanish translation, Leadership Advisor, AVID, Student Support Coordinator and more.

M-A rightly deserves its place as a *California Distinguished School* and will continue to succeed with the broad-based support of our parents and local community. We will be launching our 2010-11 fundraising campaign in early October. Please look for information about how you can contribute in *Trivocis*, as well as in our periodic emails and at our informational events. All gifts, regardless of size, are greatly appreciated, carefully spent, and benefit every student at M-A. We hope you'll join with us this year to support continued excellence at Menlo-Atherton High School. Our very best regards,

Marci Coggins and Craig Falkenhagen  
Foundation for the Future Co-Presidents

### 2010-11 BOARD

Marci Coggins  
Co-President  
Craig Falkenhagen  
Co-President  
Mike David  
Co-Vice President  
Gloria Principe  
Co-Vice President  
Angela Sherry  
Treasurer  
Celeste Chapman  
Secretary  
Fannie Allen  
John Boyle  
Jeff Child  
Lynne Clarence  
Carol Collins  
Lori Cohen  
Michele Culhane  
Bruce Deal  
Steve Fioretti  
Linda Fornaciari  
Tory Fratt  
Gamiel Gran  
Beth Harris  
John McMurtry  
Marshall Mohr  
Kate Mulligan  
Terri Muschott  
Keith Newman  
Chris Rivera  
Ted Schlein  
Steve Smith  
Kim Sommer  
Carol Sontag  
Lucia Tedesco  
Marti Tedesco  
Susan Vaswani  
Debra Yoder  
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### FOUNDATION FOR THE FUTURE

M-A High School  
P.O. Box 1228  
Menlo Park, CA 94026  
Tel: (650) 322-5311 x 5206  
[www.mafoundation.org](http://www.mafoundation.org)

## From the Guidance Office

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

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

### Changes in the Guidance Office

Ms. Paula Kousounadis will not be returning to Menlo-Atherton High School this academic year. We are in the process of finding a new Guidance Counselor to take over her caseload.

### 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/her guidance advisor's box. If your student doesn't "know the ropes", someone in the Guidance Office will help. Moving into a class is dependent on the size of the class. After the first two weeks of school, we do not make schedule adjustments except for a possible level change i.e., moving from Spanish II to Spanish I. The last day to add a class is **August 31, 2010**. Thereafter, changes will only be made if a student is in the wrong level. If a student wants to drop a class and not have it show on his/her transcript, it must be done by **September 30, 2010**. The last day to withdraw (Withdrawal Pass – WP or Withdrawal Fail – WF) from the first semester class is **November 4, 2010**. However, this will show up on the transcript.

### Classroom Visits

Guidance Counselors will meet with senior, sophomore, and freshmen students in their English or social studies classes starting in September to review transcripts, high school and college requirements, and provide general information and tips to help your student.

### Senior Deadlines for Class of 2011

**Safety Education** - Students still needing to meet the Safety Education requirement have the following options to meet the requirement:

- 9 Week course at M-A (offered 3rd quarter)
- 2nd Semester of Living Skills (Klein)
- NovaNET\* (aka – Phoenix)
- School After School\*
- College of San Mateo – Health Science 100
- Online\*\*– BYU - Health 41- Cost involved

\*Program available throughout senior year, but must be done by mid-May 2011.

\*\*Must be done by 12/1/10

Students may 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 (aka – Counselor Recommendation)** - Current juniors who will apply to private colleges frequently need a Secondary School Report from their Guidance Counselors. They need to complete a letter of recommendation packet, which includes a copy of their college essay, parent statement, peer statement, and an unofficial copy of their transcript. **Each senior student is required to complete the following information in Naviance Family Connection prior to requesting a letter of recommendation from his/her Guidance Counselor: Resume, Game Plan, Test Scores, and Colleges.** Students can access the recommendation packet through Naviance. It is in the document library and is listed as Recommendation Request Packet. It is to the students' advantage to give this packet to their Guidance Counselors early. Students need to submit their recommendation packets in person to their Guidance Counselor by the following deadlines:

- For Early Action: Tuesday, September 28, 2010.
- For Regular Decision: Tuesday, November 2, 2010.

