

# Ramtracks

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### From the Desk of the Principal

The 2010-2011 school year is off to a very good start! We have welcomed twelve new staff members to our Ralston community and our classrooms are filled with the energy of 913 students. I am happy to report that all students are scheduled, classes are well underway, hot lunch has started and our sports teams have been established. Ralston is a busy place!

Our new staff members include our new counselor, Teresa Bergin, and six new teachers, Dan Littlefield, Jon Sanchez, Ron Qian, Denise Noleroth, Sydney Wilbur and Tiffany Jay. We also welcomed two para educators, Judy Grimsby and Clara Morales, two new custodians, Felipe Perez and Luz Lopez and our office clerk, Anne St. Lezin. We are looking forward to a wonderful year working with all of them.

We have started our intramural program to support students at lunch to burn off some of that energy! We held our annual "Welcome Back" assemblies on the first Monday of the school year. We took this opportunity to remind students about upcoming events, dances, sports, homework clubs, etc. We also reviewed behavior expectations, dress code, school boundaries and safety issues. We explained the use of the student planner, an organizational tool provided by our PTA for each student.

### Mark Your Calendar:

- *Save the Music*  
October 3<sup>rd</sup>, 11-5  
Twin Pines Park
- No School.  
Monday, Oct. 11<sup>th</sup> is  
an in-service day
- PTA Meeting  
Oct 14<sup>th</sup>, 7 pm
- 8<sup>th</sup> Grade Parent  
Information Night at  
Carlmont, Oct. 19<sup>th</sup>
- *I'm In Rally Day*  
Oct. 20<sup>th</sup>
- Minimum Days.  
Oct. 25-26 & 28<sup>th</sup> are  
Middle School Parent  
Conference Days
- Vote for I & N  
Tues., Nov. 2<sup>nd</sup>
- No School.  
Thurs., Nov. 11<sup>th</sup>

In the classrooms teachers post assignments, deadlines and class projects on the board daily. We encourage all students to record all class assignments in their planners. Many teachers also post class assignments on their teacher webpage. If you are not sure how to communicate with your child's teachers, please call me and I will help you. It is essential to us in helping bridge the gap between home and school that parents communicate directly with teachers or the administration when issues arise. We truly are in this middle school journey together with your children and are here to support you in ensuring the experience is positive in any way we can.

I ask that you review the student planner and the student/parent handbook that was sent home with each child to familiarize yourself with these expectations. The handbook can be found on our website: <http://ralston.brssd.org>.

Ralston also has a lot to offer students in the afternoons! Our Homework Club, which is funded this year by the PTA, began in late September. We would like to extend a big thank you to our PTA for funding this important program. Students are busy participating in our afterschool Fall Sports- golf, volleyball and cross country. Please contact our athletic directors, Mr. Metheany, Mr. Masters or Mrs. Blackwell if you have questions or concerns about our Sports Program.

We were thrilled to see such a huge turnout for Back to School Night on September 14<sup>th</sup>. Many parents also joined us for our 6<sup>th</sup> Grade Parent Forum. Thank you for participating in these important evenings.

Safety as always is a huge priority for us. This year we are excited to implement a new program called "CLAS" (Campus Lunchtime Adult Supervision). This lunchtime school safety program is dedicated to working with the Ralston administration to

## News from Student Government...

Greetings from Student Council! We are planning many fun and exciting activities for the upcoming school year. We have already had our first spirit day, Tourist T-Shirt day, where students wore the neat shirts they got on vacation. Our service committee put together a book drive which is going very well. The books will be going to the Children's Book Project.

Our first Spirit Week, "Back in the Day", is from September 27<sup>th</sup> through October 1<sup>st</sup>. The Dance Committee is also busy planning the first dance of the year, the Spookfest Spooktacular. It will be held on October 22<sup>nd</sup>. Another upcoming event is Ralston's first movie night. It is on November 5<sup>th</sup> and we will be showing Toy Story 3. The proceeds will be going to School-Force. Thank you, and we are looking forward to a successful year of awesome spirit and community-building activities.

## Principal's Note - Continued from Page 1

promote a safe and friendly lunch time environment for all students. We believe that increased adult visibility on campus will reduce safety-related distractions and provide our students with a sense of increased security and stability. CLAS is looking to bring more parents to our campus to help monitor our lunch time activities. Volunteer parents will be assigned a specific campus area at lunch to watch. Volunteers will be expected to be a friendly adult presence on campus and to mingle with the students while keeping their eyes and ears open. Administering discipline is not a component of the job. Staff personnel will always be available to handle any situation. If you are interested in participating in CLAS as a volunteer, please contact Matt Pavao, our Dean of Students at [mpavao@brssd.org](mailto:mpavao@brssd.org).

