



Ramtracks

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Mark Your Calendar:

- No School – April 1st
Cesar Chavez Day
- Picture Day – April 8th
- Casino Royale!
April 8th
- Multi-cultural Fair
April 9th, 1:00
- School-Force
Community Garage
Sales – April 9th – 10th
- District Budget Mtg.
April 14th, 7:00 pm
- No School
April 18th – 22nd
Spring Break
- Parent info. night for
incoming 6th graders
April 26th, 6:30 pm
- Jog-A-Thon
Sports fundraiser
April 27th
- Gown pictures for 8th
graders – April 28th
- PTA Meeting
April 28th, 7:00 pm

From the Desk of the Principal

We are rapidly approaching the busiest time of the school year! It is hard to imagine that we are in the midst of planning the end-of-the-year activities such as the Multi-cultural Fair on April 9th, music concerts, and our 8th grade promotion. As we reported earlier, the last day of school is June 10th. The promotion ceremony will begin at 2:00 p.m. – more information will follow. We are also currently making master schedule plans for next year. Our new challenge is finding sufficient space for our anticipated enrollment of approximately 986 students next year. We are excited about beginning the process for our school-wide renovations slated for the summer of 2012.

Campus Highlights:

We are thrilled to report that our 8th grade student **Sonya Lipkind**, came in third place in the Bay Area Spelling Bee Competition on March 19th in San Francisco at Pier 39. She bravely represented Ralston and did a tremendous job, narrowly missing an opportunity to move on to Washington DC to compete in the National Spelling Bee. Congratulations, Sonia, on a great job!

Many of our 8th graders have been learning about the Holocaust through Anne Frank’s story. On Wednesday, March 23rd, they had the opportunity to hear Helen Farkas, a Holocaust survivor, speak to them about her own story. We were so thankful that once again Helen was able to share her courageous and inspiring story with our students. Information about Helen’s courageous journey is on-line at:

- <http://www.hcnc.org/oralhistory/camps.html>
- <http://www.choosingtoparticipate.org/explore/upstanders/helen-farkas>

On Wednesday, March 24th, Mr. Saldivar took a number of his Tobacco Prevention students to UC Berkeley. They were featured guest speakers at the “Teens Tackle Tobacco Conference.” They presented their student made short documentary, “*Smoking in the Movies.*” We are very proud of our students taking such a strong stand against smoking.

Our PE department is getting ready for our annual Jog-a- Thon fundraiser scheduled for April 27th.

We are thinking about transitions. We will be hosting an in-coming 6th grade parents’ information evening on April 26th at 6:30 p.m. in the Ralston multi-purpose room. And Teresa Bergin, our counselor, has been busy meeting with 8th grade classes to help students with their transition to high school.

Thank you for your continued support.

Sincerely,
Jennifer J. Kollmann
Principal

News from Student

Government...

March was a very busy, but fun-filled month for Student Government. We designated the whole month as School-Force month. March 7th through March 11th, we held a tie dye week, where students could come and tie-dye garments, either their own or purchased from us. We raised \$500 for School-Force. Fridays in March were Spirit Days to support School-Force. Students could wear either tie-dye or School-Force apparel and be entered into a raffle for an iTunes card. Also, Ralston students were encouraged to wear green on the 17th if they chose to celebrate St. Patrick's Day. Other March activities included a fun game during lunch called The Human Knot. Students gathered in a circle and grabbed someone else's hand. The trick was untangling the circle! March 25th was our first dance in the Gym. It was called "Out of the Dark" and it was outer space themed. Students could purchase neon bracelets and necklaces, and the profits were donated to School-Force.

Looking ahead, April 4th-April 8th Student Government will be selling Ralston water bottles for \$4. The water bottles are environmentally friendly, show your school spirit, and the proceeds are going to Japan!

April 11th -15th we will be hosting an *Alex's Lemonade Stand* to sell lemonade and raise money to help find a cure for kids with cancer. Donations will also be accepted.

Ralston Student Government is looking forward to many great activities in April, and we hope you are too!