### Students Assigned to Guidance Advisors

Below is the alphabetical breakdown of assignments:

Student Last Name	Guidance Advisor	E-Mail Address	Ext.
A and M, N	Mrs. Lara Sandora	lsandora@seq.org	5125
B-C-D	Mrs. Escobar-Weaver	keweaver@seq.org	5120
E- F through Go	Ms. 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 through Se	Ms. Andrade	fandrade@seq.org	5181
Sh through T-U-V-W-X-Y-Z	TBA	TBA	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 who distributed schedules on the first day of school. This is a job that couldn't be done without our amazing parents.

**We hope to have a fantastic school year!**

## De La Oficina de Consejería

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

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

### Cambios en la Oficina de Consejería

La señorita Paula Kousounadis no va a regresar a Menlo-Atherton High School durante este año académico. Nosotros estamos en el proceso de encontrar un nuevo consejero para los estudiantes que estaban a cargo de la señorita Kousounadis

### 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 hoja en la cual pide cita con su consejera** y pone esa forma en el buzón de su consejera. Si su estudiante no sabe este procedimiento, alguien en la oficina de consejería le ayudará. Para poder cambiarse de clases dependerá en el tamaño de la clase. Después de las primeras dos semanas de escuela, nosotros en la oficina no podemos hacer cambios en el horario de clases excepto cambiar niveles. Por ejemplo, pasando de español II a español I. El último día para añadir una clase en el horario de clases es el **31 de agosto, 2010**. A partir de entonces, se harán cambios solamente si el estudiante está en el nivel equivocado.

Sí su estudiante quiere dar de baja una clase y no quiere que aparezca en el expediente académico, tiene que hacerlo a más tardar el **30 de septiembre, 2010**. El último día que puede dar de baja una clase durante el primer semestre (Withdrawal Pass – WP ó Withdrawal Fail – WF) es el **4 de noviembre, 2010**. Sin embargo, esta información aparecerá en el expediente académico.

### Visitando Clases

Comenzando en el mes de septiembre, las consejeras se reunirán con los estudiantes del doceavo, décimo, y noveno grado en las clases de inglés o de estudios sociales 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.

## Fechas de Vencimiento para los Estudiantes de la Clase del 2011

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

- Un curso de 9 semanas en M-A(ofrecido en el tercer trimestre)
- En el segundo semestre el curso de Habilidades para vivir independientemente (el curso que enseña la maestra Mona Klein)
- NovaNET\* (conocida como Phoenix)
- Escuela Después de Clases\*
- \*Programa disponible através del doceavo año, pero debe terminarse para mediados de mayo, 2011.
- Ciencias de Salud 100 en el Colegio de San Mateo.\*\*
- Salud 41 en el Internet\*\* através de Brigham Young University (BYU) - costo vinculado con la inscripción
- \*\* Debe terminarse en 12-01-2010.
- Los estudiantes pueden ver a sus consejeras 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)

Los estudiantes en el onceavo grado, quienes enviaran aplicaciones a las universidades privadas frecuentemente necesitan una Reporte de Escuela Preparatoria “Secondary School Report” de sus consejeras. Ellos necesitan completar un paquete de cartas de recomendación, el cual incluye una copia del ensayo para la universidad, una declaración acerca del estudiante escrita por los padres, una declaración acerca del estudiante escrita por un compañero, una copia del expediente académico del estudiante. **Cada estudiante del doceavo grado necesita completar la siguiente información en Naviance Family Connection antes de solicitar una carta de recomendación de su consejera: Curriculum/Historial, Plan de Selección de Colegios/Universidades, Calificación de Exámenes y Colegios.** Los estudiantes pueden tener acceso a el paquete de cartas de recomendación en el sitio: [www.macareercenter.com](http://www.macareercenter.com) y a través de Naviance. Está enlistado como Paquete de Petición de Recomendaciones (Recommendation Request Packet). Es una ventaja para los estudiantes que entreguen el paquete de cartas de recomendación temprano a sus consejeras. **Los estudiantes necesitan entregar personalmente el paquete completo a las consejeras a más tardar en las siguientes fechas:**