This year we welcome our new Belmont School Resource Officer, Andre Moniot. He will be on campus Tuesday through Friday, when he is not at the elementary schools teaching the G.R.E.A.T. program. He has helped us to improve the traffic flow and was instrumental in initiating some restriping of our parking lot. As a reminder, please adhere to the 5 M.P.H. speed limit to ensure the safety of all our students arriving to and leaving from Ralston each day. It would be very helpful to us when you enter our parking lot to enter slowly and determine which lane is the least congested before entering. We ask that you do not stop or idle your vehicle along the red curbs and remember to pull all the way forward when dropping off or picking up your students. Additionally, we ask that you do not use cell phones when driving in our parking lot.

I continue to be amazed at the overwhelming parent support we have received thus far in getting the school year going. Thank you to all who have already volunteered in various ways on our campus and those who have expressed an interest in volunteering.

Please don't hesitate to call or email me with any questions or concerns. We are looking forward to a fantastic year!

Sincerely,

Jennifer J. Kollmann  
Principal

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## Memo from the PTA President

I am pleased to report that the Ralston PTA is off to a great start this year! We have many outstanding volunteers who have already done so much to benefit the school. Back-to-school packets were assembled and distributed; our PTA membership drive has been very successful so far, and the Hot Lunch program started last week. Thanks to all of you who have volunteered so far, and special thanks to the PTA Board, Cindy Carrasco, Tracie Pon, Shelley Hunter and Annie Ferme for their significant contributions.

The Write-a-check campaign, which is a critical fundraiser for the Ralston PTA, is currently underway. We are dependent upon the success of the Write-a-check campaign, in addition to eScrip (please sign up or renew!) and Hot Lunch (please buy lunch or volunteer!), to fund Ralston's outstanding programs. The PTA uses the funds to purchase instructional materials for classroom teachers, computers, textbooks, binder reminders, picnic tables, and Safety/Emergency supplies. The funds are also used to provide enrichment programs, such as Homework Club, After School Clubs, 8<sup>th</sup> Grade Graduation Events, Spring Fling, Assemblies, the Multi-Cultural Fair, School Publications, and Staff Appreciation. Thank you to everyone who has already donated, but we still have not achieved our goal of \$45,000. We are requesting that donations be made by October 8<sup>th</sup>. The donation form is on the website and is included in this newsletter. Although the suggested donation amount is \$225 per student, any amount is greatly appreciated and will benefit our students!

The Belmont-Redwood Shores School District has placed two bond measures (I & N) on the upcoming ballot that will benefit Ralston Middle School and the other Belmont Elementary Schools. These schools are in need of critical repairs and additional classrooms to support the growing student enrollment. Leaky roofs, outdated plumbing and old classrooms must be repaired and brought up to current fire and safety codes. Measures I & N will make critical upgrades to these schools. Remember to **vote on Tuesday, November 2<sup>nd</sup>**. Every vote counts!!!

**Our next PTA meeting will be held on Thursday, October 14<sup>th</sup> at 7:00pm.** Principal Jennifer Kollmann will give us an update on school activities. Everyone is welcome to attend. It is a great way to meet other parents, stay informed about school activities and become an advocate for the students and the issues that affect them.

This monthly newsletter will be available electronically. It will be posted on the Ralston website ([ralston.brssd.org](http://ralston.brssd.org)) at the beginning of each month. If you would prefer a paper copy mailed to your home, please contact Susy Lee ([susylee@yahoo.com](mailto:susylee@yahoo.com)). To learn about news or events at Ralston, be sure to visit the Ralston website. Stay informed, get involved!

Please feel free to contact me with any questions or ideas for making this a great year. I look forward to working with you!

Thank you!

Geri Crane  
2010-11 Ralston PTA President  
[gericrane@yahoo.com](mailto:gericrane@yahoo.com)



## NAVIGATING MIDDLE SCHOOL

As the new school counselor, my purpose at Ralston is to help your middle school student with their social emotional issues and to offer academic counseling. I assisted my three daughters through their middle school years and look forward to helping your children as well.