Student Government

Memo from the PTA President

Spring is here and the PTA is active as always! We are busy planning a number of events, as well as setting up for a successful transition to the next school year. Our Multicultural Fair Committee and volunteers have been hard at work, planning for a wonderful celebration of some of the many cultures represented at Ralston. The Multicultural Fair will be held at Ralston on April 9th from 1:00 pm until 3:30 pm. Please contact Cari Yuen (cariyuen@comcast.net) if you are available to volunteer before or during the festival. The school-wide Spirit Day Barbecue (formerly the Spring Fling) will be held on May 27th. Please watch for details on how you can help that day, or contact Betsy Carter (betsycarter123@gmail.com) for more information. The 8th Grade Graduation Committee is in the midst of planning the 8th grade Graduation dance. If you are interested in helping with the planning, set-up or at the actual event, please send an email to Laura (laura@hendriksens.com) or Jessie (jessieelim@yahoo.com). On May 11th, the PTA is hosting a 5th Grade Parent Information Night, with the goal of providing incoming parents with an opportunity to get questions answered by students and parents who have recently experienced the transition to Ralston. Please contact Michele Carlsen (michelecarlsen@aol.com) if you or your 6th grade student would like to participate on this panel.

Our PTA nominating committee has done a wonderful job of creating a slate for the PTA Board for next year. (Thank you Nicki Fox, Annie Fermie, Sharin Castro, Julia Leeper, Annette Robinson, and Ardythe Andrews!) The slate is posted in front of the school, and will be voted on at the next PTA meeting. There are still plenty of opportunities to get involved for next year, so please feel free to contact me to see what is needed and I can try to help you figure out what might work best with your skills and availability.

As you are painfully aware, the proposed state budget will make devastating cuts to our schools. School-Force has been working tirelessly in an effort to raise desperately needed funds to help reinstate critical programs that are likely to be cut. Your contributions, regardless of size, can make a huge difference to the Ralston community. In addition, we are going to need to broaden our volunteer base for School-Force. If you are interested in helping with that critical effort, please contact Betsy Carter (betsycarter123@gmail.com).

We are incredibly fortunate to have so many dedicated and talented parents at Ralston. Volunteering, in any way, has a great impact on the Ralston community. The one thing that is clear to me is that if we all work together, we can make tremendous progress that will benefit the Ralston community and our students!

Thank you to all of you for all that you do!

The next PTA meeting will be held on Thursday, April 28th at 7:00pm in the Ralston Library. We have rescheduled the meeting to accommodate the Community Budget Meeting, which will be held 7:00 pm on April 14th at Nesbit Elementary School. Members

of the community are encouraged to attend the Superintendent's meeting to learn more about the budget.

As always, please feel free to contact me with any questions or comments.

