

September 10 PTA Meeting 7:00 PM	Sept. 16 School Pictures Make-up Day
Sept. 11 Patriot Day	Sept. 18 Magazine Sale Turn-in Day #2
Sept. 11 First Magazine Turn-in Day #1	September 24 Ice Cream Social Community Event 6:00 PM to 7:30 PM
September 14 IHMS Ed Fund Meeting 7:00 PM	Sept. 25 6th Grade Social @ 2:45 PM

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IRON HORSE JAGUARS

I H M S P T A N E W S L E T T E R

A Message from the PTA President

On behalf of the PTA I would like to welcome everyone back to Iron Horse. It is hard to believe the summer is done and it is time once again to get back into the school routine.

Although school has just started, the PTA has been busy and I must give thanks to those who organized some very important events. First, I would like to thank **Bekki Livingston** who organized Registration. This is an enormous undertaking that began last Spring. Bekki spent many hours planning, organizing and coordinating the Registration so that everything would run smoothly. Thank you, Bekki and all the parents and students that

volunteered to help with Registration. Thank you also to Susanna Ordway who stepped in just before Registration as Financial Secretary .

Just two days after Registration it was time to welcome the incoming 6th graders with our annual **Jaguar Camp**. Thanks to **Monica Demain** and her committee for planning a fun filled morning for our newest students. My thanks also to all the parent volunteers that helped with morning registration, games, serving lunch and passing out schedules. A big round of applause also goes to the **Leadership Class** who helped excite the 6th graders and lead tours of the campus.

Another important event is the Welcome Back Lunch for the staff. Thanks to **Kimberly Good** for organizing this luncheon. It is always much appreciated by the staff.

One final thank you to our Newsletter Editor, **Bridgette Percivalle**, for getting out our first newsletter of the year. It isn't easy trying to collect articles when everyone is still concentrating on summer fun!

I would like to invite you all to our first PTA meeting which will be held on **Thursday, September 10**. We will be changing the format of our meetings this year. We will do the PTA business starting at 6:00pm. At 7:00pm we will have a speaker or panel on

(Continued on page 2)

Mrs. Cooper Writes



Welcome Back!

The new school year has begun and there is much energy and enthusiasm on the Iron Horse campus. Observations show that the students are settling nicely into their daily routine and that the teachers are preparing them well for another rigorous yet engaging year of learning.

We are excited to welcome a new administrator and three new teachers to Iron Horse this year. Although not new to Iron Horse, **Maureen Allison** is now official in her position as Assistant Principal of Iron Horse. We are thrilled to have her on our administrative team! **Kim Martin** comes to Iron Horse from Charlotte Wood Middle to teach 6th and 7th grade math and will be an excellent addition to our math department. Kim is also the proud new mother of a beautiful baby girl, **Grace**. Our outstanding World Languages

department welcomes **Annie Small** from Sequoia Middle School of the Mt. Diablo Unified School District. Annie's enthusiasm for teaching Spanish and her engaging instructional presence is being well received by the students and her fellow educators. **Brian Rouillard**, our new Living Skills teacher, transferred to Iron Horse from our very own Cal High School. Brian has adjusted nicely to his new role at Iron Horse and we are happy to have him on our team. These four educators are excellent additions to the list of professionals that make up the Iron Horse staff.

Keeping my parent community up-to-date on how we are progressing towards our goals is a priority of mine as principal of Iron Horse. Each parent received a *Parent Information Packet* at Back to School night last Thursday. This informational packet outlines the Iron Horse mission and includes an update on our five primary "Areas of Focus" to achieving our mission. If you were not able to attend Back-to-School night last week you may pick

up one of these informative packets at the Iron Horse front office anytime during the month of September.

Increasing our effectiveness in how we communicate with our parent community is a focus area as well. This **monthly** newsletter is just one tool that we use to keep our parents informed. Iron Horse also offers a **weekly** update for parents called "What's Up". "What's-Up" is an e-mail that **Ms. Allison** sends out to parents every Monday that outlines the upcoming events on the Iron Horse campus for that specific week. In addition, all of our teachers use schoolloop.com to communicate classroom activities and updates on how their students are progressing academically. Please make sure to take advantage of these important communication tools. They will keep you "in the loop!"

(Continued on page 2)



**Iron Horse Middle School
PTA Newsletter**

September, 2009

Published Monthly by the
Iron Horse Middle School - PTA,
a unit of San Ramon Valley
Council of PTA's

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*Mrs. Cooper Writes
(Continued from page 1)*

Lastly, we hope to see many parents at our first PTA meeting of the year. The meeting will be held in the Iron Horse Library on Thursday, September 10th. This year the PTA is committed to making our meetings more relevant for parents. Therefore, for this first meeting, the PTA business will be held at 6:00 pm and then at 7:00 pm we will share school updates and parents will have an opportunity to ask questions of the IHMS administration. Also, we will ask for input from parents on the type of information they would like to receive at future meetings. Parents are invited to attend the PTA business portion of the meeting or they can just wait to attend the meeting at 7:00 pm for the "School Updates/Question & Answer" portion of the meeting.

