



LEADERSHIP STUDENTS VISITING THE GOVERNOR'S OFFICE

# Redwood High School Newsletter

JANUARY 2015

## Selecting Courses and Finding Balance

2015-16 course scheduling has begun and students should be in the process of requesting next year's courses online in the Home Access Center. All course requests must be entered in Home Access by Friday, February 13 and course selection sheets must be submitted to the Counseling Office the same day.

As you consider which courses to select, use the resources available on our website to learn about all the wonderful course offerings available to students. We are fortunate at Redwood that students have so many courses to choose from. To learn more, see the scheduling link on the home page or under Academics or Counseling. Also, a wealth of information about electives, AP and Honors courses can be found on the website and by attending information sessions and speaking with AP/Honors teachers. The website contains the schedules for all information meetings and the list of Honors/AP teachers who can answer questions.

Choosing the right set of courses for each student is dependent on many

factors. Students and parents should work together to make sure the courses requested fit the student's needs, interests and outside commitments as we want all students to experience academic success at high levels and maintain a healthy, balanced lifestyle. Counselors have just finished visiting the classrooms of all students and they are available to answer student questions, as needed.

### Some basic tips

- Make sure course requests include at least one course that students are interested in or excited about. Hopefully, students will love more than one of their courses but having at least one helps keep students enthusiastic about learning and their school day.
- Make sure that demanding Honors/AP courses match student interests and take into account after school commitments, student work habits and time available to complete significant homework levels.

- Choose what's right for you – talking to friends and others who can share experiences and give advice is good but do not let others make up your mind. You know what your interests, strengths and growth areas are. Make sure you are scheduling for you, not for someone else.

Lastly, please use all the resources mentioned above to help you request a schedule that best fits your needs and interests.



### Rally Music

*Michael Schwartz and Jason Seavey playing at our Winter rally*

# Good Sportsmanship

As the winter sports season is well underway and the spring season is fast approaching, it is important we remind ourselves of the meaning of good sportsmanship. As members of the Redwood community we ALL have a responsibility to engage in and model good sportsmanship, both on and off the field; we as parents, students, athletes, coaches, officials, teachers and administrators must work together in this effort. Our goal is to pursue excellence in and out of the classroom.

Dr. Maya Angelou once said, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." When our opponents leave any competition, whether they win or lose, they should always feel as if they have been treated with fairness, courtesy and respect. A person who demonstrates true sportsmanship can lose without complaint or win without gloating. Engaging in positive school spirit is what we always expect of our fans, and this should never be at the expense of our opponents (for example exhibiting poor sportsmanship or putting our opponents down in any way). We must always show respect



towards our opponents, the opposing fans and officials. Our behavior can have a tremendous impact on others, whether we realize it or not. We set the tone for each other, and must work together to promote a positive atmosphere during all athletic events. Remember it's all about enjoying the game! Acting with dignity under all circumstances is key. GO GIANTS!

## Please:

- Encourage your team by positively cheering for them.
- Sit in the area designated for your school.
- Welcome the visiting team and officials with good sportsmanship and respect.
- Reserve the front row of the student rooting section for the cheerleaders

## Please Do Not:

- Face paint except a small school logo, mascot or initials, not to exceed two square inches in size.
- Yell, boo or heckle an official's decision.
- Wear costumes except for school mascots.
- Use artificial noisemakers like air-horns, cowbells, clappers, megaphones and drums
- Use laser pointers.
- Throw objects into or out of the crowd..

## It is NOT good sportsmanship:

- For spectator sections to turn their backs or raise newspapers as the opponents are being introduced.
- To attack other schools, their sports teams, or records.
- To attack our league members who have religious foundations.

From - *Marin County Athletic League (MCAL) Sportsmanship Guidelines*

## Site Council - Your Representatives at RHS

The Redwood High School Site Council recently adopted a new mission statement aimed at focusing our work for the coming years. It was developed over last year and approved by the site council this fall.

*The RHS Site Council promotes empathy, kindness, and respect for oneself and others, fosters a safe environment that values both personal and academic goals, celebrates individuality, and cultivates tolerance and inclusiveness.*

To fulfill that mission, the Site Council has been looking at data from a Challenge Success survey students took last year, as well as information from other places in order to focus our work. We are collaborating with the Challenge Success committee to coordinate our efforts to best serve all Redwood students.

The Site Council members are elected to represent all Redwood community members, students, parents and staff. For more information about the Redwood High School Site Council, and to contact members with questions or ideas, please see the Redwood

website ([www.tamdistrict.org/Redwood](http://www.tamdistrict.org/Redwood)) and look under the information tab. (More information about Challenge Success will be available in upcoming issues).

### MARK YOUR CALENDARS

**Sust. Agriculture Farmers Market**  
Fri., Jan. 30 – after school

**Night of Blues**  
Fri. Feb. 6 – 7:30 pm

**Drama Production - Dogg's Hamlet**  
Wed, Feb. 4/Thurs, Feb. 5 – 7:30 pm

## STUDENT ART WORK



Spirit Ball painted by Art Honor Society



Art Explorations Pop Art Projects

## FOR MORE INFORMATION

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

# Wellness Corner

## Students Take A Stand!

### Students Lead Alcohol and Drug Education and Prevention Efforts at Redwood

In November, two events were put on by Redwood students through Peer Resource and Friday Night Live. With Wellness coming to RHS, it was exciting and inspiring to see what students are already doing to educate their peers about alcohol and drug use and abuse.

#### Peer Resource: The GAME PLAN

Peer Resource is a class at RHS and across the district that focuses on developing social and emotional competence in students through their own reflection, sharing and outreach to other students both on campus and in the community. Each year in the fall the Peer Resource class receives and then provides education to the school community around substance use, abuse and decision making. This year the Peer Resource students developed a school wide education event called the GAME PLAN. The GAME PLAN stands for G – Getting around safely; A – Alternatives to using substances; M – MY choice to use or not use; E – Evaluate consequences of using; P – Peer/self-pressure to use; L – Limits, what are they?; A- Awareness of self, surroundings and others; and N – Numbers needed to stay safe. The events held the week of November 3, 2014, included over 500 students pledging to make their own personal GAME PLANS, a lunchtime round table discussion around the values of the GAME PLAN, and a lunchtime outreach event in the south lawn with student-created games offering information and resources about binge drinking, marijuana, prescription pills and peer support services. For more information about Peer Resource at Redwood you can contact: Jessica Skieresz at [jskieresz@tamdistrict.org](mailto:jskieresz@tamdistrict.org)



Students in the Quad during lunch

#### Friday Night Live: Dodgeball Tourney and Social Norms Campaign

Friday Night Live (FNL) is a student club at RHS that has a mission of empowering sobriety without judgment. FNL builds partnerships for positive and healthy youth development which engage youth as active leaders and resources in their communities. Friday Night Live is supported by the Twin Cities Coalition for Healthy Youth, the Youth Leadership Institute, and is part of the state-wide Friday Night Live organization. Redwood's FNL recently hosted their 3rd annual Dodgeball tournament October 10, 2014 in which 32 teams of five competed in a double elimination format competition with over 200 students in attendance! These types of events provide opportunities and alternatives for students to have fun in a safe and sober environment. In supporting and empowering a sober culture in our community, FNL is also currently working to create a Social Norms Campaign to dispel myths and stereotypes about alcohol and drinking habits at Redwood. This campaign will begin in early spring. For more information about FNL at Redwood contact: Jon Hirsch at [jhirsch@tamdistrict.org](mailto:jhirsch@tamdistrict.org).