Briefly, I am available to provide academic and social support for the students needing a little additional guidance to make their middle school years a positive and rewarding experience. My aim is to assist students, parents, and staff as we meet the challenges and reap the rewards of yet another outstanding year at Ralston Middle School. For the 8<sup>th</sup> graders this means monitoring their academic progress and guiding them through their high school registration process later this year. For the 6<sup>th</sup> graders, it is to assist them in their transition from elementary school to the rigors and broadening experience of middle school. The 7<sup>th</sup> graders have settled in but sometimes need assistance with their more academically challenging school year.

A large portion of my duties are the organization and facilitating of the Student Study Team (SST) meetings. These meetings bring together the parents, teachers, administrators and student when a student is struggling and a plan of action is needed. I also serve as the primary point of contact for Ralston parents who are concerned about their child's experience at school. In middle school, with six teachers, it helps to have a facilitator between school and home. I can be reached at the school number; 637-4880 ext. 1654 or at [tbergin@brssd.org](mailto:tbergin@brssd.org). I am also available on a drop in basis; my office is # 8 in the 6<sup>th</sup> grade hallway. For students who would like to contact me during school hours about a concern, I have a box and a form that they can quickly fill out before/after school and at snack time. This can be any issue from something that happened on the bus to cyber-bullying or a situation that occurred in or out of the classroom. I am also on duty at lunch and after school to further assist in the safety of Ralston Middle School.

Teresa Bergin  
School Counselor

## Ralston PTA Write-A-Check Campaign

Every dollar you donate directly impacts your child's education at Ralston

### Education

- ✓ Textbooks\*
- ✓ Computers\*
- ✓ SMARTBoards\*
- ✓ LCD Projectors\*
- ✓ Staff Development Support
- ✓ Instructional Materials
- ✓ Drug & Bullying Prevention Programs

### Enrichment

- ✓ After School Clubs
- ✓ Assemblies
- ✓ Multicultural Fair
- ✓ Science Fair
- ✓ Field Trips
- ✓ Ramtracks
- ✓ After School Tutorials
- ✓ Challenge Day
- ✓ Parent Education

### Extracurricular

- ✓ Lunchtime Intramurals
- ✓ Sport Teams
- ✓ Dances
- ✓ Student Directory
- ✓ Staff Appreciation
- ✓ Emergency Supplies
- ✓ Spring Fling
- ✓ Golden Trunks
- ✓ Academic Awards

**Suggested Donation \$225/student. Please give what you can!**

**\* This year funding priorities will focus on ensuring that each student has a textbook to bring home and continuing to build technology in each classroom.**

**Make check payable to Ralston PTA. Return to your child's homeroom teacher OR the school office.**

Name \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_

**Student's Last Name** \_\_\_\_\_ **Grade** 6 7 8

**Homeroom** \_\_\_\_\_

Contribution Amount \_\_\_\_\_ \$225 \_\_\_\_\_ \$450 \_\_\_\_\_ Other

Matching Gift? (Please indicate name of company) \_\_\_\_\_

**Clip and save as your receipt:**

Check number: \_\_\_\_\_ Amount: \_\_\_\_\_ Date: \_\_\_\_\_

Ralston PTA is a 501(c) Non-Profit, Tax ID: 94-6173802. We confirm that your gift was in exchange for nothing but goodwill; you received no goods or services for your donation. Your donation is fully tax-deductible.

Questions? Please contact Annie Ferme at 650-654-5577 or afsfn1@sbcglobal.net. Thank you for your donation!

## ARTS and MUSIC

### This Sunday! Our 8<sup>th</sup> Annual *Save the Music* Festival

Do you miss those lazy summer days? The chance to reconnect with neighbors over great music and delicious food, while the kids relax with their friends? Leave your summer blues behind and join us this weekend!



Sunday, October 3<sup>rd</sup>  
11:00 a.m.-5:00 p.m.  
Twin Pines Park, Belmont  
[www.schoolforce.org/savethemusic](http://www.schoolforce.org/savethemusic)

**Ralston's Advanced Orchestra, Honors Band, and Advanced Chorus will be performing throughout the day.** Featured artists also include the UC Davis Marching Band and The Sun Kings: Northern California's premier tribute to The Beatles. View the complete list of musicians, as well as theatre troops, dance troops, and community artists, on the event website (above). Please tell your neighbors!

I would like to thank all of the families who have generously contributed money for the Art program. Your continued support helps Ralston maintain a quality art program.  
- Ellen Paisley, Art teacher



#### 2010 Pops Concert A Tribute to Broadway and New York

All eight Carlmont High School Choirs will sing some of Broadway's most iconic music as well as music from some of the hottest musicals on Broadway today.