I wish you all the best as you and your family settle into the routines of another school year. Based on what I have observed so far, it should be a great year!

Sincerely, Michelle Cooper ☺

*A Message from the PTA President
(Continued from page 1)*

topics of interest to middle school parents. For our first meeting our panel will consist of our Principal, **Michelle Cooper**, the two Vice Principals, **Chris George and Maureen Allison** and a couple of teachers available to answer **any** questions you may have about Iron Horse. PTA meetings are an excellent opportunity to find out what is going on at Iron Horse and get to get to know the administration and staff members that attend each meeting.

I wish you all a successful start to the 2009-2010 school year.

Judith Upchurch
IHMS PTA President



Community Connection: IHMS and the District Wide Email System

About

To reduce costs and allow more flexibility in communicating with our community, IHMS and the PTA have decided to use e-mail as its primary communication method.



LYRIS is a communication tool that allows for sending email messages to large groups of people. The SRVUSD introduced LYRIS in the Fall of 2005. Listed below are the primary types of communication:

- **What's Up IHMS?** - Each week IHMS sends out "What's Up IHMS?" detailing important school news, events and activities. If you missed the weekly email, you can always visit the IHMS website at www.ims.srvusd.k12.ca.us for the latest edition.
- **PTA Newsletter**—Sent out at the beginning of the month.
- **Other Special Notices and Communications** - The school, district and PTA may issue periodic news flashes or special announcements.

Subscribe or Modify an Existing Subscription

Each family is able to manage their own subscription(s) to the district email system. You can add additional email addresses or subscribe to additional communications. You may also unsubscribe yourself. To access or create your account, visit <http://apps.srvusd.net/lyris-subscribe/>

E-communication Tips

Tip #1—We understand your time is valuable! We try to limit the number of emails sent. However, it is important to read ALL communications to stay "IN THE LOOP!"

Tip #2 - If you signed up, but are not seeing weekly emails, it may be inadvertently going into your junk mail folder. To remedy this, simply check your junk mail folder for a IHMS email and, if found, identify it as not being spam.

Tip #3—You also have the ability to subscribe to many more individual school and district-wide email lists not listed on this page by logging in to the SRVUSD Email List Manager using the link referenced above.

If you still have questions about the e-communication system, please do not hesitate to contact me at bridgette.rodriquez.percivalle@gmail.com.

Greetings from Mr. George

Hello students and parents.

Welcome back, or welcome to the 2009-2010 school year at Iron Horse Middle School. We are very excited, as always, to be back with the students and back in the classrooms. We certainly hope for a very exciting year, and are very excited about some of the things we have ready for the year.

At Iron Horse, our first priority is on safety, and we continue to look at ways to make our campus as safe as it can be both physically and emotionally. We do this by scrutinizing our safety plan at the beginning of the year, and by preparing our staff and students for every possible emergency. You will receive more information as time goes on.

Additionally, we are excited this year to introduce the co-taught classes we have at all grades for both Core and Math. These cores are simply taught by two teachers in order to help students of varying levels progress rapidly in preparation for grade level. Several teachers have worked very hard in order to make this happen.

Sports is under way as well. This year, any student wishing to play sports will need to have the athletics packet on file. This packet can be obtained from a coach or from Mr. George. We also ask for a one-time donation of \$80 from all student athletes in order to cover the cost of coaches, referees, and equipment.

Welcome back, again, and please let us know if we can help you in any way.

Thanks,
Christopher George

Notes from Mrs. Allison

Welcome Back Jaguars!

I'd like to welcome the 7th and 8th graders and their families back to Iron Horse and to welcome our 6th grade students and families. Students and staff are showing lots of enthusiasm for this new school year.

Just a little bit about myself. I have been at Iron Horse for 9 years- most of those as a Science teacher and now this year as an assistant principal. I am very excited to work with the great staff, students, and families at Iron Horse in this new role.



The Binder Reminder is an important organizing tool for students. Please make sure that your student has it in his/her backpack and is using it to write down assignments. Even though many assignments will be on School Loop, students should be in the habit of writing down important information. The organizer also contains essential information on school rules, schedules, activities, student services, and school and district policies.

Magazine Drive: Our goal this year is an ambitious \$70,000. IHMS receives a net profit of 50% of total gross sales. This year we are funding student activities. Turn-in days are September 11 and September 18.