- **Para Decisión Temprana: martes, 28 de septiembre del 2010.**
- **Para Decisión Regular: martes, 2 de noviembre del 2010.**

### Estudiantes Asignados a las Consejeras

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

Apellido del Estudiante	Consejero	Correo Electrónico	Ext.
A y M-N	Mrs. Lara Sandora	<a href="mailto:lsandora@seq.org">lsandora@seq.org</a>	5125
B-C hasta D	Mrs. Escobar-Weaver	<a href="mailto:keweaver@seq.org">keweaver@seq.org</a>	5120
E-F hasta Go	Ms. Torres (Garza)	<a href="mailto:sgarza@seq.org">sgarza@seq.org</a>	5139
Gr-H-I-J-K hasta L	Ms. Laura Duran	<a href="mailto:lduran@seq.org">lduran@seq.org</a>	5182
O-P-Q-R hasta Se	Ms. Andrade	<a href="mailto:fandrade@seq.org">fandrade@seq.org</a>	5181
Sh - T-U-V-W-X-Y hasta Z	Nuevo/a Consejero/a	Está pendiente	5185

La Oficina de Consejería desea tomar esta oportunidad para darles las gracias a la comunidad incluyendo padres de familia, estudiantes, maestros/as, al personal de la escuela por su continuo apoyo. 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!**

## From the College/Career Center

I enjoyed my summer meetings with many incoming seniors; I predict we're going to have a great year!

**PARENTS OF SENIORS:** Plan to attend an informal evening about the college search, application, and selection process, including a brief overview of financial aid and scholarship opportunities. There will be plenty of time for your questions! Please come to the M-A Library at 7:00 p.m. on Wednesday, September 15. RSVP to [AAKleeman@gmail.com](mailto:AAKleeman@gmail.com) so I will know how many people to expect. (Parents of seniors only, please. 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 [www.macareercenter.com](http://www.macareercenter.com) and click on "join the list" on the front page. (Juniors and seniors will 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. By December, more than 100 colleges will have visited. Juniors and seniors who wish to attend these visits can learn about them through the Bear News, the calendar in the Career Center, Naviance, and my Web site ([www.macareercenter.com](http://www.macareercenter.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 attending conferences. These conferences provide essential updates on UC, CSU, community colleges, college testing, and financial aid. I will report new developments to the seniors (through their English classes). I will also attend the National Association for College Admission Counseling (NACAC) conference from September 29-October 3. While such absences are absolutely necessary for me to do a good job, I still 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 prestigious 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](mailto:AAKleeman@gmail.com).

*Alice Kleeman*

### Sign Up for E-Scrip! An Easy Way to Help M-A

**This is a great time to make sure your purchases are supporting M-A!!**

Make every purchase count for our kids by registering your grocery, debit and credit cards with eScrip. The merchants contribute to M-A; **it costs you nothing**. Here's how you can support our school:

**New to eScrip?** Register online at [www.escrip.com](http://www.escrip.com) or contact Emily Liggett at (650) 867-8662 to register by mail. Have your cards available (such as Safeway, MasterCard, VISA, American Express, debit cards).

**Update your recipient list to add M-A; this does not happen automatically when your kids change schools! Many of our M-A families think they are donating to M-A, but they aren't! MPAEF (Menlo Park Atherton Education Foundation) and Las Lomas Education Foundation support local K-8 schools. Check online at [www.escrip.com](http://www.escrip.com); go to "my escrip" – or email Emily to check for you: [emliggett@pacbell.net](mailto:emliggett@pacbell.net). M-A's ID is 136550465.**

Invite your family and neighbors to register for eScrip, so their purchases count for M-A. Just forward this message to them or refer them to [www.escrip.com](http://www.escrip.com).

## M-A Math Contests

*by Gregg Whitnab, Math Department Chair*

The math department is quite proud of our students' contest accomplishments and we are looking forward to another great year. Top performers who are returning this year include Fiona Meyer-Teruel, Thomas Chen, Daniel Windham, Jason McGee, and Hannah Rosenfeld. For parents who don't know about our math contests and their benefits or just want all the details they are described below.