Gerri Crane
2010-11 Ralston PTA President
gericrane@yahoo.com

~~~ 2011 PTA Honorary Service Awards ~~~ Nominations Needed

The PTA annually recognizes teachers, school staff, and volunteers who have offered outstanding contributions to the Ralston Middle School and PTA programs for the current school year with Honorary Service Awards. A nominating committee will meet once to review nominations submitted by our Ralston community and select award recipients. The awards will then be presented at the May 2011 PTA meeting.

While we know that many people, working together, make this place a terrific school, the PTA would like your help in selecting these very special award recipients. If you have any recommendations for this award, please contact me with your nomination and the reasons supporting your nomination by Friday April 15th.

Thank you,
Leslie Marks
PTA 1st VP
lesliemarks@comcast.net or 650-595-2436



8th Grade Promotion ~ Call for Volunteers

The **8th Grade Graduation Committee** needs help with the 8th grade Graduation events. If you are interested, please send an email to Laura (laura@hendriksens.com) or Jessie (jessieelim@yahoo.com). Help is needed with planning, decorating, selling tickets and chaperoning for the graduation dance. Some items require help now, others closer to the event. All assistance is welcome and appreciated.

We Need You for the BBQ

Mark your calendars for Friday, May 27th... it's the "**Spirit Day BBQ**" (formerly known as Spring Fling). We will need LOTS of parent volunteers between ~9:30 and ~2:00 to cook and serve burgers to 900 spirited students, so stay tuned for details of how YOU can help! (betsycarter123@gmail.com)



NAVIGATING MIDDLE SCHOOL

From Ralston's School Counselor

Can Parents and Teachers Help Students Develop Empathy?

Empathy is generally defined as sharing another person's emotional state or as putting oneself in the place of another. The relationship between empathy and aggressive behavior has been extensively studied. The results show a strong correlation. Pro-social students show higher scores on a measure of emotional empathy. Empathy is apparently inborn but also needs to be developed. This is why I was very pleased when I heard one of our 6th grade girls say, "I don't want to hurt her feelings, as I know how it is to be rebuffed or ignored." She is developing empathy and was really able, due to a prior experience, to put herself in another's place. The 6th grader didn't say, "Ok, now I am in a position to make fun of others like others they have done to me," but was, instead, really responding in a very positive empathic manner.

The following are some ideas that may help us assist our students in developing their social, communication skills:

Role Play – This might sound corny, but it gives students a chance to practice on their feet. A parent can use any scenario they want, sticking up for another classmate, etc. Allow kids to play both roles.

Help students read body language – Facial expression and gestures are second nature for most students but not all. Some student's inability to do this really stands out and sets them apart from their peers. Point out areas and help them identify possible messages. Don't forget vocal cues and tone of voice, inflections and pacing all give added meaning to the spoken word.

Provide feedback – Observe how kids act in social situations and share what you see in them. Accurate honest feedback both positive and negative is crucial in helping them to identify areas where they need to improve. See if your student can come up with alternatives.

Questioning – Gives them the opportunity to reflect on someone else' point of view, e.g. "What do you think it meant when she was making that face?", "Why do you think he might be turning away like that?" or, "Why do you think he was upset by what you said?"

Pets – Pets have tremendous value in teaching young people empathy. Positive attitude changes occur in young people with the introduction of a pet. They can change into more caring young people who can tune into others' feelings and as a result can have healthier relationships.

Hopefully these ideas can assist all of us in encouraging the development of empathy so more and more Ralston Students will be saying, "But, I don't want to hurt his/her feelings."

Teresa Bergin
School Counselor

tbergin@brssd.org

ARTS and MUSIC

Ralston Music Events

Mark your calendars!

Our **Spring Music Concerts** will be on Wednesday, May 25th and Thursday, May 26th.

Before that, the Symphonic Band, Advanced Orchestra, Honors Band and Advanced Chorus will be competing in a **music festival** Friday evening, April 29th, followed by a day at Great America and an awards ceremony on Saturday, April 30th.

Families are invited to attend the 4/29 Friday night concert. Performances are at Milpitas High School and the groups perform at the following times:

Symphonic Band:	7:45 pm