Super Jaguars: Students can be collecting school activity and community service hours in preparation for qualifying as Super Jaguars, and then teachers will sign for citizenship. For returning Super Jaguars, applications may be turned in after first quarter progress reports. New Super Jaguars may turn in their applications after first quarter grades.



Late to School? - Please don't be! The first bell rings at 8:10 and all students must be in their seats in their advisory class by 8:15. Tardiness can affect a student's academic progress as well as causing disruption in class. Here are a couple of hints for making school mornings go smoothly:



1. Load the backpack and lay out clothes the night before.
2. Ready, Get set, SLEEP!! Adolescents need 9 to 10 hours sleep.
3. Keep mornings simple (dress, eat breakfast, and leave).

We're looking forward to a great year!

Mrs. Allison



“Enjoying Adolescence”

From a pamphlet published by the National Middle School Association

Article #9: Getting Used to Differences

Understanding adolescence does make a difference!

Recently a mother volunteered to supervise a group of students from her son's seventh-grade class during a field trip. When she arrived at the school, the students were already gathered in their groups, and the teacher was giving last minute instructions. As the mother looked over her group of six youngsters, she immediately concluded someone had made a mistake. These were surely not her son's classmates! Two of the girls in the group were taller than she was - and obviously very mature physically as well. She thought one might be wearing make-up. A third girl, chatting quietly with the other two, was significantly smaller, and looked to be in about fifth grade. The boys, too, were of various heights, most of them hovering around five feet tall; but one, like the girls, was much taller. One boy was whispering to her son, and she could tell from the timbre of his voice had changed. The mother decided that this must be an all-school field trip, not just a seventh grade outing.

She tiptoed over to a teacher standing nearby and said, “I thought this was going to be a seventh-grade field trip.”

“It is,” the teacher replied.

“You mean,” the mother asked incredulously, “all those kids in my group over there are seventh graders?” Scanning the rest of the groups, she noted that they too were a mix of students who looked as if they ranged in age from fifth grade to high school.

“Yep,” smiled the teacher. “As a matter of fact, the groups are arranged by birthdays, so most of the kids in each group are almost exactly the same age. One thing middle schoolers have in common

is that they are all different.

That mother learned something very important on the seventh-grade field trip. As far as looks or physical development, there is no “normal” for middle schoolers. During this time of rapid growth and change, there is no grade specific timetable, no chart against which to measure one's child or his or her classmates. Some middle level students begin to develop early. They begin to grow taller (sometimes over a few months or even weeks); the angles and planes of their faces change; body hair appears or becomes darker; and body odor becomes a regular concern. These changes are not necessarily related to menstruation in girls, which may have begun as early as fourth grade.

This new growing and maturing is part of being a preadolescent, and both boys and girls are affected. Not only are they affected by the changes themselves, but also by the fact that nature pursues a most erratic timetable, and their classmates are often not on the same timetable as they are. What most middle schoolers hate is being different from everyone else; yet that's exactly what early adolescence deals out to them.

When one wants to be just like everyone else, being different is more than just worrisome, it is sometimes a real burden.

Red hair, naturally curly hair, too straight hair, freckles, an unusual nose, large feet, allergies, eyeglasses, bring tall, being short – all of these, in spite of what adults may say, conspire to make a middle schooler feel awkward and insecure. But then, so do blonde or brown hair, small feet, a button nose, and dimples. It is a rare middle schooler who is satisfied and comfortable with his or her looks. The fact that everyone else accepts them as they are is irrelevant. Preadolescents (most of who spend an inordinate amount of

time in front of a mirror) are quick to criticize themselves and the way they look.

Parents can help middle schoolers through these uneasy times in several ways. First, encourage your child to see that he or she is at the beginning of growth and change, not the end. The body one has in middle school is not the body one has forever. Show your child a picture of a favorite aunt or uncle when that admired relative was in the middle grades. (A picture of yourself won't be impressive. At this age, they won't find the way you turned out exactly thrilling!). Encourage your child to see the tremendous physical changes that are happening all through the teenage years.

Try not to criticize or even remark on their looks. Middle schoolers mentally criticize their own looks constantly when they act arrogant and vain. As a result, even neutral or well-intentioned positive remarks may be misinterpreted. Underneath the hairspray and the newest fad, middle schoolers feel edgy and unsure. If your opinion is asked, offer it gingerly.

“Why don't you try the white sweater and see if you like it better.”

“I wonder if that heavy leather jacket won't be too warm inside the mall?”

“I really liked the outfit you wore on Tuesday.”

