



BEAR



NECESSITIES

Fall 2007

A word from your Principal,
Terry Duty

Parent Teacher Conferences:

November 6
5:00-8:00

November 7
4:00-7:00

Thanks to technology and our parent access "Skyward" system, progress reports are now an ongoing electronic check-up as opposed to one time events. The new system allows for "real time" progress checks and avoids the lag-time checks that take up to two weeks to process. Not the most personal communication but Parent/Teachers Conferences are on the near horizon. Staying informed and involved with your students' academic progress is one of the best ways for a parent to help their student and show they care about their education. Conference time is a wonderful opportunity for you and the classroom teacher to discuss how best to assist and support your child. Please remember the importance of two-way communication during these meetings. Although your child's teacher will have much to share about your child's progress, you know your child best. Share with the teacher any insight, concerns, and solutions that you believe are true and will be helpful to your son or daughter. We are here to listen as well as to share.



Tahoma High School's 2007 Coronation Assembly

When you leave the conferences and go home to your child, focus on the child rather than the accomplishment. "You must be very proud of yourself" teaches the child to work for internal rewards. "I am proud of you" teaches the child to work for the parents, teacher, etc. We want self-motivated, confident children.

If your child has not progressed at the level you believe he or she is capable of achieving, speak to your child in terms of choices that he/she has elected to make. Children often see themselves as victims - "I didn't do well because Jane was bothering me"; or "The teacher doesn't like me", etc. You can be a big help to your child by letting him/her see that failure or success depends on the choices they make as individuals.

Competence builds self-esteem.

Please plan on joining us, and visiting with your students' teachers November 6th from 5:00-8:00, & November 7th from 4:00-7:00. We run an "open-arena" format which allows you to meet with the teachers you select in any order you choose. Each private teacher conference should last about 5 minutes.

THS Library to Host Book Fair During Conferences

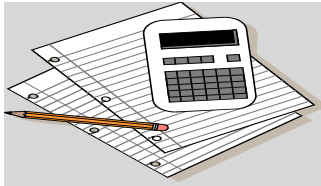
A Scholastic book fair will be held in the Tahoma High School Library the week of November 5-9. It will be open for business all lunches and during Parent/Teacher Conferences the evenings of Tuesday and Wednesday, November 6th and 7th. All proceeds will benefit classroom libraries. The public is welcome!

**Access to Student Information by Military or College Recruiters
Form—information on page 4 and on www.tshs.tahoma.wednet.edu**

Parent Teacher Conferences

November 6th from 5:00-8:00 p.m.

November 7th from 4:00-7:00 p.m.



Student Progress and Grades

Parents and students can access grades online at any time at <http://family.tahoma.wa-k12.net/>. If you need the login and password for your student contact Sandy Tarli at starli@tahoma.wednet.edu for that information. Please keep in mind attendance affects your student's grades. Any deductions for multiple absences/tardies will be deducted at the end of the grading period.

Tahoma **Family Access** is a password-protected website that allows our families to access information online at any time. The Family Access allows a parent to view even more information that is available through Student Access. Student Access allows the viewing of grades, information, and attendance for one child while Family Access allows the viewing of all children in a multi-child family with just one login. Additionally, parents can provide an email to the school, check schedules, and health and academic records.

If you do not know your family password please e-mail or phone Sandi Tarli in guidance for the password. Her email is: starli@TahomaSD.US and her phone number is 413-6233.

Parent teacher conferences are one of the few times teachers focus entirely on parent communication. Just showing up for a parent-teacher conference tells the teacher that you support your child's learning. Here are some suggestions about **what to discuss** with the teacher.

1. Learn about your child's progress. It's important to find out how your child is progressing academically as well as how he interacts with his peers.
2. Share your insights with your child's teacher. This is a good opportunity to hear from your child's teacher, but it's also a perfect time to share your perspective.
3. Discuss your child's strengths and challenges. Through comparing areas where your child excels with areas in need of improvement, you can identify ways to support your child's learning at home.
4. Ask questions. This is one of the most important aspects of a successful conference. Here are some key questions to get you started:

- ◆ How much time should my child spend on homework each night?
- ◆ How can I reinforce classroom lessons at home?
- ◆ How can I stay connected?