Thursday, October 14, 7:00pm      Tickets: Adults \$25  
Friday, October 15, 7:00pm

Buy tickets for both concerts at:  
<https://www.ticketturtle.com/index.php?theatre=cac>

Ticket Prices include all fees, surcharges, hors d'oeuvres and beverages.



#### Carlmont Arts Showcase Gala Event

Saturday, October 23, 2010

Join us at 6 pm for an elegant evening of hors d'oeuvres, beverages and tours of the new Arts Building

At 7 pm Dance, Drama, Choir and Instrumental Music selections will be performed on the Main Stage by Carlmont students  
Tickets: Adults \$30

Please note that we are not able to accept credit cards at the door.

## THIS & THAT

### *Yearbooks!*

Yearbooks are now on sale for \$35.00 until October 31<sup>st</sup>. Starting in November the price will be \$40.00. Yearbooks can be ordered online at [www.jostensyearbooks.com](http://www.jostensyearbooks.com) or order forms can be picked up at the office. Checks should be made out to Ralston Middle School.

Yearbook recognition ads are also available at [jostensadservice.com](http://jostensadservice.com). Any questions please call Chris Saldivar at 637-4880 ext. 1632 or email at [csaldivar@brssd.org](mailto:csaldivar@brssd.org)

### BELMONT YOUTH WINTER BASKETBALL LEAGUE SIGN UPS

**Place:** Ralston Middle School  
**Season:** Nov. 27 (clinic) – Jan. 29  
**Opening Day:** Nov. 27 Clinic at Ralston  
\*Kindergarten – 2nd grade, 8:30 – 9:30  
\*3rd – 6th grade, 9:40 – 11:00  
**Ages:** Kindergarten – 6<sup>th</sup> grade  
**Information:** Randy Metheany, (650) 703-4740  
**Website:** [www.mmyouthsports.com](http://www.mmyouthsports.com)

### eScrip

#### How Does It Work?

Sign up and register your grocery club cards and existing credit/debit cards. A percentage of all purchases made at eScrip merchants will be given back to Ralston Middle School. You can shop at participating stores and restaurants or at the Online eScrip Mall. Visit [www.escrip.com](http://www.escrip.com) and click on "Family of Merchants" for locations.

#### How Do I Sign Up Online?

1. Go to [www.escrip.com](http://www.escrip.com)
2. Click on "sign up"
3. Follow the instructions to register your grocery cards and credit/debit cards  
The Ralston Middle School ID is: "140089084"

#### How Do I Change My Group to Ralston Middle School?

1. Go to [www.escrip.com](http://www.escrip.com)
2. Click on "my eScrip"
3. Sign in to eScrip. (If you have forgotten your Supporter ID, Username, or Password, click on "Forgot Your Password?" and eScrip will email you your Sign In information.)
4. Click on "Change My Group Selection"
5. Enter Ralston Middle School's ID: "140089084"

#### How Do I Get a Nob Hill grocery card?

Email your name and address to Robin Kennedy ([robinkennedy@comcast.net](mailto:robinkennedy@comcast.net)) and a card will be mailed to you.

## Ten Things to Know About *Box Tops*

1. Last year *Box Tops* raised \$591.00 for Ralston Middle School! Thank you!
2. Our 2010/2011 *Box Tops* Goal is \$750.
3. *Box Tops* are worth 10 cents each. It all adds up!
4. *Box Tops* support the Ralston PTA!
5. If you cut off or can't read the box tops date, they have to be thrown away.
6. *Box Tops* have an expiration date!
7. *Box Tops* can be sent in anytime to your child's homeroom or the office.
8. You can visit the *Box Tops* website at <http://www.boxtops4education.com>.
9. For any questions on *Box Tops*, you can contact the *Box Tops* coordinator at [Kristen.L.Wright@gmail.com](mailto:Kristen.L.Wright@gmail.com).
10. We need your help to make our goal. Ask your friends and relatives to save *Box Tops* too! Thank you for supporting *Box Tops*.



# 2010-2011 HOT LUNCH SCHEDULE

*The Hot Lunch Program is now available!*

Hot lunch is offered on Monday, Tuesday, Thursday, and Friday of each week. **Some entree and snack food choices/prices have changed this year, so please review the menu carefully.** All food selections offered meet the nutritional guidelines mandated by the state and the school district. This service is provided by the Ralston PTA (Tues., Thurs., & Fri.) /Music Boosters (Mon.) and staffed with Ralston Parent Volunteers.