Don't try and dress your middle schooler according to your tastes or in line with what you think the neighbors will think. A preadolescent is not a child to be dressed up to be “cute.” Neither should children be encouraged to dress in a way that is mature beyond their years. Avoid smoothing, straightening, plucking, moistening, or brushing your preadolescent's clothes or hair especially in front of others. If

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*Enjoying Adolescence
(Continued from page 4)*

something needs to be done in this regard, unobtrusively encourage the middle schooler to take care of it.

“Is there something on your left sleeve?”

“Maybe you should check the back of your hair one more time.”

Because of your age and ignorance, your opinion of how a middle schooler should look or dress is often of little worth. They believe their friends will “tell it like it is.” This negation of your ability to make clear judgments about their looks does not last forever, but it can be frustrating during the middle school years.

Clothing is sometimes used as a way of separating oneself from one’s parents. It should rarely be the basis for a battle. We say to them, “Remember, it’s what you are inside that counts.” Maybe WE should remember that more often.

To middle schoolers, their peers are usually the final and most important judges of their appearance!

Take a look at what’s new for this year!

Middle School Teen Centers

Parents know where your child is after school!

The City of San Ramon has re-invented its teen centers with a new, low introductory price. The Teen Centers will be a place for homework and learning as well filled with fun, social activities your kids will love.

Activities Can Include:

Quiet Homework Time Everyday! • On-site Tutors Available • Asset Development Including Community & School Projects • Leadership Opportunities • Rock Band and Other Video Games • Computer Access • Fun Outdoor Recreation promoting health & fitness • Connection to On-site Enrichment Classes
(activities may differ from site to site)

Schedule:

2:00—3:00: Free Time (Wednesday Early Release)
3:00—3:30: Free Time
3:30—4:30: Quiet Time (Homework, Reading or Writing)
4:30—5:30: Outdoor Rec. & Enrichment Activities
5:30—6:00: Free Time

More information available during registration.
City of San Ramon • Parks and Community Services Dept. •
www.srteen.org • (925) 973-3200

IRON HORSE MIDDLE SCHOOL

Creating Lasting Family Connections

What:

An after-school student group that will help your child:

- ✓ Improve communication skills
- ✓ Make positive and healthy choices regarding alcohol & drugs
- ✓ Learn stress management
- ✓ Increase self-esteem
- ✓ Make new friends
- ✓ Have fun!



An evening parent group that will:



- ✓ Improve communication skills
- ✓ Increase family bonding
- ✓ Provide an opportunity to network with other parents
- ✓ Help parents learn how to navigate through the teen years

Where/When:

Students' After School Group:

Thursdays—2:45 PM to 4:45 PM

At IHMS beginning September 17, 2009

Parents' Evening Group

Start date and time of group TBD

Alternate Students' After School Group:

At Discovery Counseling Center on Tuesdays from 3:30 PM to 5:30 PM. Start date TBD

Availability is limited.

To register, please contact

How:

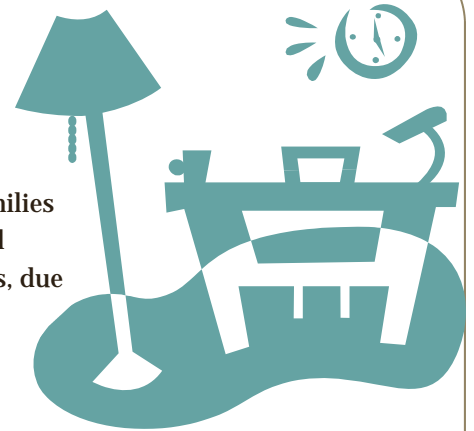
Michelle Cummings
Discovery Counseling Center
925.837.0505, extension 305
michelle@discoveryctr.net

Counselor's Corner

Cathy Carle and Jenny Benz, Counselors

On behalf of the Iron Horse counseling staff, we would like to extend a warm welcome to all of our new and returning students and families.

The IHMS counseling department works closely with the staff, students, and families of the IHMS community in facilitating a positive middle school experience for all students. The middle school years can be difficult for students *and* their families, due to the tremendous physical and social/emotional growth experienced in early adolescence and the ensuing changes that occur. We are here to listen and to help, so please do not hesitate to call with any questions or concerns. Drop in hours are from 7:30-9:00 am and 1:00-3:00 pm; if you need to meet with a counselor for a lengthier meeting, please call to schedule an appointment. If you have any academic or social/emotional concerns regarding your child, please contact the Counseling Office at **824-2831**.



For those of you unfamiliar with our counseling staff, here are some names and numbers that will help you contact the appropriate person:

Jennifer Benz and **Catherine Carle** are the two school counselors. **Due to budget cuts, counseling programs have been impacted with a reduction in staff across the district.** Although any available counselor will see any child who has an immediate need, for planning purposes, the counseling caseload is divided, as follows:

Jennifer Benz: 6th and 7th grade counselor; on site Monday through Friday, 7:30 AM to 3:30 PM. You can contact Jenny through e-mail at jbentz@srvusd.net or call at 824-2831.