This check list may help you in discussing a class problem with your child:

- ◆ Has the student asked questions in class?
- ◆ Did the student approach the teacher individually for clarification?
- ◆ Has the student set a time to meet one-on-one with the teacher before or after school?
- ◆ Has the student gone to tutorial?
- ◆ Has the student gone to the School Assist Program (SAP)?
- ◆ Is the student using their planner to record assignments and are they sharing this with parents on a regular basis if extra help in organization and planning is needed?

Student Help

Tutorial

Wednesday mornings from 8:15 — 8:45 get help from a specific teacher.

Make an appointment with your student's counselor @ 425-413-6204.

Peer Tutors are available through the Counseling office.

Academic Support Check List available in Counseling or Library.

Math Lab

Tues./Thurs.

7:30-8:10 & 2:50-3:35 in 403 lab

Science Assist.

Mon./Wed.

7:30-8:10 & 2:50-3:35 room 105

Writing Lab

Daily 7:45-8:10 & 2:45-3:15 & Wed. morning tutorial in room 220

Skills for Academic Success

Five Key Skills for Academic Success

It's never too early, or too late, to help your child develop the key skills for academic success. It takes a combination of skills, organization, time management, prioritization, concentration and motivation to achieve academic success. Here are some tips to help get your child on the right track.

Talk to your child. To find out which of these skills your child has and which he can develop further, start a simple conversation that focuses on his goals. Ask him about his favorite subjects and classes he dreads.

Listen for clues. Incorporate your own observations with your child's self-assessment; is your child overwhelmed by assignments? He may have trouble organizing time. Does your child have difficulty completing his work? He may get distracted too easily. Is your child simply not interested in school? He may need help getting motivated.

Identify problem areas. Start here to help your child identify which of the five skill areas are trouble spots.

- ◆ Organization
- ◆ Time Management
- ◆ Prioritization
- ◆ Concentration
- ◆ Motivation

Organization

Whether it's keeping track of research materials or remembering to bring home a lunch box, children need to be organized to succeed in school. For many students, academic challenges are related more to a lack of organization than to a lack of intellectual ability.

Tips to help your child get organized:

- ◆ Make a checklist with your child of things he needs to bring to and from school every day.
- ◆ Find out how your child keeps track of his homework and how he organizes his notebooks. Then work together to develop a system he will want to use.
- ◆ Shop with your child for tools that will help him stay organized, such as binders, folders or an assignment book.

Time Management

Learning to schedule enough time to complete an assignment may be difficult for your student. Even when students have a week to do a project, many won't start until the night before it's due. Learning to organize time into productive blocks takes practice and experience.

Tips to help your child manage time:

- ◆ Track assignments on a monthly calendar. Work backward from the due date of larger assignments and break them into nightly tasks.
- ◆ Help your child record how much time he spends on homework each week so he can figure out how to divide this time into manageable chunks.
- ◆ Together, designate a time for nightly homework and help your child stick to this schedule.
- ◆ If evenings aren't enough, help your child find other times for schoolwork, such as early mornings, study halls or weekends.

Prioritization

Sometimes children fall behind in school and fail to hand in assignments because they simply don't know where to begin. Prioritizing tasks is a skill your child will need throughout life, so it's never too soon to get started.

Tips to help your child prioritize:

- ◆ Ask your child to write down all the things he needs to do, including non-school-related activities.
- ◆ Ask him to label each task from 1 to 3, with 1 being most important.
- ◆ Ask about each task, so that you understand your child's priorities. If he labels all his social activities as 1, then you know where his attention is focused.
- ◆ Help your child change some of the labels to better prioritize for academic success. Then suggest he rewrite the list so all the 1s are at the top.
- ◆ Check in frequently to see how the list is evolving and how your child is prioritizing new tasks.

Concentration

Whether your child is practicing his second grade spelling or studying for a trigonometry test, it's important that he works on schoolwork in an area with limited distractions and interruptions.

Tips to help your child concentrate:

- ◆ Turn off access to email and games when your child works on the computer.
- ◆ Declare the phone and TV off-limits during homework time.
- ◆ Find space that fits the assignment. If your child is working on a science project, he may need lots of space; if he's studying for a Spanish test, he will need a well-lit desk.
- ◆ Help your child concentrate during homework time by separating him from his siblings.

Motivation

Most children say they want to do well in school, yet many still fail to complete the level of work necessary to succeed academically. The reason is often motivation. Tapping into your child's interests is a great way to get him geared to do well in school.