Advanced Chorus:	7:40
Honors Band:	8:35
Advanced Orchestra:	9:25

THIS & THAT

eLABELS for EDUCATION



How many of you like to cook with **Soup**? Ralston's *elabels for education* program sponsored by Campbell's soup is off and running. One way we can jump start the program to earn **FREE computers, athletic equipment or other great stuff** is by purchasing cookbooks that use soup as one of the main ingredients. For each book bought, we earn 125 points. Please go to: <http://lfecookbooks.com>. Please make sure you designate Ralston Middle School as the recipient of the points.

Also, please remember that this great program costs you NOTHING to join. You just register your Safeway club card and every time you buy groceries such as Campbell's soup, Pepperidge Farm products, and Pop Secret popcorn, to name just a few, Ralston earns points for great FREE stuff. The place to register is www.elabelsforeducation.com

Thanks for supporting this great FREE program!

Rich Kinsey, Volunteer Coordinator

THIS & THAT

continued

Ralston's Annual Multicultural Fair

Saturday, April 9th 1-3:30pm in the Gym



Sponsored by Ralston PTA

Come along and learn about different cultures from Denmark, England, France, Greece, Hawaii, India, Indonesia, Iran, Italy, Japan, Mexico, Netherlands, Palestine, Singapore, South Korea, Taiwan, and more! Taste goodies, see performances, and hear music from all over the globe. See you there!

Send in Your Box Tops!

As we wind down the school year, please remember to keep sending in your box tops before the summer break! Box Tops have expiration dates and we don't want to miss out on your 10 cents.

You can help by following these 3 easy steps:

1. Check all your grocery packaging for Box Tops.
2. Clip the Box Tops, making sure you don't cut off the expiration date or that it isn't expired.
3. Send them in with your child to their homeroom.

Don't forget to ask your relatives, friends, and co-workers to save them too!

Thank you for your continued support of the Ralston PTA!

For any questions, please contact the Ralston Box Tops Coordinator, Kristen Wright at Kristen.L.Wright@gmail.com





If you have questions about events for middle school families and students, please contact Terri Murai

ryley8@gmail.com

Visit Carlmont's website – get the facts about Carlmont High School!!
www.carlmont.seq.org
(Parents / Community section)

8th Grade Transition
Team: 595-0210 ext. 8400

Upcoming CHS Events for 2011...

- Sports! Check the "Athletics" link on our website for upcoming game dates and times.
- Annual Dance Show – May 5, 6 & 7 at 7:00 p.m.
- Spring Choral Concert – May 12 & 13 at 7:00 p.m.
- Spring Instrumental Music Concert – May 18 & 19 at 7:00 p.m.
- Drama Showcase and Improv Night – May 20 at 7:00 p.m. (Studio Theater).

All shows are held in the Carlmont Performing Arts Center. Performance tickets will be available at:
<https://www.ticketturtle.com/index.php?theatre=chs>

CARLMONT CORNER

IMPORTANT SPECIAL NOTICES FOR INCOMING FRESHMAN & 8TH GRADE PARENTS

Immediate Response Requested Regarding Students NOT Attending Carlmont

If your child is currently registered for fall 2011 at Carlmont, and has decided to attend a private high school instead, please contact your middle school office and our Carlmont Registrar, Sue Alvarez, at 595-0210, ext. 3208. This will allow us to open up a space to a waitlisted student.

Proof of Residency: Address Verification for ALL New Students

PRIOR to admission into district schools, students must provide proof of address. The parents of **ALL** new students are required to provide documents to verify their address at the Sequoia Union High School District, at 480 James Avenue, Redwood City, CA 94062. Post office boxes do not meet residency requirements. Only street addresses are accepted. Complete instructions and the *Address Verification Form* available at: www.sequoiadistrict.org. Click on the link for "[Address verification for incoming 9th graders](#)," which appears on the home page. **NOTE: This requirement applies to all students coming into Carlmont from middle school, including those from Ralston.**

New Inoculations Required for the 2011-2012 School Year

7th-12th graders are now required to get a whooping cough vaccination before starting the 2011-2012 school year. For additional information regarding updated medical requirements, visit: www.ShotsForSchool.org. All students entering Carlmont should have a **physical exam** during the summer months.

Summer Reading List: Mandatory for Incoming & Continuing Students

The Summer Reading List will be available on the Carlmont website this summer.

APRIL

Carlmont Open House & Campus Tours: Thursday, April 14th

All interested parents and students are welcome to join us for Carlmont's "Open House" on Thursday, April 14th, from 7:00 – 9:00 p.m. This will be an excellent opportunity to visit freshman classes, and see student work and projects in various subject areas. We will also be offering tours of the campus that evening before Open House begins to interested prospective students and their families. Meet at the main gym between 6:15 and 6:30 p.m. to join a tour.