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

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

This year's contest schedule is as follows:

September 21, October 19, November 16, December 7, January 11, February 15,

March 22 and February 8 – **AMC** \*,

Approximately 500 students participate each year on these 30-minute contests requiring a student to solve six challenging math problems by applying high school-level concepts from math subject areas ranging from geometry through pre-calculus. A student can score from 0 to 6 on each contest. We would like you to encourage your son or daughter to participate. Most participants are in Geometry 9, AS Algebra II, Pre-Calculus, AP Calculus, AP Statistics though certainly Algebra students are welcome. I have to add that the typical score on a contest can be a one or two with many students getting zero's due to the difficulty of the contest questions. While we would like you to encourage your son or daughter to participate, some good math students do not perform well in these competitions. If that is constantly the case, then we understand that at some point a student may decide to no longer participate.

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

## M-A's Own SAT Prep Course

*Jane King, Director, "M-A's Own PSAT/SAT Prep"*

Enrollment is open for the two spring sessions to prepare for the March SAT and the May or June SAT. We already have sign-ups, so you are advised not to wait until the last minute to place your student in the class. We offer a first-class preparation over a period of five weeks, meeting on campus, after school, on Mondays and Tuesdays, and ending the sessions the week the SAT is given. This will be our 31st year, so we know from long experience that we are doing quality work and taking care of the students properly. Over the years we have had many, many students achieving Letters of Recommendation and National Merit standing.

As we are non-profit, our fees are low. The range is from \$100.00 to a high of \$225.00, and \$225.00 (which we have only charged once in our history) is only \$15.00 an instructional hour, a price you can't find elsewhere. The fee, of course, depends on the size of the enrollment. If your student will have a spring sport, we need to discuss this. We offer a few concessions in these cases if the coaches are amenable. To ask your questions and/or to enroll your student, call Jane King at 323-4066 or email her (the preferred method) at [jjcking@juno.com](mailto:jjcking@juno.com).



## Athletics

### Menlo Atherton Football News

### 2010-2011 Season

#### **Athletic Boosters Looks Forward to Another Exciting Year in M-A Sports!**

*By Di Gow and Beth Henninger, Co-Chairs*

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

M-A Athletic Boosters is a parent organization which supports all 52 athletic teams and nearly 1000 athletes. In 2009-2010, 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 the requests funded coaches stipends that otherwise would not get paid. The money to support those requests was raised from a combination of donations, a portion of eScrip funds, and the very successful 5th annual Big Bear Run. Our first grant 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 sport athletes, on a page in your Arena-Check-In pamphlet and on our website at [www.m-boosters.org](http://www.m-boosters.org). At our website, you can donate online using our secure link to PayPal.
- Renew your eScrip account (M-A Athletic Boosters receives 30% of the revenue).

**SAVE THE DATE – MAY 1st for the 6th Annual Big Bear Run.** Contact Di Gow at [dianegow@crimson-consulting.com](mailto:dianegow@crimson-consulting.com) for sponsorship opportunities.

#### **Join the Excitement**

We'd like to challenge you to come on 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. You can find the Fall Sports Schedules by visiting [www.mabears.org](http://www.mabears.org) website and clicking on athletics, or by following the links at [www.m-boosters.org](http://www.m-boosters.org).

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

**WANTED:** old computers, monitors, and parts, working or not, for Menlo-Atherton High School PTA computer donation program. We will securely erase all your information, refurbish/repair the computer, and send it home with a hard-working, needy student from East Palo Alto or Redwood City. Corporate and personal donations are welcome, and we provide receipts for tax-deduction purposes. To donate one computer, or a truckload, contact Sue Kayton, [kayton@alum.mit.edu](mailto:kayton@alum.mit.edu), 650-853-1711. More information is posted at <http://www.suekayton.com/MAHigh/computerdonations.htm>