Catherine Carle: 8th grade counselor; on site Tuesday, Wednesday, & Thursday, 7:30 AM to 3:30 PM. You can contact Cathy at ccarle@srvusd.net or call at 824-2831.

Valerie Milat is the counseling secretary/registrar. Her hours are 7:30 AM to 4:00 PM. If you need information regarding report cards, transcripts, or other official records, contact Val at **824-2831**.

We also have a **Discovery Counselor, Lauren Catollico**, who will be at IHMS one day a week. The Discovery Counselor will be conducting group and individual counseling sessions with students referred by staff and/or parents. Parent/guardian permission is required for the Discovery Counselor to work with students. We will have additional Discovery Center counseling support through **Creating Lasting Family Connections (see flyer in this Newsletter)**, an after school group which assists students in areas such as decision making, communication skills, and life skills. Please let us know if you are interested in any Discovery Center support.

In future newsletters, this column will be the place to look for information regarding dates, deadlines, scheduling information, conference dates and other important information. Be sure to mark your calendar so that you know when these dates are coming up. **Organization is the key to a successful middle school experience, both for students and parents, so please be sure to keep up to date and informed.**

We are looking forward to a successful and positive year, full of growth and learning, so please give us a call if you encounter any stumbling blocks along the way.

District seeks members for Parcel Tax Oversight Committee

The San Ramon Valley Unified School District is seeking interested community members for the district's Parcel Tax Oversight Committee.

The Parcel Tax Oversight Committee is established to provide oversight for the Board and community on the expenditures funded by the Measure C parcel tax in order to ensure that funds are spent for the purposes approved by the voters. These include:

- ★ Help Maintain Academic Excellence
- ★ Retain Qualified and Experienced Teachers
- ★ Prepare Students for College
- ★ Prepare Students for Careers for a Global Economy
- ★ Provide Strong Math Programs
- ★ Provide Strong Science Programs
- ★ Provide Strong Literacy Education

The Parcel Tax Oversight Committee will report on an annual basis to the Board and community on how these funds have been spent.

Meetings: The Parcel Tax Oversight Committee shall hold a minimum of two regular meetings each year. All Parcel Tax Oversight Committee meetings shall be open to the public as required by the Ralph M. Brown Act (California Government Code section 54950 and following).

If you are interested in applying for a position on the Parcel Tax Oversight Committee, please click on [this link](#) or visit the www.srvusd.net home page for more info. Applications will be received no later than September 30, 2009.

Please contact the Superintendent's office at (925) 552-2933 if you have questions.

San Ramon Community Theater
presents the Prince Street Players
outrageous musical comedy



**Jack and the
Beanstalk**

**Tickets from
Only \$10!**

Sept. 25, 26, 27 & Oct. 2, 3, 4

Live at: The Front Row Theater
17011 Bollinger Canyon Rd., San Ramon

For Tickets call: 925-973-2787

For more information call 925-389-7529 or visit:
www.SanRamonCommunityTheater.org

The PTA Special Needs Committee presents

Welcome to Special Education

**Wednesday, September 30, 2009
7-9 PM in the IHMS MPR**

Have you ever wondered what the roles of the different special education groups are in the SRVUSD? What steps you can take if you're concerned about your child's educational progress? How a student becomes eligible for special education?

The answers to these questions and more will be answered at this event, so you won't want to miss it! After an overview by special education groups that offer education and support for special needs students in our community, we will break into smaller groups by school age so you can get all your questions answered.

To view the flyer for this event, [click here](#). To register, [click here](#). Registration ensures enough handouts.

For more information, please contact Kristin Chen (kecnorway@comcast.net).



The PTA Needs You!

The PTA could use your help!! The following positions on our Board are available:

- ★ Legislation
- ★ E-communications
- ★ Parliamentarian
- ★ Cross County
- ★ Special Needs

If you are interested in any of these positions, please contact me at jmu110@juno.com.

I will be happy to answer any questions you may have.

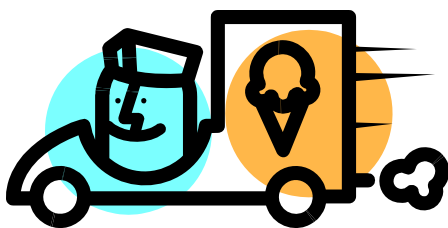
**You Scream, I Scream,
We All Scream for Ice Cream!**

IHMS Ice Cream Social

September 24th

6:00 PM to 7:30 PM

We need parent and student volunteers for set-up, scooping ice cream and clean up. If you can help, please contact Darcell Purefoy at darcell_purefoy@yahoo.com.



