



# TigerTalk

A Publication of the Terman Middle School PTA

October 5, 2006

Terman Middle School  
655 Arastradero Road  
Palo Alto, CA 94306  
(650)856-9810  
<http://www.terman.pausd.org>

## CALENDAR

### October

Thurs. 5th 8:30-10:30 a.m.  
PTA Executive Board Meeting

Mon. 9th 3:30 p.m.  
School Site Council Meeting

Tues. 10th after school  
Children's Theatre Outreach  
Rehearsals Begin

Wed. 11th  
Walk or Bike to School Day

Wed. 11th 7-9 p.m.  
PTA Meeting & Parent Education Night  
"Collins Writing Program"

Wed. 18th  
Parent Visitation Day

Thurs. 19th  
Hearing Screening

Wed. 25th 7:00 p.m.  
PTAC Parent Education Event--  
Dr. Denise Clark Pope

Fri. 27th  
End of the first Quarter

Tues. 31st-Fri. 3rd  
6<sup>th</sup> Grade Science Camp (Section 1)



### November

Mon. 6th-Thurs. 9th  
6<sup>th</sup> Grade Science Camp (Section 2)

Wed. 8th  
Terman/Gunn Band Concert

Thurs. 9th 11a.m.-1 p.m.  
PTA Exec. Board Meeting & Staff  
Lunch

Fri. 10th  
**No School**—Veterans' Day

Mon. 13th  
School Picture Make-Up Day

## Letter from the Principal

Dear Terman Community,

School got off to a running start this year. We were delighted to see so many parents here for both Back To School Nights. The café had standing room only the evening of August 30 for 6<sup>th</sup> grade and again on September 6 for 7<sup>th</sup> and 8<sup>th</sup> grade. We have just completed the annual magazine drive, taken school pictures on September 8, held the annual school carnival followed by our first PTA meeting and family Back to School Dinner on September 15, and administered the ERB writing assessment during the last week of September. All accomplished while regular classes were going on. We are more than halfway through our first quarter of school.

We regret that some other activities in these early months have not been as positive, as we also experienced three separate burglaries in the office area of school during the first three weeks of school. We are working closely with the police department on investigating the thefts of checks, cash and office items. The school district is implementing increased security measures. We have notified those people who had checks stolen according to our records. It has been a disappointing experience since most of the checks and cash were from the student council magazine sale receipts.

As we begin October we expect that students be well established in daily routines, including arriving to class on time. School starts every morning at 8:10 a.m. The warning bell rings at

8:05 a.m. Please check your clocks at home and if necessary set them ahead a few minutes so that everyone can arrive at school on time. Our clocks are automatic and not set by satellite, but those are the clocks we rely upon for the bells and class start times. Arriving on time is critical for getting started in a positive manner every day.

After about six weeks of school, teachers are able to report to parents on student progress. You may receive a form from the school entitled, *Report to Parents*. We fondly refer to these as "Warning Notices". A "Warning Notice" is a progress report to be followed by a report card at the end of the quarter. These forms are sent home midway through each quarter. These forms are sent for many reasons, but they must be sent if a student is in danger of a failing grade at the next formal grading period. This quarter will end on October 27.

Many teachers will also send a *Report to Parents* as a way to communicate positive things. If your student does receive a notice in the mail, please do the following:

- Read the notice to determine if it was sent as a grade warning, or just to give you information.

*Continued on page 2*

## Tiger Talk

Tiger Talk is published monthly during the school year by the non-profit Parent Teacher Association of Terman Middle School.

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PTA President	Joan Jacobus
Executive Vice President	Sharon Dally
Editor	Susan Voll
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To Submit Articles for Publication:

Email stories relating to the PTA and its activities to Susan Voll at [foleyvoll@yahoo.com](mailto:foleyvoll@yahoo.com).

Email stories relating to academic or after-school activities to the Principal at [cgiedt@pausd.org](mailto:cgiedt@pausd.org).