Registration for Incoming Students from Private Schools: Contact Carlmont's Registrar

New students coming from private or non-feeder schools will be registered for Carlmont in late April or early May. Please contact our Registrar, Sue Alvarez, at 595-0210, ext. 3208, for a registration packet and to make an appointment for a placement test. New 9th grade families for next year must complete address verification at the district (see above).

Carlmont Corner continued

Carlmont Performing Arts Auditions

Note: Your child is NOT required to *audition* to participate in any beginning programs. However, please check with the appropriate Performing Arts staff to inquire about auditions for:

- **Band/Orchestra:** John DaBaldo, jdabaldo@seq.org
- **Choir:** Genevieve Tep, gtep@seq.org. Women's Choir and Men's Choir are open to all students without an audition.
- **Dance:** Ame Secrist, asecrist@seq.org. Carlmont Dance auditions for the 2011–2012 school year are scheduled for April 5th and 7th, 2011 from 4:00 – 6:30 p.m. in the Dance Studio. Please complete the [Audition Intent Form](#), which may be found on the Carlmont website (Arts, Dance, Join Dance section).

eScrip at Carlmont: Sign Up or Change Your School Now

Did you know that the purchases you make at eScrip participating retailers in April will not be credited to your school until July? If you plan to attend Carlmont in the fall, please think about signing up for eScrip and registering your credit, debit and Safeway cards now. If you are already a member, this is a good time to change your school affiliation to Carlmont. Visit: www.escrip.com. Our eScrip Group ID# is **500007211** - Carlmont High School PTSA.

MAY

6th & 7th Grade Student & Parent & Event: Tuesday, May 3rd

A "Meet Carlmont" night for 6th and 7th grade students and parents will be held on **Tuesday, May 3rd, 7:00 – 8:30 p.m., in Carlmont's Student Union** (located up the hill from the swimming pool). This casual evening with Principal Raul Zamora and current Carlmont freshmen and sophomore students, is designed to provide families with an introduction to life at Carlmont, and to answer questions and address concerns that you may have about the high school years. **Please RSVP for this event by contacting Paula Meier at: psmeier@pacbell.net.**

Carlmont Athletic/Activity Clearance Packet

If your student would like to participate in a fall sport (Boys: football, cross country, water polo. Girls: Cross country, tennis, volleyball, water polo, cheerleading. Both: Dance Team), please pick up the Athletic/Activity Clearance Packet from the Carlmont Administration office. Students **MUST** have a current physical exam and submit a completed physician's form in order to participate in ANY try-out or practice. **Packets are available for pick up from the end of May to the end of June.** Completed packets should be returned by early August. The Carlmont Administration office is closed for the month of July.

CALENDAR ALERT: Important Tentative Start of School Dates for 2011-2012

Please plan your summer vacations so they will not conflict with these important events.

- **Freshmen Parent Info Night:** Tuesday, August 16th at 7:00 p.m. in the Performing Arts Center
- **Early Bird Picture Day:** Wednesday, August 17th, hours TBA in the Scot's Gym
- **Student/Parent Mandatory Registration Check In Day (all grades):** Thursday, August 18th TBA Scot's Gym
- **Freshman Orientation & BBQ:** Wednesday, August 24th at 8:00 a.m. to 12 noon, meet in football bleachers
- **First Day of School:** Thursday, August 25th

Carlmont Events

Many other opportunities exist for middle school students to get acquainted with various activities and the Carlmont facility. These include sporting events, music and drama programs. See the sidebar on the previous page for upcoming events to add to your calendar.



“School-Force Month” Successes:

Many thanks to Student Government for making March “School-Force Month!” They, and fabulous parent volunteers, provided a really fun ‘*Tie Dye for School-Force*’ activity! The courtyard was a festive area each day at lunchtime for a week while students and teachers tie-dyed t-shirts, socks and pillow-cases as an S-F fund-raiser. The students and staff wore their creations on the Fridays in March to increase awareness and support for our education foundation.

Additionally, proceeds from the “*Out of the Dark*” dance were donated to S-F.
THANKS, RALSTON STUDENTS AND PARENTS!

Casino Royale! Save the date! Friday night, April 8th

Your chance to mingle with your fellow parents while supporting a cause near and dear to our hearts... your children’s education! Please visit www.schoolforce.org, click on *Casino Royale* at the bottom and get your ticket... and one or two for your favorite teachers!