The IHMS Run/Walk Club

The beginning of the year is here and that means you need to start tracking those miles!

Anyone associated with the Iron Horse Family (students, parents, siblings, relatives) is welcome to join our yearly run/walk club. Please read the attached rules and guidelines sheet and then start moving.

Check out the IHMS School Loop page to download a tally sheet to keep track of your activity. Turn it in at each milestone for a free T-Shirt.

Good luck and enjoy!!



Thank You

Thank you to Iron Horse Alumni, **William Yan**

William, now a Senior at Cal High, volunteered his time last year tutoring IHMS students in Math. **William** offered his services for free, however, some of the parents decided to pay him anyway. So what did William do with this money (\$700!)? William donated the money back to Iron Horse and asked us to use it wherever we needed it the most.

We have decided to spend this money in the same spirit in which it was given. William's donation of \$700 was used to purchase a community building program called "Project Wisdom." The goal of this program is to not only build community in our school but to also build upon the character of our students. A perfect choice for the use of his donation since William exemplified positive character in his choice to volunteer his time and his decision to donate his proceeds.

*So thank **William Yan**,
you certainly make Iron Horse proud!*



Don't Let the Governor and Legislators Pass the Buck Again....

One phone call or email can make a world of difference for children at our schools.

Beginning on Friday, September 5, PTA members throughout California are remobilizing to prevent further cuts to schools and children's programs.

Please do this ONE thing for all children today:

Call or email your elected leaders.

Make sure your legislator hears YOUR voice. If you don't call or email, they won't know how strongly you feel about making sure we have a budget that does not hurt children. Tell them:

- Stand Up for Children Now!
- Prevent any deeper cuts to schools and children's services!
- Don't pass the buck another year by passing a budget that depends on short-term "fixes" or borrowing.
- Support additional revenues for schools to provide all students with the education they deserve.

Here are two easy ways to find your legislator:

- Call 1-888-268-4334, the "Cuts Hurt Hotline" (This special hotline is provided by CTA and can connect you directly with your legislators once you enter your zip code.)

OR

- Go to <http://www.leginfo.ca.gov/yourleg.html>

Every elected official in every community needs to hear from us! We must

pass a budget that does not compromise our most important obligation—to support the education and welfare of all children.



SUPPORT IHMS!

REGISTER ONLINE FOR PRIMO'S RUN TODAY

Primo's Run for Education is a community tradition that raises money for our school.

PARENTS AND STUDENTS PLEASE HELP IH!

Register to walk/run and/ or volunteer to help. Both help our PTA earn extra dollars from registrants and volunteers.

The money raised by registration fees comes back to our school in the form of incentives and teacher grant money.

Also be sure to check out the Primo's Run online auction, which is opens September 16th. We have something for everyone: destination birthday party, family activities, theater tickets, wine tasting, dinner for two, golf, massage, and much more!

Remember : Iron Horse only receives credit if you register to run and/or volunteer on-line!

Visit

www.primosrun.com

today!

Important Dates

September 16

- Online Auction Opens

Sept 27 – Sept 30

- Spirit Week

September 30

- Online Auction Closes (at 10pm)

October 8

- Online Reg Closes (at 10pm)

October 10

- Carbo Load (San Ramon Rotary)
Toyota Facility San Ramon

www.sanramonrotary.org

October 11

- Race Day!

Spirit Week

Enjoy pizza and entertainment from our school choral groups while raising money!



PTA
everychild.onevoice.®

Let your talent shine

Are you looking for a way to express yourself and show others your talent as a **photographer, visual artist, writer, composer, choreographer, or film producer?**

Participate in PTA's Reflections Program.

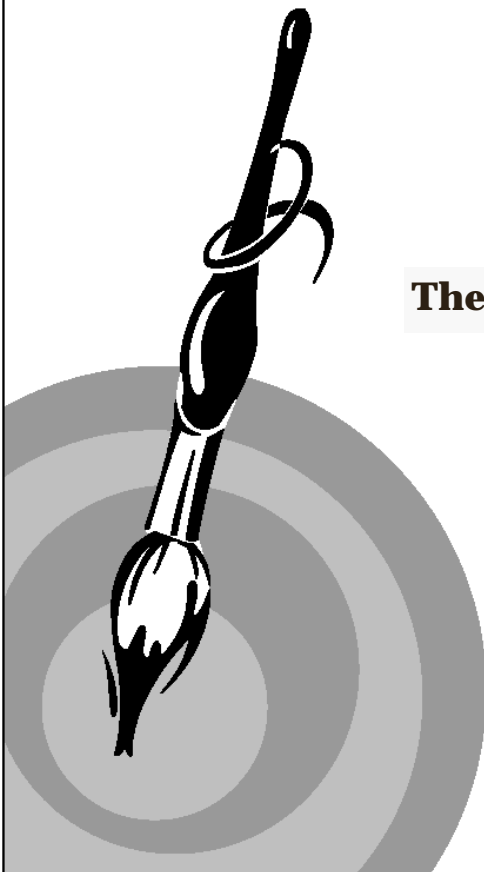
The 2009-2010 theme is "Beauty is. . ."