## Back To School Tips

*by Roni Gillenson, LMFT Program Director ACS On Campus Counseling Program*

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 what may be 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 for them. 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 remember 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 the teen years they 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 unhealthy. These 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: learning 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 sooth before panicking, talking to friends who may be experiencing similar stress, and talking to parents about what they 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. Adolescent Counseling Services (ACS) has counselors available on all of the middle school and high school campuses in Palo Alto as well as Menlo-Atherton High School, Redwood High School and La Entrada Middle School for teens who may need a safe place to talk. 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

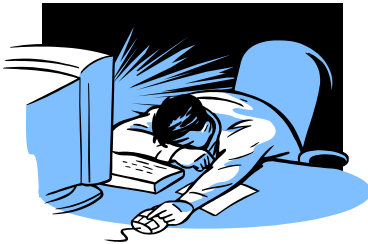
### **'Points to Follow' for Both Children and Parents:**

- Talk with your child. Find out what's happening in his life. Be honest and open with him. He should talk about his problems or write them down. Teach him to transfer coping strategies to other situations.
- Don't burden him with your problems. But, do tell children 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. A child who learns to use humor himself will be better able to keep things in perspective.
- Don't overload your child 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. He 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 school campuses at no charge to students and their families. To learn more about ACS, please visit our website at [www.acs-teens.org](http://www.acs-teens.org) or call Christina Walker, Site Director at Menlo-Atherton High School 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, helping teens find their way! ACS provides critical interventions and mental health services, building a better future for tomorrow.*

## M-A Teens Are Getting the Message about Sleep



This past February M-A freshmen attended a presentation about sleep and its importance in learning and other aspects of healthy teen life.

To measure the impact of the Teen Sleep Program presentation, surveys were conducted before and after the presentation. Seventy-eight freshmen completed a written survey the week prior to the presentation and completed the same survey again three weeks later.

Here's a brief look at what they – and we - learned.

Analysis showed that the freshmen were indeed getting a lot of key information about sleep. Among other things, more of them were realizing that:

- It isn't possible to get too much sleep.
- Drowsiness means one can fall asleep at any moment without warning.
- You can make up for lost sleep
- Napping is a good way to get extra sleep.

Importantly, they were also increasingly aware that the average teenager needs more sleep at night, with about half realizing the typical teen need at least nine hours a night. (Interestingly, they were somewhat less likely to think that they personally need that much sleep for optimal performance.)

We asked the freshmen whether they agreed with the statement "When I get enough sleep I do better in school." While half agreed, there still was no increase from the pre-presentation to the post-presentation survey. That suggests to us that there's more we should (and will) do to get that message across.

Not surprisingly, there was no increase in the amount of sleep the freshmen reported getting. There are so many external factors that influence a student's chance to get sleep. The new, later start times at M-A this year will be one concrete step toward addressing that problem. We'll try to measure sleep times again this coming year to see if the freshmen are getting more sleep.

If you have any questions about this information, contact Maggie Betsock at [bongos@jps.net](mailto:bongos@jps.net).

## Will you help students do better in school?

The M-A Teen Sleep Program needs your help to implement its annual teen sleep education program for freshmen. The goal of this program is to help teens understand how important sleep is to their success in school, athletics, and life. Did you know that teens are at their best if they get nine hours of sleep a night? Well, there's lot of information we can share with the students that should help them value sleep more. Please volunteer for this important cause. If we can prevent one drowsy teen from getting behind the wheel of a car, we have been very successful. Contact Maggie Betsock at [bongos@jps.net](mailto:bongos@jps.net) or 327-1860.



## Musical Notes

This fall the MA Bands welcome our new director, Kent Kurrus. Mr. Kurrus has been a teacher for 24 years. He attended the University of Puget Sound, Northwestern University, the University of San Diego and Western Washington University. He received his Bachelor of Music Education K-12 and a Masters in Music Conducting. For the past several years, Kent has been a band and chorus director at Scotts Valley High School. At a recent Wine and Cheese event, continuing band parents

got a chance to meet Kent and his wife, Susan, a pre-school teacher.