S-F Community-wide Garage Sales: April 9th & 10th

Time for Spring Cleaning? It’s “Win/Win/Win” when you shed some of your junk, someone else gets a treasure, and School-Force reaps the financial benefit! Sign up to host an S-F garage sale in your garage or neighborhood park with your neighbors. A list of garage sale locations will be posted just before the event. Even if you don’t host one yourself, set aside Saturday or Sunday to pick up some bargains at an S-F garage sale throughout Belmont and Redwood Shores. E-mail community@schoolforce.org for more information or register now at mysignups.com.

Avoid the Call! Thank you so much to the over 40% of our district families who have made their annual donation to School-Force for the next school year. A team of dedicated volunteers will be making phone calls in the next weeks to answer your questions and give a gentle reminder to those of you who have pledged and not yet given. Make your donation today if you want to avoid the call! (www.schoolforce.org) And, as always, please feel free to contact me, your Ralston/S-F liaison, or our S-F President if you have questions.

Betsy Carter, Ralston/S-R Liaison: betsycarter123@gmail.com

Ardthye Andrews, S-F President: president@schoolforce.org



Casino Royale!

Presents

“The 60’s”

Ticket sales have been fantastic! There are only a limited number of tickets left. Please **get your tickets now!**

Buy your *Casino Royale!* Tickets Online Today at:

- <http://casinoroyalthe60s.eventbrite.com>
- Ticket order forms
- At your local school site

The *Casino Royale!* Night Includes:

- **Free wine for the 1st hour** (or until we run out)
- Great Appetizers
- Delicious Desserts
- Live Beatles Band, *Ticket2Ride*
- Event Photographer
- Exciting Casino Tables
- Incredible Prizes
- Socialize with people from your school and meet people from other schools in the District!

***Casino Royale!* Games for the Evening:**

- Craps
- Roulette
- Blackjack
- Texas Hold'em
- Poker Tournament (\$100-buy-in) Contact: Sunita Rai (Khapre) sraikh@gmail.com

Winners for the Night

- Poker Tournament Winner
- Champagne Gems

Just a few of the Casino Prizes and Live Auction Items:

- VIP Behind the Scenes San Francisco Zoo Tour
- Paella Party for 10 at Mistrals
- Photography Package from Jeff Bartee Photography

Event Co-Chairs:

Ardythe Andrews
Deanna Bartee

ardytheandrews@comcast.net
deejoy@comcast.net



CAMPS & CARE



[Footsteps@RAMS](#) (formerly Ralston After-Middle School – RAMS) is currently taking enrollments for before and after school care for the school year 2010-2011.

Spring Break Enrollment is available. Please drop by at our after care site or log on to our website to register.

We are located on-site at Ralston Middle School. We provide care for youth in fifth to eighth grades. The program includes arts and crafts, sports, homework assistance, community service, sports, cooking, recreational activities and more! *Footsteps* is open for full day programs on many days when Ralston Middle School is closed. We also offer Friday night activities and field trips. We offer a safe, fun and educational place for youth!

Youth can enroll for one to five days per week and a limited number of drop-in slots are available. Cipriani After-School Care is now **Footsteps Child Care** and is a not-for-profit organization. A limited amount of fee subsidies are available for youth who need financial assistance. For more information please go to our web site www.footstepschildcare.org or call Linda Chuh at 650/610-0813.



M&M SPORTS VOLLEYBALL League



When: Saturdays April 16 - June 4 9am – 11am

Where: Ralston Middle School - Gym

Age: 5th & 6th grade Girls league
7th & 8th grade Girls league

Cost: \$75.00

Goal: Participants will be divided evenly into teams and then go immediately into tournament play. There will be a total of 8 game nights. Season will end with a tournament and championship shirts will be given to winning team. 5th & 6th grade will be separated from the 7th & 8th grade.

Chief Instructors: John Masters: PE teacher and coach at Ralston Middle School.
Jim Decristofaro Volleyball coach at Ralston Middle School

Questions: Call John Masters at: 740-3458

Mail to: John Masters
276 Fir St., San Carlos, CA 94070
Make checks payable to: M & M Sports (a non-profit organization)

REGISTRATION FORM - M&M Sports Volleyball League

***Complete below and send check and registration to above address.**

Participants Name _____ grade _____ sex _____

Address _____ email _____

City _____ Zip _____

Home phone _____ Day phone _____ Cell phone _____