Attachment should be sent as MSWord or text-only documents. Flyers, coupons, charts and other artistic or hard-to-format items should be placed in the green Tiger Talk folder in the PTA mailbox, located in the Office Copy Room. They should be on white paper. Only flyers announcing PTA and/or PAUSD sponsored activities may be included. Write your name and phone number on the back in case we have any questions. All submissions are subject to editing for space and content.

Information in this newsletter is provided as a community service. The mention of any business, service or organization in this newsletter does not imply endorsement by the Terman PTA or the PAUSD.

### Next issue

Submission Deadline: 5 p.m. Friday, Oct. 20

Publication Date: Thursday, Nov. 2

### eNews

To subscribe or unsubscribe, send an email to:

[majordomo@laki.pausd.palo-alto.ca.us](mailto:majordomo@laki.pausd.palo-alto.ca.us) with the following:

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## Letter from the Principal *continued from page 1*

- If the notice was sent as a grade warning, please review the notice with your student to get some feedback from him/her.
- Contact the teacher to get more specifics, and to help design a plan for improvement.

In addition to the classroom teachers, our counselors are also available to help families design plans for academic improvement. Homework Habitat, now open on Monday, Tuesday, and Thursday from 3:15 – 4:30 p.m. (in the library), is staffed by teachers and instructional aides, and is a place students can go to receive help on their work.



During the week of September 25th, our students participated in the Education Records Bureau's Writing Assessment Program (ERB WRAP). The ERB WRAP is a useful instrument for assessing proficiency in writing. Each student is asked to produce a writing sample in response to a prompt or topic. In a 50-minute segment on one day, they will work on a draft. During the 50-minute segment on the following day, students will write a final draft. The essays are sent to a scoring center where they are evaluated independently by two readers who are highly trained and experienced in analytic scoring. Results indicate how well students perform when measured against standards for six writing elements. These results are then used as one of the indicators that will help us identify both the strengths and needs of our students.

Finally, I would like to remind everyone that we deal with a potentially hazardous traffic situation everyday. Please drive carefully and observe the traffic rules, especially the "NO TURN ON RED" sign. As we get into fall, it would be wise to begin to plan for rainy days. Please discuss with your students the best ways to get to and from school in the rain. Even in the rain, please consider having your student get to school in ways other than private cars, such as a carpool.

Sincerely,

Carmen M. Giedt

# PTA President's Letter

Dear Terman Families,

It was great to see so many of you at our Back to School Dinner on September 15. We estimate that over 400 people attended! The food was delicious, and the fellowship was even better. We hope you enjoyed the opportunity to catch up with old friends and hopefully get acquainted with some of the newcomers to our community. Many thanks to Alison Simonetti and Susan Nicholls for organizing this wonderful event.

Immediately preceding the dinner was our annual carnival. Terman students enjoyed over 20 carnival games and activities, including canoe races, face painting, hula hoops, and an obstacle course, not to mention snow cones and popcorn! The carnival is designed as a community-building experience for our students, which is especially important since one-third of our student body turns over every year. It was a huge success thanks to the leadership of Amy Scrivner and Sheryl Humble, who started planning months ago and led a small army of volunteers. Thank You!

The third event of that very busy day was our first general membership PTA meeting, at which our program for the year and the annual budget were approved. You will find a copy of the approved budget on page 13 and 14. The budget very clearly supports our stated goals of community building for parents and students, upgrading technology at the school site, and supporting good home-school communications. We take great pride in the fact that just 2% of our expenditures go to PTA operating expenses, while the rest goes directly to projects that support the school and our students.

Money is not the only way that PTA supports Terman—volunteer time is also an important contribution. Already this year, Terman parents have given many hours to help with school-sponsored events such as the magazine drive and picture day. Other Terman parents are hard at work behind the scenes getting programs like Parent Education, Parent Network, Staff Appreciation, Bike Safety, *e-News*, *TigerTalk*, website, logo items, and many others underway. We would really like to encourage ALL parents to get involved in some way. Volunteer jobs can be short-term or long-term, at school or at home. If you have not yet found the volunteer job that's right for you, please contact either of us for some ideas.