Day Offered	Food Selections	Price
Monday	Subway Turkey Sandwich	\$3.00
	Bagel & Cream Cheese	\$1.50
	Drinks, chips, healthy snacks	\$.25-\$1.25
Tuesday	Carl's Jr. Hamburger	\$2.00
	Carl's Jr. Grilled Chicken Snack Wrap---2 wraps (\$1.75 per wrap)	\$3.50
	Carl's Jr. Mixed Green Salad	\$2.50
	Sushi---California Roll	\$3.50
Thursday	LunchMaster Burritos (Chicken, Beef or Bean & Cheese)	\$3.00
	LunchMaster Chicken Caesar Salad or Crispy Chicken Salad	\$3.50
	LunchMaster Breaded Chicken Sandwich	\$3.50
	LunchMaster BBQ Meatballs with Mashed Potatoes	\$3.50
	LunchMaster Cobb Salad	\$3.50
Friday	Pizza - Cheese or Hawaiian-2 slices (\$1.50 per slice)	\$3.00
	LunchMaster Spaghetti with Marinara or Meatsauce	\$3.50
	LunchMaster Cobb Salad	\$3.50
<b>Healthy Snacks:</b> Tues/Thurs/Fri	String Cheese	\$0.25
	Apple Slices (Packaged)	\$0.75
	Granola Bars	\$0.50
	Baby Carrots (Packaged)	\$0.75
<b>Snacks &amp; Chips:</b>	Baked Lays Original & Sour Cream Chips	\$1.00
	Pretzels & Stacy's Pita Chips & Chex Mix	\$1.00
	Corn Nuts & Rice Krispies Treats	\$0.75
<b>Drinks:</b>	Bottled Water	\$0.50
	100% Juice Varieties -- 6.75 oz.	\$0.50
	Tropicana OJ -- 10 oz.	\$1.00
	Martinelli's Apple Juice --10 oz.	\$1.25
<b>Ice Cream:</b>	Variety offered Tuesday, Thursday & Friday	\$1.00-1.50

## Chairpersons for Ralston Hot Lunch Program

Mon (Music Boosters)	Betsy Carter	654-3838	<a href="mailto:flipshuman@hotmail.com">flipshuman@hotmail.com</a>
	Gerry Faessen	592-1912	<a href="mailto:gfaessen@yahoo.com">gfaessen@yahoo.com</a>
Tues (PTA)	Melissa Durlofsky	592-1715	<a href="mailto:Durlofsky@aol.com">Durlofsky@aol.com</a>
Thurs (PTA):	Letty Dupuy (1st, 3rd, 5th Thurs)	593-8563	<a href="mailto:lettydupuy@comcast.net">lettydupuy@comcast.net</a>
	Gail Kazakoff (2nd, 4th Thurs)	654-3950	<a href="mailto:gkazakoff@comcast.net">gkazakoff@comcast.net</a>
Fri (PTA)	Sharin Castro	544-7613	<a href="mailto:sblaircastro@yahoo.com">sblaircastro@yahoo.com</a>
Ice Cream (PTA & Music Boosters)	Laura Hendriksen	868-3559	<a href="mailto:laura@hendriksens.com">laura@hendriksens.com</a>

# TIPS and TRENDS

## *The Choking Game*

Many of you may have already heard about a dangerous activity amongst teens called the “Choking Game” The choking game is also known as pass-out game, space monkey, the fainting game, scarf game, space cowboy, California choke, the dream game, cloud nine, and purple hazing. There has been widespread coverage about this terrible trend amongst teens on the Oprah show, the news and all over the internet. Unfortunately, the trend has hit close to home; we recently conducted an investigation involving some of our Ralston students who had been playing this game.

Here is some critical information we want you all to become aware of about the “Choking Game” from websites. Please take the time to understand this issue and take steps to keep our children safe and to resist peer pressure.

<http://www.oprah.com/oprahradio/The-Peetes-Dangerous-Games-Children-Play>  
<http://www.oprah.com/oprahshow/Is-Your-Child-Playing-the-Choking-Game>  
<http://www.gaspinfo.com/en/home.html>  
<http://www.time.com/time/health/article/0,8599,1953653,00.html>  
<http://chokinggame.net/>

Here is some information taken directly from internet source:

<http://tweenparenting.about.com/od/healthfitness/f/ChokingGame.htm>

**Question:** What is the Choking Game?

**Answer:** The choking game is [a dangerous practice of tweens and teens](#) in which they self-strangulate in order to achieve a brief high. The high is the result of oxygen rushing back to the brain after it's cut off by the practice of strangulation.