This fall will be a busy one for the bands. We will be playing for at least four home football games, including several night games. There will be an all-band family pot luck on September 15th. And save the date, November 19, for the Annual Big Band Dance! Details to follow soon!

*Laura Hale*

*Band Booster Chair*

## Leadership

Welcome back to the Class of 2011, 2012, and 2013! Welcome to the M-A family to our newest Bears, the Class of 2014! We are looking forward to a spirited year full of a wide variety of student activities. We will kick off our year with two weeks of noontime events and host our all-school Welcome Back Dance on Friday, September 10, from 7:00 p.m. to 10:00 p.m. under the stars on the gym patio.

Whether it is attending a dance or joining a club, we hope all of our students find a way to be actively involved in student life at Menlo-Atherton!

GO BEARS!!!

*Kelly Todd (back from maternity leave)*

## Freshman Transition and 6th Period Leadership

### A message to New Bears, The Class of 2014

Plans are already well underway to welcome next year's new M-A Bears, the Class of 2014! Student leaders of the Freshman Transition program and members of the Freshman Transition Leadership class (6th period) have been working hard to ensure that incoming freshmen and their families will feel welcomed and supported throughout their first year of high school at Menlo-Atherton.

The Freshman Transition program at M-A presents a unique opportunity for freshmen, their families and instructors. The program's goal is simple: to help incoming 9th grade students become comfortable in the new and sometimes challenging high school environment. Throughout the first semester, selected student leaders visit classrooms to work with freshman students, promoting communication, offering advice, and answering questions. Experience has shown that peer leadership is the most effective way to create a school environment in which all students feel accepted without judgment. There is also a tutoring center called "Food for Thought" which operates during "crunch" time for finals. There are snacks and drinks provided in a positive atmosphere where juniors and seniors model good study habits and can assist our newest Bears with studying for finals.

In addition, M-A has created an entire Leadership class, specifically designed to support new students. The Freshman Transition Leadership class, composed of 30 dedicated student leaders, plans and presents events that serve our new Bears and their families. Mark your calendars! The Freshman Family Tapas event will be September 10, and the first Back-to-School Dance is slated for the same evening.

Along with the Leadership class, the M-A PTA provides funds and logistical work to present Challenge Day to every freshman student. Challenge Day is an intensive one-day workshop that promotes compassion, communication, and community building within a school. This year, our current 9th graders and Challenge Day volunteers will work together to increase awareness of differences and to build alliances and acceptance among students of diverse racial and cultural backgrounds. The success of this program in the past has increased student bonding, improved communication, and encouraged classroom participation.

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

Welcome to M-A! We are excited for our new Bears to arrive at school. See you all at Freshman Family Tapas on September 10!

*Andy Stuart, Freshman Transition/6th Period Leadership*

### **Freshman Families are Welcome for an Evening of Fun! New twist on a traditional event**

Your whole family is invited to attend “Freshman Family Tapas” on the PAC patio on September 10, from 6:00 pm to 7:00 pm. It is a drop-in event, so come whenever you can. This is your opportunity to eat some delicious snacks, witness our beautiful M-A patio decked out in Spanish colors, and, most importantly start the process of joining the Menlo-Atherton family. After the event, your kids can attend the **Welcome Back Dance from 7:00-10:00pm**.



Drinks will be on sale \$1 each, with proceeds to benefit the M-A Leadership program.

Don't miss out on this wonderful opportunity to learn more about M-A and share in a great evening of fun! Welcome to your wonderful new school.

#### **Another Eagle Scout at M-A**



*Photo by Zach Plante*

William Schultz, a junior at Menlo Atherton, became an Eagle Scout on March 9, 2010, at Menlo Park Presbyterian Church in an Eagle Scout Board of Review and received his rank at the Eagle Court of Honor on June 5, 2010. He has been a member of Troop 222 since February 2005 and he has earned forty one merit badges and various special awards, including the World Conservation Award, and six Fifty Miler Awards. He is a member of the Ohlone Lodge of the Order of the Arrow. William's Eagle Scout Leadership Service Project, consisting of a total of 120 service hours, involved restoring trails in Edgewood County Park by filling various eroded portions of a trail segment with gravel and constructing water bars to divert groundwater to prevent further trail erosion. This summer he attended the 2010 National Scout Jamboree at Fort AP Hill, Virginia, celebrating the 100th anniversary of Scouting in the United States. Congratulations, William!