Speaking of Parent Education, you won't want to miss the PTA meeting and Parent Education event on October 11. Jordan Middle School Principal Suzanne Barbarasch will discuss the Collins Writing Program, which has been very successful at Jordan and is being implemented at Terman this year. On October 25, Dr. Denise Clark Pope, will give a talk at Spangenberg Theater (Gunn) entitled, "Life in the Fast Lane: Adolescents and Stress." See articles elsewhere in this newsletter for more details.

Finally, a few belated but heart-felt words of appreciation to Wendy Yang, Tracy Stevens, and Daisy Zook for managing the Back to School packets and Check-In procedures, to Alison Simonetti for hosting the well-attended Principal's Coffee on August 25<sup>th</sup>, and to Nitay Gill for organizing dinner for the teachers before both Back-to-School nights.

We hope the school year is off to a good start for you and your children. Please don't hesitate to contact either of us if you have any questions, comments or suggestions.

Sincerely,

Joan Jacobus  
PTA President  
jjacobus@sbcglobal.net

Sharon Dally  
PTA Executive Vice President  
sharon.dally@gmail.com

## TERMAN UPDATE

### The Middle of Middle School: Life on the 7/4 “JB” Team

The start of the school year found 94 students on the 4 person, 7<sup>th</sup> grade team, otherwise known as the “JB” team (Jaurez, Joss, Berliner and Blockhus). The team has already put in place a number of changes that we hope will make the usually chaotic 7<sup>th</sup> grade year easier and more productive for the students. The key themes for the year include a new schedule, more use of websites, a new Advisory rotation, and a consistent approach to both homework and student organization across all four classes.

Perhaps the most visible change is the schedule. For the first time ever, the team started the school year with a blocked schedule as its “normal” schedule. Rather than meeting with each teacher for 55 minutes four times a week, students meet twice for 55 minutes and then once for 110 minutes. This schedule was adopted after several different trials last year, including student interviews both during and after the trials.

The extended “block” period allows students to have longer labs in science, a chance to both practice and apply a new math concept, read and produce a strong written product in English and carry out simulations in Social Studies. It provides the students with a less “choppy” day and perhaps a bit smoother transition from the 6<sup>th</sup> grade schedule. Antonia T. stated, “I really enjoy the block schedule because it gives you a longer time and space for you to do your homework.” However, it takes time getting used to the schedule that is a bit different than the rest of the school.

To help with both parent communication and student organization, the team put in a lot of work over the summer learning how to build and maintain their 4 different websites. The district provided both training and software and the teachers did all the creating. While we are in no danger of quitting our day jobs for lives as web designers, the results enable both students and parents to see what’s going on in every class, including lists of homework assignments and handouts available for download. Already students are showing up to class saying, “I already got the handout

from the web.” It’s nice to see that the hard work is paying off.

Another highlight is on Wednesday after lunch. This 40 minute period is called “Advisory.” It is a chance for students to interact on a more informal basis with their core teachers in addition to Mrs. Papanicolau, Mrs. Bly and Mr. Francheschi who join the team Wednesday afternoons. Students will rotate between different classrooms throughout the school year. Some will work on free choice in art, silent reading with Ms. Berliner, study hall with Mrs. Blockhus, etc. It is also a great time to make up tests or seek out additional help from any of the teachers. Avni G. thinks “...it is awesome that our team teachers allow us to be in stations for advisory and soon we’ll be switching through the choices.”

In terms of academics this year, 7<sup>th</sup> graders are being introduced to a variety of new concepts in math, including proportional reasoning, linear equations, and probability. Anastasia P. stated, “I enjoy the variety in math...we get to work on a lot of different things.”

Students are also earning their Microscope Licenses with Mrs. Juarez. Robin O. stated, “It’s really cool to see a lot of different things under the microscope.” In Language Arts, students are writing descriptive essays about their summers, applying concepts related to the six traits of writing.

Finally, the students experienced the fall of Rome in Social Studies. Their unit included a barbarian invasion simulation as well as skill building lessons focused on highlighting text and taking useful bullet point notes.