Think about what you can do to make a difference.
Then create an original piece of artwork
in one of six categories:

- ❖ Musical Composition ❖ Dance Choreography
- ❖ Film Production ❖ Literature
- ❖ Visual Arts ❖ Photography

Express your thoughts and creativity,
and earn recognition.

To view a gallery of last year's national award-winning entries,
visit www.pta.org.



Suggested for 6th through 12th grade

SRVUSD AFTER SCHOOL SPORTS

2009-2010

The following is the after school sports schedule for the 2009-2010 school year. The schedule includes the sports that will be available, their practice start days, game period (now only three weeks), and grade specific schedules.

We now have two different leagues where we will alternate home and away games with the same school.

North – Los Cerros, Stone Valley, Diablo Vista, Charlotte Wood

South – Pine Valley, Gale Ranch, Iron Horse, Windemere Ranch

6th grade- Plays Mondays and Tuesdays

7th grade- Plays Mondays and Thursdays

8th grade- Plays Tuesdays and Thursdays

SRVUSD AFTER SCHOOL SPORTS SCHEDULE

2009-2010

FOOTBALL:

Practice starts: Sept. 8th
Games: Sept. 21st – Oct. 1st

CROSS COUNTRY:

Practice starts: Sept. 8th
Meets: Tuesdays - Sept. 22nd, Sept. 29th, Oct. 13th @ Oak Hill Park

VOLLEYBALL:

Practice starts: Oct. 19th spo
Games: Nov. 2nd – Nov. 19th

ULTIMATE FRISBEE

Practice starts: Oct. 19th
Games: Nov. 2nd – Nov. 19th

GIRLS BASKETBALL:

Practice starts: Jan. 11th
Games: Feb. 1st – Feb. 22nd

BOYS BASKETBALL:

Practice starts: Feb. 22nd
Games: March 8th – March 29th

TRACK:

Practice starts: Apr. 26th
Meets: Thursdays - May 13th, 20th, 27th @ California High School

*** Golf and Wrestling TBA by Site



Schedule is subject to change. Please listen for sign up announcements at school

Exchange Club remembers 9-11 with ceremony and student essay contest

The Exchange Club of the San Ramon Valley is again sponsoring a 9-11 Remembrance Ceremony at the All Wars Memorial in Oak Hill Park on Stone Valley Road. The program begins at 6 p.m., Friday, September 11, and everyone is invited.



The 45 minute program will include "Reporters' Stories of Ground Zero." Presenters will be Mark Curtis, Anchor - MarkCurtisMedia.com, Tori Campbell - KTVU Television News Anchor, and Lisa Vorderbrueggen - Contra Costa Times Columnist.

Hundreds of scouts will take part in a flag salute and there will be a police and fire department color guard. For more information, please visit the Exchange Club website www.srvexchangeclub.org.

An important part of the remembrance, is an essay contest for school students with the topic "What If You Were There on 9-11?" Students presenting the best written news stories will win cash prizes. First prize is \$300; second, \$200; third, \$100. Prizes will be presented at an upcoming Exchange Club luncheon.

Students are encouraged to attend the remembrance ceremony and pick up an essay application there. Applications are also available on the Exchange Club website: www.srvexchangeclub.org

Submissions are due by 5 p.m., Friday, September 25.

Questions? Please Call or Text Judy Lloyd at 925-989-0100

The Exchange Club of the San Ramon Valley is a community volunteer organization that benefits the communities of Alamo, Danville, and San Ramon

www.srvexchangeclub.org

From the City of San Ramon

The City of San Ramon Parks & Community Services Department offers a variety of programs, classes and events. Visit our teen website, www.SRTeen.org, for a complete listing of what's going on for teens in San Ramon. To register for classes or other programs stop by the San Ramon or Dougherty Station Community Centers or you can register online at www.SanRamonRecGuide.com. If you have questions or need more information please call 973-3200.

Upcoming Programs

Babysitting for Beginners

The class you have been looking for to develop all the skills needed to be a trusted and responsible babysitter. Learn about child development, bedtime strategies, discipline, how to get jobs, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency will also be covered.