There are risks connected with my participation in the league and its related activities. I hereby absolve the City of Belmont, Belmont Redwood Shores School District, John Masters, and Jim Decristofaro from all Liability that may arise as the result of my participation in the above activities, and in the event that the above named participant is a minor, hereby give my permission for his/her participation as indicated and in so doing, absolve the City of Belmont, Belmont Redwood Shores School District, John Masters, and Jim Decristofaro from such liability. This release is intended to discharge in advance the City of Belmont, Belmont Redwood Shores School District, John Masters, and Jim Decristofaro from and against any and all in said activity, even though that liability may arise out of negligence or carelessness on the part of the City of Belmont, Belmont Redwood Shores School District, John Masters, and Jim Decristofaro. I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE AND I SIGN IT OF MY OWN FREE WILL.

Parent Signature _____ Printed Name _____ Date _____

M&M SPORTS
SUMMER BASKETBALL CAMP

Place: Ralston Middle School
Opening Day: June 13th – June 17 Monday – Friday
Time: 8:30 – 11:30 AM
Ages: K-2nd grade & 3rd – 8th grade (separated)
Low baskets 8 ft. to enhance success! (K-2)
Fee: \$165.00 (\$20.00 discount for siblings)
Camp Goals: To teach students the basic fundamentals of basketball. Participants will develop their dribbling, shooting, defending, and passing skills. Correct shooting form will be an emphasis in this camp. Students will be involved in a variety of games and contests to enhance their basketball skills. Players will be divided by skill and age.

Chief Instructors: Randy Metheany – Head Varsity Basketball Coach for Hillsdale H.S. 1981-2007
1997 California State H.S. Basketball Finalist
1997- NorCal Champions
John Masters- PE teacher & Coach at Ralston Middle School

Questions: Call Randy Metheany (650) 703-4740

Mail to: John Masters
276 Fir St., San Carlos, CA 94070
Make checks payable to: M & M Sports (a non-profit organization)

Website: www.mmyouthsports.com

REGISTRATION FORM - M&M Sports Summer Basketball Camp
Complete below and send check and registration to above address.

Parent's Name _____

Address _____

City _____ Zip _____

Home _____ Day Phone _____ Email _____

There are risks connected with my participation in the league and its related activities. I hereby absolve the Belmont Redwood Shores School District, John Masters, Randy Metheany from all Liability that may arise as the result of my participation in the above activities, and in the event that the above named participant is a minor, hereby give my permission for his/her participation as indicated and in so doing, absolve the Belmont Redwood Shores School District, John Masters, and Randy Metheany from such liability. This release is intended to discharge in advance the Belmont Redwood Shores School District, John Masters, and Randy Metheany from and against any and all in said activity, even though that liability may arise out of negligence or carelessness on the part of the Belmont Redwood Shores School District, John Masters, and Randy Metheany. I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN ME AND THE ABOVE AND I SIGN IT OF MY OWN FREE WILL.

SIGNATURE _____ DATE _____ PARENT _____ GUARDIAN _____

PARTICIPANT'S FULL NAME _____ AGE _____ GRADE _____ SEX _____

AMUSEMENT PARK TRAVEL CAMP #1

“Sold Out in 2005, 2006, 2007, 2008 & 2009!!!!!!”

Website: www.mmyouthsports.com
When: **June 20 – June 24**, Mon. – Fri.
Time : 9:00 – 5:00 All Day !!!
Drop off: Ralston Middle School
Ages: 3rd – 8th grade

Monday – RAGING WATERS (San Jose)
Tuesday – GREAT AMERICA
Wednesday – Water World (Concord)
Thursday – Giants Game
Friday – GREAT AMERICA

FREE 2010 GREAT AMERICA “WOW” SEASON PASS FOR ALL CAMPERS

Cost: \$388.00 EARLY BIRD SPECIAL (before May 1st)
\$408.00 after May 1st. (\$188.00 deposit to save space ! Pay Later)
\$30.00 discount for siblings

Goal: To enjoy the local entertainment parks before summer school starts. Students need to bring lunch and sunscreen. We will meet at Ralston Middle School each morning – be there promptly at 8:45 am. Campers will be transported by school buses. 3rd – 4th graders will be assigned to a Counselor all day.

Chief Instructors: Randy Metheany, PE teacher at Ralston Middle School
John Masters, PE teacher at Ralston Middle School
Certificated teachers – plus staff

Questions: Call Randy Metheany at (650) 703-4740
Mail to: John Masters, 276 Fir Street, San Carlos, CA, 94070
Make checks payable to: M&M Sports Inc. (A Not for Profit Organization)

Registration form – Amusement Park Travel Camp – Camp #1, June 20-24

*Complete below and send check and registration to the above address.

Participant’s Name _____ grade _____
Address _____ email _____
City _____ Zip _____
Home Phone _____ Cell Phone _____