The 2006-07 School year is off to a terrific start. Without hesitation, the JB team of teachers is delighted with the enthusiasm and positive attitude of this year’s 7<sup>th</sup> graders.

*The 7/4 “JB” Team is one of 8 teaching teams at Terman. Other teams will be featured in future issues of TigerTalk.*

## Welcome to our New Health Tech

We are happy to introduce Mary Ganschow as our new Health Tech working in the office. Mary comes to us with many years experience in Palo Alto Unified at several of our schools, including Barron Park. Mary has a degree in Health Education and is a credentialed teacher in health. Her position is key in our daily support for students. The Health Office and desk are next to the Attendance Secretary's desk in the main office. Please stop by to say hello.

## Requests from the Attendance Office

Please send a note with your student if they need to leave school for a medical appointment, or to leave early for any other reason. The student should bring the note to Mrs. Linebarger when s/he first arrives at school, then Mrs. Linebarger will give the student a pass to leave class and come to the office where you may sign your student out. This process helps eliminate unnecessary interruptions of class. We are always happy to help when unexpected appointments come up.

Your student's emergency card is the most important information we have. Please notify the Attendance Office immediately if anything on it changes: phone numbers, emergency contacts, medical information etc.

Also, please call Mrs. Linebarger in the Attendance Office at 354-1405 to report any absence.

## Homework Habitat

Homework Habitat is the name of Terman's after school homework center. The Homework Habitat was established as a place that students can come in order to get their homework done, and as a place for students to get support from staff in doing their homework.

Terman's Homework Habitat functions in our library. It is meant as a quiet place for students to focus on their

work. There is always a teacher and several instructional assistants to work with students.

Homework Habitat is never used as a disciplinary measure, and the school does not force any student to attend.

Homework Habitat runs on Monday, Tuesday, and Thursday from 3:15-4:30 p.m.

Please note that occasionally Homework Habitat must be cancelled on a given day. Announcements of such cancellations are made as far in advance as possible.

## From the Library

Be sure to "bookmark" the Terman School Library web page on your home computer: <http://staff.pausd.palo-alto.ca.us/~dbarnhart/termanlibrary.html>.

It has the following useful online information sources for students and their families:

1. **Library catalog:** Search the library catalog at home to find out what is currently available in the collection.
2. **Topic Links:** Pre-selected Internet sites that support student assignments and projects are listed here.
3. **PAUSD e-library:** The school district subscribes to three online information databases. Access to the databases away from school (e.g. home) requires the following usernames and passwords:

### World Book Online

user name: pausd  
password: 94306

### Sirs Discoverer

user name: CA82205H  
password: 94303

### Gale Group – General Reference Center Gold/ Newspapers

Password: 60482olap

For more information or assistance contact our Library Media Teacher, Dede Barnhart at [dbarnhart@pausd.org](mailto:dbarnhart@pausd.org).

## Do you love your job?

Do you have a job you just can't stop talking about? Do you enjoy talking to youth? Or is one of your colleagues a dynamic speaker? If so consider contacting Ms. Méndez, AVID and Spanish teacher at Terman. Ms. Méndez is looking for guest speakers for her AVID class. AVID is a nationally recognized program for students in the "academic middle". In addition to working on note-taking, organization and writing, AVID also focuses on providing role models through our guest speakers. Guest speakers generally share their educational experiences as well as the responsibilities and challenges in their career. AVID class meets during second period from 9:10 a.m. to 10:10 a.m. Guest speakers are usually scheduled for Fridays. If you'd like to participate or know of someone who would be a dynamic speaker, please contact Ms. Méndez at [mmendez@pausd.org](mailto:mmendez@pausd.org).