Ages 10-18

1 Classes \$60(R)/\$75(N)

Community Center at Central Park

Sat 10/10 9:00 – 2:30 pm Act# 63235

Sun 11/8 9:00 – 2:30 pm Act# 63221

Upcoming Events

Middle School Halloween Dance

Put on your Halloween costume and come have a howling good time at the Halloween Middle School Dance. All 6th, 7th, and 8th graders with a valid school ID are invited to attend this fun event. Tickets will be sold for \$7 at our middle school Teen Centers and San Ramon Community Center beginning October 19. Tickets will only be sold at the door if available for \$10. The last dance sold-out so get your tickets early! Visit www.SRTeen.org for dress code and parental permission form.

Grades 6 - 8

\$7 in advance/\$10 at the door

Community Center at Central Park

Fri 10/30 6:00 - 9:00pm



Visit SRTeen.org

Visit San Ramon's all new website, www.SRTeen.org, to get information on teen events, concert information, classes, and other programs. At SRTeen.org you can sign up for email updates and participate in contests that can make teens eligible for free prizes and discounts on programs and events. Check out www.SRTeen.org to get the 411 on teen programs.

CJSF Membership Drive

Iron Horse Middle School students are encouraged to join **CJSF**, California Junior Scholarship Federation. This club is a state-wide organization which promotes high standards of scholarship, service, and citizenship at the junior high level (grades 7 & 8). CJSF emphasizes service to the school and community while creating pride in scholastic achievement. Its motto is "Scholarship for Service".

Members meet one to two times a month. An elected body of officers, with the guidance of the CJSF advisor, run each meeting. Students participate in coordinating school activities, community service, and college enrichment activities. The first semester members will visit Stanford University in the fall.

One of the requirements for membership is **good citizenship**. Another requirement is **scholarship eligibility** in the academic subjects of English, science, math, and history. Each **A** earned is worth 3 points, any **B** in an Honors designated course is worth 2 points, and a **B** in any regular academic course is worth 1 point. A grade of **D** or **F** will disqualify eligibility for that semester. A total of 16 points in the previous two quarters (semester) are required for membership.

Students may become **CJSF Honor Award/Lifetime Members** by qualifying three out of three semesters. They will be recognized with a special seal on their promotion certificate and awarded a CJSF Honor Medallion.

The eighth grade membership drive runs through September 21, 2009. Seventh graders may qualify after their first semester grades are posted. They may join in January during the Spring semester.

There are many activities planned for members, such as:

- bimonthly meetings
- college visitations (field trip)
- fundraisers (holiday grams)
- community service
- preparation for high school (CSF) and college
- HONOR MEDAL granted to Lifetime members
- Honor Seal placed on the promotion certificates of Lifetime Members

PLEASE SEE APPLICATION ON PAGE 14

California Junior Scholarship Federation

CJSF Membership Application - *FALL SEMESTER*

Name: _____
(Last) (First) (MI)

Home Phone: (_____) _____ - _____ Current grade level: _____

- A.** To qualify for CJSF membership this semester, follow these guidelines:
1. The courses that qualify for membership are **Math, Science, English, Social Studies/History**.
 2. You must earn **TWICE** the number of points than courses in which your are enrolled that meet membership requirements. (ex. 4 qualifying classes x 2 = 8 ; 8 points are required each quarter for a semester total of 16)
 3. No points are earned for P.E., a remedial or repeated course, or electives.
 4. CJSF points are granted as follows:

A	=	3 points (A in honors course earns 4 points)
B	=	1 point (B in honors course earns 2 points)
C	=	0 points
D/F	=	will debar from membership if received in ANY class.
- B.** Also Remember:
1. Semester membership is based on work done in the previous semester.
 2. You must reapply each semester for membership.
- C.** List courses below and grades below. They will be verified by the CJSF Advisor based on a copy of the previous semester's report card. ***Copy and attach last semester's report card.**

	7th grade Quarter 3	7th Grade Quarter 4
Class Taken	Grade received	Grade received
1. Math	_____	_____
2. Science	_____	_____
3. English	_____	_____
4. Social Studies/History	_____	_____
(Total)	_____	_____

**A copy of last semester's report card must be attached to this application (7th grade, second semester of June 2009).*

Due date- return the completed form to the CMR no later than Monday, September 21.

Iron Horse Middle School—PTA
 12601 Alcosta Boulevard
 San Ramon, California 94583

SEPTEMBER CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
6 SEP	7	8	9	10 PTA Meeting 7:00 PM	11 Patriot Day 1st Magazine Turn in Day	12
13	14 IHMS Ed Fund Meeting 7:00 PM	15	16 School Picture Make-Up	17	18 2nd Magazine Turn in Day	19
20	21	22	23	24 Ice Cream Social 6:00 PM	25 6th Grade Social 2:45 PM	26
27	28	29	30	1 OCT	2	3