#### **Welcome Back to School, Bears!**

School is starting not only at M-A but also throughout the community. Last year, thirty Menlo-Atherton students teamed up with the Willow Oaks Elementary after-school program to help tutor elementary and middle-school students. This year the need for volunteers is even greater. If you are interested in tutoring and interacting with younger kids this is your opportunity. The commitment is only two hours per week and is extremely rewarding. Last year's program was a huge success, so get involved! Interested? Have any questions? Email Aaron at [ravenwoodmentorprogram@gmail.com](mailto:ravenwoodmentorprogram@gmail.com). This is a great opportunity to get involved in the community, so don't miss out!



## Menlo-Atherton PTA Communications: BearNotes and Trivocis

M-A's PTA is dedicated to providing regular communication with the M-A school community. In addition to the PTA website (<http://www.mabearspta.org/>) there are two PTA publications, **BearNotes** and **TriVocis**, that help parents and students stay informed about the many things going on at M-A. These publications include information about:

- ◆ Dates and Deadlines
- ◆ School Events
- ◆ Messages from the Administration
- ◆ Volunteer Opportunities
- ◆ Information about Parent Educational Series speakers
- ◆ Extracurricular Activities (performing arts, athletics, clubs, etc.)
- ◆ Community Events, and more!

### How do I receive BearNotes and TriVocis?

1. **BearNotes**: Why wait? Go to the M-A PTA website [www.mabears.org/BearNotes.html](http://www.mabears.org/BearNotes.html) and click on the "Join Our Mailing List" button.

2. **TriVocis**: Everyone at M-A will receive a copy of TriVocis by email or U.S. mail. If you don't have email or would rather have a paper copy, we will mail TriVocis to you.

To ensure that you are included, please complete this form:

Student Name(s): \_\_\_\_\_

Student M-A ID number(s): \_\_\_\_\_

Applicable graduation years:

\_\_\_\_ 2011    \_\_\_\_ 2012    \_\_\_\_ 2013    \_\_\_\_ 2014

Family email address(es): \_\_\_\_\_

Telephone Number(s): \_\_\_\_\_

If you prefer to receive TriVocis by U.S. MAIL (*not* by email), please check here:

Mailing Address \_\_\_\_\_

**Thank you for supporting Menlo-Atherton High School and the PTA!**

**[www.mabearspta.org/BearNotes.html](http://www.mabearspta.org/BearNotes.html)  
[www.mabearspta.org/Trivocis.html](http://www.mabearspta.org/Trivocis.html)**

## Trivocis Calendar – September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 30	31 PTA General meeting, 8:30-10:30 am, M-A PAC cafeteria Last day to make schedule changes Latino Parent Education Series, 6:00-7:00 pm, Library	September 1 Last day to register for Fall Sports SDMSC meeting, 3:30-4:45 pm	2 Computer Academy Welcome Potluck, 5:00-6:30 pm, M-A PAC Cafeteria Back To School Night, 6:30-8:15 pm	<b>3 - Minimum Day #1</b>	4
<b>6 Labor Day – No School</b>	7 Latino Parent Education Series, 6:00-7:00 pm, Library	8	9	10 1st Quarter Progress Report Period Ends October 9th SAT registration deadline (www.collegeboard.com) Freshman Parent Tapas, 6:00-7:00 pm, M-A PAC cafeteria and patio Welcome Back Dance, 7:00-10:00 pm, M-A Gym Patio	11 ACT Test, 8:00 am (www.act.org)
13 M-A's Own SAT Prep classes start, (Monday & Tuesday 3:30-5:00 pm thru 10/12), jcking@juno.com	14 Latino Parent Education Series, 6:00-7:00 pm, Library Girls Leadership Institute "Be You! The Real Girl Tour", 7:00-8:30 pm, M-A PAC (http://rachelssimmons-menlo.eventbrite.com)	15 Picture Make-up Day M-A Band Family Potluck Senior Parent College Info Night (parents only), 7:00-9:00 pm, Library (rsvp to aakleeman@gmail.com)	16 Picture Make-up Day SDMSC meeting, 4:30-6:30 pm, Staff Center	17 October Trivocis article deadline M-A Athletic Boosters Fall Grant deadline October 23rd ACT registration deadline (www.act.org)	18
20	21 Math contest, lunch Latino Parent Education Series, 6:00-7:00 pm, Library	22 9th Grade Parent Info Night, 6:30-7:30 pm, Library (guidance advisors, college & grad info)	23	24 Student Club Rush, lunch, Soccer field PTA Mini-grant applications due	25
27 Foundation for the Future meeting, 7:00 pm, Library	<b>28 - Minimum Day #2</b> Deadline for Early Action College Application Recommendation Packets, Guidance Office Latino Parent Education Series, 6:00-7:00 pm, Library	29 October Trivocis mailed	30 Last day to drop a class and not have it show on transcripts	October 1	2