## Parent Visitation Days

Our first Parent Visitation Day will be Wednesday, October 18. These days are set up so that parents can sit in on classes and observe what is happening, without disturbing the students. Parents can visit any classroom. If you are interested just come to the office on the 18<sup>th</sup>, sign in, and you will be given an information packet. We will also ask you to wear a name tag for the day to identify you as a visitor. Teaching and learning remain the priority in classrooms throughout the day and parents are asked not to engage in discussion with students or teachers unless asked to do so--if asked to participate in a class activity, we hope that you will. If teachers are conducting a test, we ask that you respect the notice on the door and not enter that room.

Other dates for Parent Visitation are listed in the Parent Handbook. If you have any questions about the Visitation Days, please ask principal Carmen Giedt, assistant principal Mike O'Neill, or your student's counselor.

## Register Now for 7<sup>th</sup> & 8<sup>th</sup> Grade Basketball

Does your 7-8th grade son or daughter want to play basketball for Terman? Registration for 7-8th grade boys and girls school team basketball is now open. Everybody plays! You can register online at [www.cityofpaloalto.org/enjoy\\*](http://www.cityofpaloalto.org/enjoy) or forms can be picked up at the Terman main office. Registration forms can be mailed, faxed, or walked in and must be received by the Palo Alto Recreation Dept by Friday, October 27th. Late registrations may not be accepted. Skill evaluations are November 6-7th in the Terman gym.

Contact Jim Geers at [jim@futzer.com](mailto:jim@futzer.com) with any questions. Don't wait until the last minute!

6th grade basketball begins in February and the registration deadline is January 24th. You can register now.

Let's play sports!

Jim Geers  
Terman Athletic Director

\*Click tab "Classes & Activities" then search by course code as follows:

Boys 7th=50473, Girls 7th=50476

Boys 8th=50474, Girls 8th=50477



# PTA UPDATE

## Don't Miss This Incredible Speaker!

### Life in the Fast Lane: Adolescents and Stress

with Denise Clark Pope, Ph.D.

October 25, 2006 7-9 p.m. \$5 Admission

Spangenberg Theater, Gunn High, 780 Arastradero Rd, Palo Alto

Too much work for students to do and too little time in which to do it? Would you like insight into how students are “doing school” or getting by with increased academic stress and competition? How about some strategies for helping your student and school lessen stress and be more engaged in really learning? If you answered yes to any of these questions, do not miss this opportunity to hear Denise Clark Pope.

A lecturer at Stanford School of Education and the director of the Stanford SOS-Stressed Out Students project, Dr. Pope is the author of the award-winning book, *Doing School: How We Are Creating a Generation of Stressed Out, Materialistic, and Miseducated Students*. SOS works with students, parents, teachers and schools to develop strategies that foster student health, integrity and school engagement. Both Gunn and Paly have participated in the SOS annual conference.

In this evening's talk, Dr. Pope will provide stories of students (which you may find sound similar to things you have heard from your own student and friends), national statistics regarding student mental and physical health, and examples of academic integrity and engagement. She will also discuss the SOS project, college admissions work, and intervention ideas and workshops.

And, in trying to make a difference in our community, Dr. Pope will discuss what parents and teachers can do to help their students reduce academic stress and develop more satisfaction with their school lives, as well as what our schools can do to make novel changes to reduce overall stress. Dr. Pope will fill us in on the local, Bay Area schools that are participating in the SOS project and the

significant changes they have made to reduce stress in the areas of scheduling, homework, tests, and more.

*An evening for parents and teachers. Please join us to hear eye-opening student stories and practical strategies for change at home and at school.*

\$5 Admission. Carpools suggested. Advance registration encouraged – tickets will not be issued, but names will be on registration lists at the door. Send check by October 20, payable to ‘Palo Alto Council of PTAs’, to 25 Churchill Ave., Palo Alto, CA 94306. Please include name, address and phone. Admission also available at the door. Info: [www.paloaltopta.org](http://www.paloaltopta.org) or contact Carolyn Williams, [carolyn@videotransform.com](mailto:carolyn@videotransform.com). Sponsored by PA Council of PTAs and SHARE - PAUSD, PAMF, ACS, Preschool Family & Adult Ed, CPA Family Resources