Tips to help motivate your child:

- ◆ Link school lessons to your child's life. If he's learning percentages, ask him to figure out the price of a discounted item next time you shop.
- ◆ Link your child's interests to academics. If he's passionate about music, give him books about musicians and show how music and foreign languages are connected.
- ◆ Give your child control and choices. With guidance, let him determine his study hours, organizing system or school project topics.
- ◆ Encourage your child to share his expertise. Regularly ask him about what he's learning in school.
- ◆ Congratulate your child, encourage him and celebrate all his successes.

Often what holds children back from trying is the fear of failure or the memory of a time they didn't do well. You can help break this cycle by celebrating your child's successes, no matter how small, and by giving him opportunities to succeed academically.

Counselors' Corner

As always, students are welcome to talk to their counselor about personal issues, grades, graduation requirements, and general school issues. Please refer below to find the appropriate counselor for your grade level.



Ms. Heidi Young
Mr. Mike Hansen
Ms. Marcey Anderson
Mr. Michael McGraw

10th Grade
11th Grade
12th Grade
Academic Counselor
(Student Learning)



Student Information by Military or College Recruiters Form

Our district receives funds from the federal government under the *No Child Left Behind Act of 2001*. These funds are used in a variety of ways to provide additional help to students in greatest academic need. The law also **requires** that districts must, upon request, provide to military recruiters, colleges and universities, access to the names, addresses and phone listings of secondary students.

It is important for you to know that a secondary student or his/her parent or guardian may request that the student's name, address and phone number not be released by the district without prior parental consent. If you would like to make such a request, please complete an opt out form available on the Tahoma High School website and return the entire form to your child's school by October 7. Please use a separate form for each child. The web address to access this form is <http://www.tahoma.wednet.edu/about/Parents/ParentInfo.html>. Choose "Access to Student Information by Military or College Recruiters".

2007-08 SAT and ACT Test Dates

SAT

<u>Test Dates</u>	<u>Registration Deadline</u>
November 3, 2007	October 2, 2007
December 1, 2007	October 30, 2007
January 26, 2008	December 26, 2007
March 1, 2008	January 2, 2008
May 3, 2008	April 1, 2008
June 7, 2008	May 6, 2008

Register on-line at www.collegeboard.com/reg

ACT

<u>Test Dates</u>	<u>Registration Deadline</u>
December 8, 2007	November 2, 2007
February 9, 2008	January 4, 2008
April 12, 2008	March 7, 2008
June 14, 2008	May 9, 2008

Register online at www.actstudent.org

Websites

Ever wish you could find a teacher's e-mail address, or the sports schedule, or maybe what is happening this week through the daily bulletin? Find the course catalog, teachers' web pages, sports schedules, e-mail addresses and more at -

www.tahoma.wednet.edu

Online grades & schedules

www.tshs.tahoma.wednet.edu

Tahoma athletics website:

www.tahoma.wednet.edu/subsite/sports

Tahoma Times

<http://my.highschooljournalism.org/wa/kent/th>

Career Center News



Tech Prep Direct College Credit

Tech Prep Direct Credit gives students the opportunity to get a jump-start on their future by preparing for college and a career while still in high school. For earning a grade of "B" (3.0) or higher in select career and technical education courses, Direct Credit allows students to receive both high school and community/technical college credit. Additionally, students are acquiring valuable college-level skills that are in demand in industry. Through the South King County Consortium, college credits are absolutely free. Students only pay a one-time \$15.00 registration fee. Plus, students never need to leave Tahoma High School to enroll!

Students can earn both high school and college credit for such classes as automotive mechanics, accounting, computer applications, keyboarding, careers in education, early childhood education, floriculture, computer networking, multi-media design, and woods. Students must register starting December 18th until May 11th for these college credits. Registration can be done online via the website, www.skctechprep.org along with a follow-up mailing of the one-time fee. Contact Ms. D, Tech Prep Coordinator, at 425 413 6303 in the Career Center for more information.

Looking for college or scholarship information?

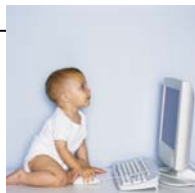
Go on-line!

www.fastweb.com

www.careercruising.com

username: tahoma

password: bears



It is time for seniors to start working on college applications. If you are applying to one of the Washington State colleges we encourage you to apply early. The deadlines for applications vary from January 1st to April 1st.

1. Visit the college website you are interested in applying to and get valuable information including deadlines, requirements, and general information.
2. Use their online application (paper is no longer encouraged). Test scores need to be sent directly from the testing agency.