### Future Events

October 4 – October 8 – Spirit Week, lunch activities  
 October 4 – Parent Education, Dr. Ken Ginsburg, "Building Resilience in Children and Teens", 7:00 pm, M-A PAC  
 October 5 – CAHSEE testing, Grade 12  
 October 7 – SDMSC meeting, 3:30-4:45 pm, Career Center  
 October 8 – Homecoming Dance, 7:30-11:00 pm, Hiller Aviation Museum  
 October 8 - November 6th SAT registration deadline (www.collegeboard.com)

October 9 – SAT Test date  
 October 12 – PTA General meeting, 7:00-8:30 pm, M-A PAC Cafeteria  
 October 15 – End of 1st Quarter  
 October 15 – November Trivocis article deadline  
 October 16 – PSAT Test date  
 October 23 – ACT Test date  
 October 27 - UC Application Party, Seniors only, 6:00-9:30 pm  
 October 28 – Trick or Treat Street, 5:00-7:00 pm

The most current information about M-A events is available on the M-A PTA website: [www.mabearspta.org](http://www.mabearspta.org) and the M-A Bears website: [www.mabears.org](http://www.mabears.org)  
 Submit calendar entries by email to [trivociscalendar@mabearspta.org](mailto:trivociscalendar@mabearspta.org)

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

NON-PROFIT ORGANIZATION  
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MENLO PARK, CA

### CHANGE SERVICE REQUESTED

### TRIVOCIS

Articles Editor: Kim Carlisle  
Production Editor: Amy Reardon  
Calendar Editor: Kathleen Balestra  
Mailing: Kelly Muenzen, Nancy Ryde  
Proofreader: Jane King

Next submission deadline – September 17, 2010  
Next mailing date – September 29, 2010  
Send article submissions to [trivocis@mabearspta.org](mailto:trivocis@mabearspta.org)  
Send calendar entries to [trivociscalendar@mabearspta.org](mailto:trivociscalendar@mabearspta.org)

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This issue was mailed and a PDF version posted online at [www.mabearspta.org](http://www.mabearspta.org) on August 25<sup>th</sup>, 2010

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

## IMPORTANT REMINDER ON RECEIVING TRIVOCIS!

**Every family at M-A will receive a copy of Trivocis by email or US mail, but you must sign up.**

### **To Receive By U.S. Mail:**

If you did not already do so at Arena-Check-In, please complete the form inside this issue and return it to the M-A front office. **Beginning with the October issue, only families who have requested a U.S. mailed copy will receive one in the mail.**

### **To Receive By Email:**

If you did not already do so at Arena-Check-In, please complete the form inside this issue and return it to the front office or go to [www.mabearspta.org/Trivocis.html](http://www.mabearspta.org/Trivocis.html) and follow the directions to “go green”.

**To make sure that all families receive this important information, all families will receive this issue (September 2010) Trivocis by U.S. mail.**

Thank you for your patience as we work to integrate everyone’s requests for receiving Trivocis into the new campus information system.