### SAVE THE DATE

**Terman Students Perform**

**Dear Edwina**

**This will be an all Terman Cast**

**Performances will be November 16, 17, 18  
At the Palo Alto Children's Theatre.**

**Call the Theatre for tickets,  
463-4970**

## Annual Terman Carnival

We had a pleasant, sunny but breezy day for the Annual Terman Middle School Carnival held on September 15th. There was a great turnout for the school-wide event. The snow cones, popcorn and sandy candy were a very big hit as always, along with the new obstacle course out on the back field. Students also had fun at a variety of activities which included: Outdoor Bowling, Origami, Horse-shoes, "Canoe" Races, Football Toss, Sack Races, Face Painting, Balloon Relay, Hula Hoops, Doing the Limbo to Caribbean tunes, Basketball Challenges and much more.

**THANK YOU to all who volunteered**—the event's success was due to your enthusiastic support. Special thanks go to Jeannie Meyer for her multi-year "above and beyond" support before, during and after the carnival and to Mary Jo Strnad for all her work on the obstacle course!

Thanks also to Carmen Giedt and Mike O'Neill for their support of the carnival and to the custodial staff for their help. We couldn't do it without them.

**Looking for Carnival Committee Members for 2007**—if you are interested in helping plan and organize next year's carnival, please contact Sheryl Humble at [humblefamily@earthlink.net](mailto:humblefamily@earthlink.net). It's a fun, rewarding event and a short-term commitment.

Amy Scrivner & Sheryl Humble  
Carnival Coordinators



## Terman Back To School Dinner

The Terman Back to School dinner was a huge success with over 240 Terman families and teachers attending. Thank you to all who attended for sharing in the Tiger Spirit.

This event could not have happened were it not for the help and time of volunteers. Thank you to Homa Adnam, Lea Bowmer, Vanessa Bravo, Sukey Bryan, Cindy Carpien, Amy Christel, Zoya Ferdowsian, Catherine Hendricks, Ann Johnson, Lydia Kou, Linda Lingg, Ann Lum, Diane Naar, Kathy O'Shaugnessey,

Claire Quinn, Becky Rea, Sheri Sinchek, Cherrill Spencer, Yasuko Weyhrauch, Michelle Wu, Catherine Zhang, Andrea Ziebel.

Susan Nicholls and Alison Simonetti  
Back to School Dinner Co-Chairs

## Terman Parent Volunteers Make a Difference!

In addition to all the volunteers who worked so hard on both the Carnival and the Back to School Dinner, a whole host of people have been very busy helping on other projects.

### Magazine Drive

Many heartfelt thanks to the following Terman parent volunteers who helped make the magazine drive, which benefits Student Activities, a success by painstakingly tallying orders and distributing prizes: Preeti Tikekar, Janet Levine, Barbara Gretler, Sue Benjamin, Evelyn Aguon, Sharon Dally, Kathryn Latour, Ih-Hae Chang, Nancy Kelem, Tracy Stevens, Becky Connor, and Nancy Marcotte.

### Picture Day

A big thank you to Cassandra Gencarella, Betty Carlson, Daisy Zook, Doris Suh, Duncan MacMillan, Homa Yazdani, Karla Larson, Lea Bowmer, Leslie Fiedler, Lisa Jack, Luba Sokolova, Sara Jackson and Tina Fein Dinitz for patiently helping students on picture day.

Sincere apologies if I've left off anyone's name. Terman parents, students and staff appreciate you ALL!

Leisa Waschura  
Volunteer Coordinator

# *Terman Carnival*

## Los Altos Hills School District Reorganization News

Many of you are aware that the Town of Los Altos Hills has started an effort to form a new elementary school district to serve all of the children in Los Altos Hills in kindergarten through the 8th grade. This is a complex issue with the number of public agencies involved—Los Altos School District, PAUSD, Mountain View-Los Altos Union HS District, the Santa Clara County Office of Education (SCCOE) and its Committee on School District Organization, the State Department of Education, and the City Council of Los Altos Hills—to mention the major players and regulators. The regulatory process involved is also a long and variable one.