The choking game ([also known as Space Monkey](#)) is very dangerous and can easily lead to accidental death. According to the Centers for Disease Control (CDC), there were more than 80 deaths due to the choking game in children aged 6 to 19 from 1995-2007. Boys are more likely to die from the choking game, but the behavior is a danger to both boys and girls.

In order to achieve a high, children may use ropes, scarves, or other items to strangle themselves, either alone or within a group.

According to the CDC, children who participate in the choking game may exhibit the following **symptoms or behaviors**:

- Marks or bruises on the neck
- Bloodshot eyes
- Wearing clothing that covers the neck, even in warm weather
- Confusion or disorientation after being alone for a period of time
- The presence of unusual items such as dog leashes, ropes, scarves, bungee cords, and belts
- Severe headaches, often frequent
- Secretive behavior, irritability, hostility
- Bleeding under the skin of the face and eyelids

Other signs may include:

- Wear marks on furniture (bed posts, door knobs, etc.)
- Linens or ropes tied around door knobs or furniture
- The frequent need for privacy

If you suspect your child has engaged in this dangerous behavior, or if you hear that children at your child's school have engaged in this practice, you need to take quick action. Talk to your child about the real dangers of the choking game, including death, coma, possible brain damage, broken bones, and hemorrhages of the eye. In addition, alert your child's school should you discover that children in your area are in danger of engaging in the choking game. Above all, help your tween [learn how to resist peer pressure](#).

“Unfortunately, the trend has hit close to home; we recently conducted an investigation involving some of our Ralston students who had been playing this game.”



If you have questions about events for middle school families and students, please contact Terri Murai [ryley8@gmail.com](mailto:ryley8@gmail.com)

Visit Carlmont's website – get the facts about Carlmont High School!! [www.carlmont.seq.org](http://www.carlmont.seq.org)

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

## CARLMONT CORNER

For 8th grade students, high school is right around the corner! Carlmont's 8th Grade Transition Team is here to acquaint Middle School students and parents with Carlmont and provide information that will make the move from middle school to high school a little bit easier.

Please come to our first event of the year for 8th grade parents:

### 8th Grade Parent Information Night

**Tuesday, October 19<sup>th</sup>**

- **Location: Tours and Presentation are in the Carlmont High School Performing Arts Center**
- **6:00 PM - Campus Tours begin in front of the Performing Arts Center** (*the last tour leaves from the Performing Arts Center at 6:30 PM.*)
- **7:00 PM - 9:00 PM** - Presentation by Principal Raul Zamora and visits to classrooms
- Please park in the lot by the tennis courts (2nd entrance coming from San Carlos or Belmont, across from Chula Vista). The Performing Arts Center is straight ahead at the top of the stairs.
- **As time is limited, the tours will start promptly at 6:00 and the Presentation at 7:00**
- **Please plan to arrive early to find parking**

This event is intended to provide a broad overview of the academic program at Carlmont and will commence in the gym at 7:00 p.m. SHARP with a short introduction by Carlmont Principal Raul Zamora. Parents will then be dismissed to nearby classrooms to hear presentations from Carlmont teachers on course material and academic expectations in the four core curriculum areas: Math, Science, English and Social Studies. Parents will rotate through classrooms in all four subject areas. Those who wish to explore electives or special programs may return to the Performing Arts Center after the classroom visits to receive information regarding: Performing and Visual Arts, Technology, Foreign Language, RSP, Special Education, AVID, Academy Programs, Guidance, and Athletics.

### Shadowing at Carlmont

The very popular shadowing program offers 8<sup>th</sup> grade students who are considering their high school choice, the opportunity to spend a day with a Carlmont 9<sup>th</sup> grader to get first-hand experience at Carlmont. The first day to call to make a shadowing request for your child is Monday, October 18<sup>th</sup>. Shadowing will begin on Monday, November 1st and will end on Thursday March 3rd. Between November 1st and mid-January, priority will be given to students who are choosing between public and private high schools and students who may apply to Carlmont under *Open Enrollment*. From January to mid-March, shadow dates will be arranged for students who know they will be attending Carlmont. To request a shadow date, please download a copy of the *Shadowing "FAX BACK" Request Form* from the Carlmont website at [www.carlmont.seq.org](http://www.carlmont.seq.org) (Parents/Community section) or call 595-0210, ext. 8400. If calling, please provide all of the same information as the "FAX BACK" form.

