



2014 HOMECOMING COURT AT THE HOMECOMING FOOTBALL GAME

Redwood High School Newsletter

OCTOBER 2014

Social Media - Sensible Use

The news is rife with stories of how young people are using social media platforms such as Facebook, Twitter, and recently Yik Yak, to bully and taunt each other online. As educators and parents, it is tempting to just say "block it all!" (as if we could), and try to keep kids away from new and potentially harmful things. However, the negative portrayals don't tell the whole story, and in fact, social media are much more often used for good than bad, and can be harnessed as powerful learning tools.

Last week marked the end of [Digital Citizen Week](#), a week dedicated to "engage students, teachers, and families ... in thinking critically, behaving safely, and participating responsibly online." One of the central ideas of the week is that student use of social media is a fact - trying to stop it is like trying to stop gravity. It is our responsibility as adults to help young people learn how to negotiate a life online.

A great resource for educators and parents is [Common Sense Media](#), an organization dedicated to "sanity not censorship," which provides resources

for parents, educators and students about how to negotiate a life online.

Some basic tips

- Social Media sites and apps are great places to create an "online footprint." What happens when potential colleges or employers "Google" us? What impression do they get? We can build positive footprints by blogging, posting and interacting about good things we are doing.
- Remember, the Internet is permanent - there is no online "eraser," and even if items are taken down, their image is in some archive somewhere.
- Citizenship is citizenship. Act online as you would in person.
- If we observe someone being bullied or harassed online, we need to report it to any adult, or use our anonymous tip line: 415-945-3693.

In the next issue, we will talk more about the ways social media are used for teaching and learning. If you have any questions or comments, please contact Katy Foster at kfoster@tamdistrict.org



Animal Crackers

Advanced Drama production of Animal Crackers was hilariously successful.



Homecoming Queen and King

Congratulations to Gabriela Manuela and Brooks Roenisch!

Counseling Support

The Redwood Counseling Office is our hub of student services. It is important that all students know their school counselor and understand the pivotal role their counselors play in their high school career.

Our counselors provide academic, personal, social/emotional and college/career planning support for all students. Students can request to see their counselor by leaving a note, sending an email or dropping in at lunch to avoid missing class time. Counselors also offer grade-specific informational programs for both parents and students annually.

Counselors play a key role in making sure that students are aware of and making progress toward the requirements for both graduation and college admission. Counselors also encourage students to develop and/or pursue their passions by getting involved in extracurricular activities and/or community service.

Other Resources Available to Students

Bay Area Community Resources (BACR) counselors provide additional counseling and mental health services to students. BACR counselors provide support for stress, depression, substance abuse, academic pressure and interpersonal relationship issues.

The College and Career Center provides students with a wealth of information and resources for both college and career planning. The center also hosts college representatives, career speakers, essay workshops and diagnostic practice tests to help students better prepare for the SAT or ACT. Students can also access information about part-time job openings, internships, community service opportunities and work permits in the College and Career Center.

Peer Resource counselors are students trained to provide peer education, conflict mediation and peer counseling services when requested.



Student Artwork

MARK YOUR CALENDARS

Drama Dance-A-Thon
Sat., Nov. 1

End of Grading Period 2
Fri. Nov. 7

College Night for Juniors
Wed., Nov. 5 - 6:30 pm - Small Gym

Winter Sports Begin
Mon., Nov. 10

No School 11/11 & 11/26-11/28
Veterans Day and Thanksgiving!

Campus Improvement Workday
Sat., Nov. 15 – 9:00 am

Sustainable Agriculture - A Seed Grows

This year, more than 50 students are taking the new Sustainable Agriculture course. Combining classwork and farm work (on the new Redwood mini-farm), these students are gaining knowledge in natural ecological cycles and building skills in promoting long-term environmental, nutritional and economic viability using hands-on, project-based and community-connected instructional strategies.

A Giant thank you to teacher Joe Stewart for all the effort developing the new course, getting the mini-farm off the ground (or should we say "in the ground") and making a variety of community connections. Thanks also to

our Superintendent, Laurie Kimbrel, and the Board of Trustees for their support of the new course and their approval of the use of the space next to the existing Ecology Garden for the new mini-farm that is being used to bring the students' learning to life. Thanks also to the community volunteers that have made this collaborative work possible.

The Sustainable Agriculture students host a student Farmer's Market each month and a workday the following Saturday. Please join them if you can and support this growing seed of an idea.



Sustainable Agriculture Farmers Market

SUSTAINABLE AGRICULTURE



Sustainable Agriculture students serving Farmers Market customers



Ready for customers at the first Redwood Farmer's Market.

FOR MORE INFORMATION

Next Redwood Farmers Market
Nov. 21

Next Redwood Mini-Farm Workday
Nov. 22

Contact Joe Stewart at jstewart@tamdistrict.org for more information about Sustainable Agriculture or the Redwood Mini-Farm.

Wellness Corner

Know Myself, Know My Teen

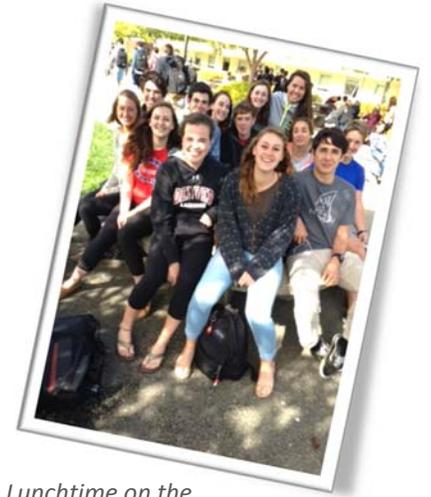
Sometimes our opinions and personal experiences can stand in the way of listening to our teenagers with an open mind. If teens feel judged by their parents or guardians, they are less likely to share information that may be sensitive, embarrassing or hard to talk about. Ask yourself these questions before your talk about sensitive and tough issues with your teen:

How do you feel? Think through your opinions on subjects you will talk about with your teen. What are the memories and personal experiences that may shape your opinions and reactions? Keep in mind that your experience may be different from your teen's experience.

What was I doing when I was 16? Have you thought about what you want to share with your teenager? Keep in mind where your teen is in his or her development. Hold off on sharing sensitive information with your teen until he/she is in the middle teen years or mature enough to handle the information.

Are you listening to your teen? Spend as much time listening as you do talking. The key to good communication is hearing and understanding what your teen is saying and not making quick judgments.

Do you judge too quickly? Always ask your teen what he/she is doing rather than assuming the worst. Pay attention to the way your teen makes decisions. Trust that he/she can make good decisions with accurate information. Remember to give information in a way that is easy to understand.



Lunchtime on the South Lawn

What are your rules about safety? Tell your teen which rules are flexible and which rules must be followed for his/her safety. Repeat your message about the importance of safety. Seek help immediately if your teen is in an unsafe situation or is at risk of hurting him/herself or others.

Are you willing to get help for any problems you may have? It is important to be a role model for your teen. For example, if you are worried about your teen's substance use, it sends the wrong message if you or other household members are using drugs or alcohol. Seeing family members or other adults get or ask for help will encourage your teen to seek help for his/her own problems.

Source: *Adolescent Provider Toolkit; Adolescent Health Working Group 2007.*

Do you have questions or want strategies in talking with your teen? Please contact Jessica Colvin, Wellness Director at jcolvin@tamdistrict.org or at 415-945-1046