There are risks connected with my participation in the camp and its related activities. I hereby absolve the Belmont Redwood Shores School District, John Masters, Randy Metheany from all Liability that may arise as the result of my participation in the above activities, and in the event that the above named participant is a minor, hereby give my permission for his/her participation as indicated and in so doing, absolve the Belmont Redwood Shores School District, John Masters, and Randy Metheany from such liability. This release is intended to discharge in advance the Belmlont Redwood Shores School District, John Masters, and Randy Metheany from and against any and all in said activity, even though that liability may arise out of negligence or carelessness on the part of the Belmont Redwood Shores School District, John Masters, and Randy Metheany. I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN ME AND THE ABOVE AND I SIGN IT OF MY OWN FREE WILL.

Parent Signature _____ Printed Name _____ Date _____

AMUSEMENT PARK TRAVEL CAMP #2

"Sold Out in 2005, 2006, 2007, 2008 & 2009!!!!!!

Website: www.mmyouthsports.com
When: **July 5 - July 11**, Tues, Wed, Th, Fri, & Mon
Time : 9:00 - 5:00 All Day !!!
Drop off: Ralston Middle School
Ages: 3rd - 8th grade

Tuesday - **GREAT AMERICA**
Wednesday - **Water World**
(Concord)
Thursday - **Giants Game**
Friday - **GREAT AMERICA**
Monday - **RAGING WATERS**
(San Jose)

FREE 2010 GREAT AMERICA "WOW" SEASON PASS FOR ALL CAMPERS

Cost: \$388.00 EARLY BIRD SPECIAL (before May 1st)
\$408.00 after May 1st. (\$188.00 deposit to save space ! Pay Later)
\$30.00 discount for siblings

Goal: To enjoy the local entertainment parks before summer school starts. Students need to bring lunch and sunscreen. We will meet at Ralston Middle School each morning - be there promptly at 8:45 am. Campers will be transported by school buses. 3rd - 4th graders will be assigned to a Counselor all day.

Chief Instructors: Randy Metheany, PE teacher at Ralston Middle School
John Masters, PE teacher at Ralston Middle School
Certificated teachers - plus staff

Questions: Call Randy Metheany at (650) 703-4740
Mail to: John Masters, 276 Fir Street, San Carlos, CA, 94070
Make checks payable to: M&M Sports Inc. (A Not for Profit Organization)

Registration form -Amusement Park Travel Camp - Camp #2, July 5 - July 11

*Complete below and send check and registration to the above address.

Participant's Name _____ grade _____

Address _____ email _____

City _____ Zip _____

Home Phone _____ Cell Phone _____

There are risks connected with my participation in the camp and its related activities. I hereby absolve the Belmont Redwood Shores School District, John Masters, Randy Metheany from all Liability that may arise as the result of my participation in the above activities, and in the event that the above named participant is a minor, hereby give my permission for his/her participation as indicated and in so doing, absolve the Belmont Redwood Shores School District, John Masters, and Randy Metheany from such liability. This release is intended to discharge in advance the Belmlont Redwood Shores School District, John Masters, and Randy Metheany from and against any and all in said activity, even though that liability may arise out of negligence or carelessness on the part of the Belmont Redwood Shores School District, John Masters, and Randy Metheany. I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN ME AND THE ABOVE AND I SIGN IT OF MY OWN FREE WILL.

Parent Signature _____ Printed Name _____ Date _____

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
LOOKING AHEAD → Clear your calendars for STAR testing – first two weeks of May Please help out by not planning appointments or trips during this important time. → “Meet Carlmont” night for 6 th and 7 th grade students and parents: May 3 rd					1 NO School Cesar Chavez Holiday	2
3	4 <i>Sandwiches/ Bagels</i>	5 <i>Burger/Wrap/ /Salad/CA rolls</i> Clubs: ▪ Homework ▪ Animation	6 Minimum Day	7 <i>Burritos/Meatballs /Chicken Salads, Sandwich</i> Clubs: ▪ Homework ▪ Animation 	8 <i>Pizza/Pasta/ Cobb Salad</i> Picture Day Casino Royale!	9 Multi-cultural Fair 1:00-3:30 S-F Community Garage Sales
10 School- Force Community Garage Sales	11 <i>Sandwiches/ Bagels</i>	12 <i>Burger/Wrap/ /Salad/CA rolls</i> Clubs: ▪ Homework ▪ Animation	13 Minimum Day	14 <i>Burritos/Meatballs /Chicken Salads, Sandwich</i> Clubs: ▪ Homework ▪ Animation Community Budget Meeting Nesbit Elem. 7 pm <i>Carlmont Open House, 7:00 pm</i>	15 <i>Pizza/Pasta/ Cobb Salad</i>	16
17	18 Spring Break	19 Spring Break	20 Spring Break	21 Spring Break	22 Spring Break	23
24 EASTER	25 <i>Sandwiches/ Bagels</i>	26 <i>Burger/Wrap/ /Salad/CA rolls</i> Clubs: ▪ Homework ▪ Animation 5th gr. Parent Info. Night 7:00 pm – tour 7:30 pm - mtg	27 Minimum Day Jog-A-Thon	28 <i>Burritos/Meatballs /Chicken Salads, Sandwich</i> Clubs: ▪ Homework ▪ Animation 8th grade Gown Photos PTA Meeting 7:00 pm, Library Ramtracks Deadline	29 <i>Pizza/Pasta/ Cobb Salad</i>	30



Ramtracks



Ralston Ramtracks

PTA Newsletter
Ralston Middle School
2960 Hallmark Drive
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