### Open Enrollment in Sequoia Union High School District

The Sequoia Union High School District currently has an Open Enrollment policy. Each family is assigned to a high school based on their home address. This is considered their "home" school. Under Open Enrollment, students may apply to attend any of the 4 high schools within the district by submitting an Intra-District Transfer Request. These MUST be returned by the deadline of January 21, 2011. To find out what your "home" school is, check the District Website at [www.seq.org](http://www.seq.org) (Parents & Students section).

In addition to Parent Information Night and Carlmont's Shadowing Program, we also offer Parent/Student coffees in January, and a "Meet Carlmont" event for 6<sup>th</sup> and 7<sup>th</sup> grade families in May.

## **Vote YES on Measures I and N to Support Local Elementary and Middle School Students!**

Measures I and N are important bond measures that are on the ballot in the November election. As many of you are aware, our schools are facing two critical issues: over population and desperately needed repairs. Many of our schools are over 50 years old – classrooms have leaky roofs, outdated electrical and plumbing, heating, ventilation and security systems. In addition, we need to add classrooms to accommodate our increasing enrollment.

The district has placed two bond measures on the November ballot to address these issues. Those bond measures are:

- **Measure N**, which would provide funds to upgrade and repair the Belmont elementary schools (Fox, Cipriani, Central and Nesbit). This bond applies only to Belmont residents.
- **Measure I**, which would provide funds to upgrade and repair Ralston Middle School. This bond applies to Belmont and Redwood Shores residents.

Some key points about these measures:

- *The state cannot take any of this money from us, every penny remains within our district to help our kids*
- *No funds can be used for administrator's salaries*
- *Measure I&N can qualify for matching funds from the state (it's like doubling our money!)*

**We need your support** to get these measures passed in November. Here's what you can do:

- Vote Yes! on these measures
- Come and support our phone bank nights. To sign up, visit <http://www1.mysignup.com/cgi-bin/view.cgi?datafile=localschoolsphonebank>
- Volunteer to do precinct walks in late October

We really need everyone's support to help pass these measures.

Measures I & N: <http://yesforourlocalschools.com/>

Measure I: <http://yesforralstonmiddleschool.com/>



**School-Force!**

**THE BELMONT-REDWOOD SHORES  
PUBLIC SCHOOL FOUNDATION**

## Introductions

Hello everyone! I hope your child(ren)'s school year has gotten off to a great start! I'm Betsy Carter, mother of a 7<sup>th</sup> grade Ram and a 4<sup>th</sup> grade future-Ram. I will be serving as your School-Force Ralston liaison this year and I hope to be able to maintain the wonderful momentum that each of you, your kids and the Ralston School Force volunteers managed to garner last year. Unfortunately, the economy and our State Government caused a major "fire" to be lit under our community, but fortunately, our community was able to respond by raising \$1.66M to support many of our priorities we have for our schools. Flip back to the unfortunate... we are likely to be facing the same fire again this year. However, I anticipate that the awareness and action that came about last year will make this year a little easier. As they say, it takes a village to raise our children, and if everyone in the village makes their contribution, the children will benefit. So, take every opportunity to get involved for our kids! Keep reading for *Save the Music* and our 2<sup>nd</sup> annual *I'm in!* campaign...

## Mark your calendars for these important events:


**WHAT:** 8th Annual Save the Music Festival  
**WHEN:** This Sunday! October 3<sup>rd</sup>, 11:00 a.m.-5:00 p.m.  
**WHERE:** Twin Pines Park, Belmont

**The Ralston Advanced Orchestra, Honors Band, and Advanced Chorus will be performing throughout the day.** Featured artists also include the UC Davis Marching Band and The Sun Kings: Northern California's premier tribute to The Beatles. View the complete list of musicians, as well as theatre troops, dance troops, and community artists, on the event website (above). Please tell your neighbors! Get more details at: [www.schoolforce.org/savethemusic](http://www.schoolforce.org/savethemusic).