The Terman PTA, through its eNews and TigerTalk, will try to tell you about upcoming meetings and issues and will point you to sources where you can obtain more information on all points of view. We are staying neutral and not taking a position for or against reorganization. It is clear to us, however, that any reorganization may affect the education of students throughout PAUSD so we will try to keep you informed. Objectivity, neutrality, and brevity (especially in the case of eNews) will be our guidelines for our coverage of this evolving story.

For starters, we suggest the following web sites for your consideration:

<http://www.pausd.palo-alto.ca.us/community/about/news/DistrictReorganization.shtml>. Press release by districts on preparations for December 7, 2006 public hearing at SCCOE; loaded August 30, 2006.

[http://www.pausd.palo-alto.ca.us/community/about/news/downloads/LAH\\_FAQ.pdf](http://www.pausd.palo-alto.ca.us/community/about/news/downloads/LAH_FAQ.pdf). PAUSD FAQ sheet on LAH reorganization; loaded July 18, 2006 (revised from April issue).

<http://www.losaltoshills.ca.gov/AgendaManager/uploads/public-education-committee/index.html>. LAH Town web site, offering several documents and presentations on public education in the Hills; currently holding 7 documents from March 2004 to the present.

### Calling All Gardeners PTA Garden Committee Needs You

The plants are in and now we need your help. Pick one or more plots to maintain... just a few hours a month. No experience needed. You can work in groups or not. You can also pick your own times, weekdays, weekends, morning, evening, whatever.

Contact Anne Maggioncalda, Campus Improvement Chair: [anmagg@stanfordalumni.org](mailto:anmagg@stanfordalumni.org).

## Terman Direct Appeal Campaign Update

The initial request for donations to the Terman Direct Appeal Campaign—A Year of Technology has gone exceptionally well. With a goal of \$72,000, the fund now stands at \$66,000 or just over 90% and we would like to thank all the contributors who have gotten us this far. Our plan is to release some funds so we may begin to purchase a portion of the priority one technology items. To go further down that list we will need to get closer to our goal amount.

If you have not yet contributed to the Terman Direct Appeal Campaign, please consider doing it now, or before the end of the year. It would be great to have our students benefit as soon as possible.

Donation forms are in the school office, and on the school website, or contact Tracy Stevens, Direct Appeal Chair, at [trastevens@earthlink.net](mailto:trastevens@earthlink.net).

## eScrip—Safeway Renewals

Please remember to sign up for eScrip and to designate Terman as your supported school. Also, you need to renew your Safeway card by November 1st online at [www.eScrip.com](http://www.eScrip.com). Don't have a Safeway card? It's easy, simply ask for an application at any Safeway store and remember to use your card to get savings and to have your purchases count to eScrip.

## Safeway Reward Certificates

If you are not signed up for eScrip, you may have gotten a coupon from Safeway in the last few weeks that looks like the one below, which indicates a redemption code. If you still have them, bring them into the office—we can redeem them online for Terman. The deadline for redemption is October 17<sup>th</sup>, so bring them in soon.



## Adolescent Counseling Service Communicating with Your Teen

By Laurie Linscheid, MFT, On-Campus Counseling Program Director

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

In these first few months of school, it is important for both students and parents to become aware of how stress can impact teenagers and learn ways to manage stress before it becomes overwhelming for them. Because one of the main causes of stress for teens is academic pressure, we all

need to look very carefully at how our teens are managing in school to be able to help them.

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

*Continued on page 12*

## Communicating with Your Teen *Continued from page 11*

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



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

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

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

Did you know?

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

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

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

***Adolescent Counseling Services is a community non-profit, which provides vital counseling services on six secondary school campuses at no charge to students and their families. To learn more about ACS, please visit our website at [www.acs-teens.org](http://www.acs-teens.org) or call Marina Bystritsky at Terman at (650) 354-1412. ACS relies on the generosity of community members to continue offering individual, family and group counseling to over 1,500 individuals annually, helping teens find their way! ACS provides critical interventions and mental health services, building a better future for tomorrow.***