Request an official transcript in the counseling office **after you have applied.**

Due to the large volumes of application being received it is always a good idea to follow-up on your application by contacting the college directly a few weeks after you apply to make sure your application is complete and ready for review.

Some information the application may ask for is listed below:

Counselor Name: Marcey Anderson
Counselor Email:

manderso@tahomasd.us

School Code: 480665
School Address: 18200 SE 240th
Covington, WA 98042

School Phone Number:
425-413-6200

If you have question regarding the application process, contact the counseling office or the college directly.

Please remember Tuesday evenings the Career Center is open late. This is a great resource for student and parents. So come on in, we can work on applications, scholarship searches or college searches.

S.T.E.P. Projects



Seniors are on track with their S.T.E.P. project. This is the senior transition and exit plan that all our seniors participate in. Students and parents see what comes next.

Oct. 31 & Nov. 1
Resume due

Nov. 5 & 6
Job Shadow Host
Confirmation

Nov. 7
Tutorial Transition Plan
Seminar

Nov. 8 & 9
Transition Plan due

Dec. 5 & 6
Portfolio Workshop in class

Dec. 13 & 14
Letter of Recommendation due

Dec. 13 & 14
Mentor meeting #2 due

Jan. 4 Portfolio due

Running Start Seniors On campus Seniors

You have your S.T.E.P. project in hand. Now it is time to turn in your Host Confirmation form for your Job Shadow. Stop by the Career Center and turn your form in. Your Portfolio is due Jan 4! The career center is open to assist you with any questions or concerns. Stop by!!

Career Center
Daily 7:00-3:30
Tuesdays until 8:00 p.m.

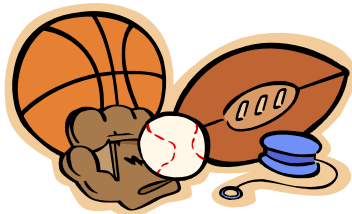
Tahoma High School Winter Sports Turnout

THS/SPSL Athletic Event Admission Fees

\$5.00 - Adults / Students without ASB

\$3.00 - Students with ASB card from other schools (including TJH, CRMS, TMS)

\$2.00 - Senior citizens / Children 6-12
FREE -THS students with ASB card



ATHLETIC PASSES AVAILABLE

FOR THS REGULAR SEASON HOME EVENTS

Yearly Family Pass \$150

- Admits two adults and three children of immediate family
- Non-transferable Pass used only by purchasing family

Student ASB Card \$30

- Available to THS students
- Admits one student to all home regular season events
- Reduced price for all "away" athletic events
- Reduced price of pep dances

Passes on sale at THS cashier's office. All monies received from athletic passes and ASB cards are used to support student athletic and activities programs at THS. Please call 425-413-6302 for further assistance.

Thurs, Nov. 1

The high school athletic office will begin winter sports clearance.

Mon., Nov. 5

Gymnastics begins (grades 9-12)

Mon. Nov. 12

Winter sports tryouts begin (grades 9-12) boys' basketball, girls' basketball, wrestling, boys' swim, dance.

Requirements for athletic clearance:

- **Purchase ASB card** - \$30.00 high school 10-12 / \$25.00 junior high and middle school 7-9);
- **Athletic participation form** completed and signed in its entirety;
- **Sports physical** - all physicals will be valid for 2 calendar years; All physicals must be valid through the entire sports season;
- **Athletic co-curricular handbook** signed each new school year. All athletic forms are available at THS, TJH, CRMS, the District Office and on the Tahoma Athletic website www.tahoma.wednet.edu/subsite/sports/index1.htm.

All school fines must be paid in full prior to sports clearance.

All athletic clearance forms must be turned into the athletic office of the school that the student attends. The 9th graders may receive their clearance at the high school athletic office). The student athlete will then receive a **pink clearance card to give to the coach.**

www.tahoma.wednet.edu/subsite/sports/index1.htm

or call the Athletic office 425-413-6302.

Tahoma Athletics provides for the parents of athletes a Parent/Coach Communication brochure. This brochure and the winter sports schedule are available upon request from the athletic department at Tahoma High School, 425-413-6302.