**WHAT:** *I'm in!* Rally Day  
**WHEN:** Wed., October 20th, 7-8:30 pm  
**WHERE:** Redwood Shores Elementary School, 225 Shearwater Parkway, Redwood City

Join hundreds of other dedicated parents from throughout our district to find out what *you* can do to maintain high quality public education in our community. Since we kicked off the *I'm in!* campaign last spring, a real movement has begun in our community — be a part of it! This meeting will be entirely action-oriented. We will be dividing up into groups according to strategy areas, and developing clear action plans in order to meet our ambitious fundraising goal and bridge the gap between district needs and state funding. Whether you're interested in making a difference in your kids' education by reaching out to parents, the general community and/or local businesses, or you would like to get involved in more behind-the-scenes volunteer activities, this is the meeting for you! Remember, School-Force is *our* education foundation and is run entirely by volunteers. It takes all of us to keep our schools great! **Get involved, informed & invested--see you on October 20<sup>th</sup>!**

# October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<ul style="list-style-type: none"> <li>• See the Ralston Honors Band, Advanced Orchestra, &amp; Advanced Chorus at <b>Save the Music</b>, Oct. 3<sup>rd</sup> *</li> <li>• Parent Conference Days: Oct. 25<sup>th</sup>, 26<sup>th</sup>, and 28<sup>th</sup></li> </ul> <b>LOOKING AHEAD</b> - Vote to improve our schools on Tuesday, Nov. 2 <sup>nd</sup> Vote YES on Measures I and N					<b>1</b> <i>Pizza/Pasta/ Cobb Salad</i>	<b>2</b>
 <b>3</b> <b>SAVE the MUSIC*</b> <i>Twin Pines Park</i> <i>11:00-5:00</i>	<b>4</b> <i>Sandwiches/ Bagels</i> <b>Clubs:</b> ▪ Homework	<b>5</b> <i>Burger/Wrap/ /Salad/CA rolls</i> <b>Clubs:</b> ▪ Homework	<b>6</b> <b>Minimum Day</b>	<b>7</b> <i>Burritos/Meatballs /Chicken Salads, Sandwich</i> <b>Clubs:</b> ▪ Homework	<b>8</b> <i>Pizza/Pasta/ Cobb Salad</i>	<b>9</b>
<b>10</b>	<b>11</b> <b>NO School</b>	<b>12</b> <i>Burger/Wrap/ /Salad/CA rolls</i> <b>Clubs:</b> ▪ Homework	<b>13</b> <b>Minimum Day</b>	<b>14</b> <i>Burritos/Meatballs /Chicken Salads, Sandwich</i> <b>Clubs:</b> ▪ Homework PTA Meeting 7:00, Library <i>Carlmont Pops Concert 7:00 p.m.</i>	<b>15</b> <i>Pizza/Pasta/ Cobb Salad</i>  <i>Carlmont Pops Concert 7:00 p.m.</i>	<b>16</b>
<b>17</b>	<b>18</b> <i>Sandwiches/ Bagels</i> <b>Clubs:</b> ▪ Homework	<b>19</b> <i>Burger/Wrap/ /Salad/CA rolls</i> <b>Clubs:</b> ▪ Homework 8th grade Parent Info Night @ Carlmont	<b>20</b> <b>Minimum Day</b> <i>I'm In Rally for School-Force!</i> 7:00 p.m. @ Redwood Shores Elem.	<b>21</b> <i>Burritos/Meatballs /Chicken Salads, Sandwich</i> <b>Clubs:</b> ▪ Homework	<b>22</b> <i>Pizza/Pasta/ Cobb Salad</i>  Spookfest Spooktacular (fall dance)	<b>23</b> <i>Carlmont Arts Showcase Gala Event 6:00 p.m.</i>
<b>24</b> Ramtracks Deadline  <b>31</b>  Halloween	<b>25</b> <b>Minimum Day</b> <i>No hot lunch</i> Parent Conferences	<b>26</b> <b>Minimum Day</b> <i>No hot lunch</i> Parent Conferences	<b>27</b> <b>Minimum Day</b> <i>No hot lunch</i>	<b>28</b> <b>Minimum Day</b> <i>No hot lunch</i> Parent Conferences	<b>29</b> <i>Pizza/Pasta/ Cobb Salad</i>	<b>30</b>

\* <http://savethemusic.schoolforce.org/>



# Ramtracks



Welcome to the first issue of Ramtracks for the 2010-2011 school year!

This monthly newsletter will be posted on the Ralston website ([ralston.brssd.org](http://ralston.brssd.org)) at the beginning of each month, and distributed via e-mail.

Those that indicated a preference in their Back to School paperwork for home delivery of the newsletter will receive it in the mail. If you need a copy mailed home, and did not already indicate so, please contact Susy Lee at [susylee@yahoo.com](mailto:susylee@yahoo.com)

We welcome your feedback and suggestions on *your* school newsletter. You may contact us at [ramtrackseditor@gmail.com](mailto:ramtrackseditor@gmail.com)

*Lesley Allen and Jacqueline Kraft*  
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