Tahoma Athletics webpage:

www.tahoma.wednet.edu/subsite/sports/index1.htm



Mandatory

Dance Team Parent Meeting

Wednesday, November 7

7:00 – 8:30 PM

Lecture Hall

(following parent conferences)



IMPORTANT ATTENDANCE REMINDERS

(This was read to your student in class):

1. If you are sick and want to call home, come down to the health room or attendance office to make the call. Do not call your parents from your cell phone to come and get you. You always need to check out.
2. If you have to leave school early because of an appointment, bring a note in the morning so you can get an early release slip. This slip permits you to leave class at the appointed time and meet your parent out front. Your parents don't have to come in and check you out if you do this. Bringing the note in the morning alleviates a great deal of work in trying to locate students who are in PE classes or in a class that moves around such as outdoor academy.
3. If you are going on a vacation, bring a note in at least 3 days in advance to the attendance office, and you will get a prearranged absences form. Take this form to the teachers to arrange homework and their signature. If a parent simply e-mails the teacher to get homework it does not excuse the absence.

There are too many interruptions to the class when we have to continually call students out. So if students can follow the above steps, we can have fewer interruptions to classes.

Thanks

Kathy McShee, Attendance Office

Sandy Markus, Nurse



Career and Technical Ed. Advisory Committees Seek Community and Business Members

The Career and Technical Education programs offered at Tahoma High School depend on community and business members to serve on advisory committees. The purpose of these committees is to ensure that the programs offered at the high school prepare students for specific careers or higher education. With the approximately 10 hours per year time commitment, advisory committees are a time-efficient way for community members to impact learning at the high school. Programs you may be able to provide guidance for:

- ✓ American Sign Language
- ✓ Automotive
- ✓ Business Education
- ✓ Digital Design
- ✓ Family & Consumer Science
- ✓ Information Technology
- ✓ Marketing

If you are interested in lending your expertise and knowledge, please contact the high school at (425) 413-6299.

Record Enrollment in AP and UW Classes

This year, **40 class periods of Pre-AP, AP, and U.W. classes** are being offered at Tahoma High School, **four more sections** than were offered last school year. With a total of **1045 student seats (173 more than in 2006-2007, and 279 more than in 2005-2006)** represented in these semester and year-long classes, it is evident that student interest in challenging college-level coursework continues to grow. Even sophomores are involved, with 104 students taking Pre-AP Literature and 120 students taking AP European History. A few sophomores, in addition, take AP Environmental Science, AP Psychology, and AP Calculus.

All AP and U.W. classes cover college freshman-level coursework. In the AP classes, students can take an optional test in May for \$84.00. Earning a score of "three" or higher on a five-point scale will yield the student between three and nine credits at most colleges and universities. In the U.W. classes, students pay a fee of \$263 and a \$35 registration fee to U.W. If students earn a grade of 2.0 or higher in the class, they automatically receive five credits at U.W. The credit earned in



both AP and U.W. credit courses is accepted at most colleges in the U.S., although students should check with the colleges they are considering before deciding which options to pursue.

AP and Pre-AP courses offered this year at Tahoma High include: AP European History, Pre-AP Literature, AP Psychology, AP Literature, AP U.S. History, AP U.S. Government, AP U.S. Government We the People, AP Environmental Science, AP Calculus AB, AP Calculus BC, AP Statistics, AP Computer Programming A, AP Computer Programming AB, AP Studio Art:2-D, AP Studio Art: 3-D, and AP Studio Art: Drawing. The U.W. classes include College Writing, College Literary Analysis, College Geology, College French and College Spanish. Classes must have a minimum number of registrants in order to run the class.

Questions about either program can be directed to Brooke Dillon, AP/U.W. coordinator, at bdillon@tahomasd.us.

2007 AP Exams Schedule

While the AP program offers other exams, these are the exams most frequently taken by THS students. Parents and students should mark their calendars now, as make-up tests are allowed only for emergency..

Week 1

Mon. May 5
Government and Politics: United States

Tues. May 6
Computer Science A
Computer Science AB
Statistics

Wed. May 7
Calculus AB
Calculus BC

Thurs. May 8
English Literature

Fri. May 9
United States History
European History
Studio Art (portfolios due)

Week 2

Tues. May 13
Environmental Science
Psychology

Wed. May 14
English Language

WE GOT SPIRIT, YES WE DO! WE GOT SPIRIT, HOW ABOUT YOU?

Purchase spirit items at THS Student Store.

Sweatshirts \$24.00

T-shirts \$10.00

Lanyards \$5.00

Car Stickers \$1.50

