

# October 2010

| Sun  | Mon   | Tue  | Wed  | Thu   | Fri  | Sat   |
|--|-------|--|--|---|--|---|
|  |       |  |  |   | 1  | 2   |
| Attendance Concerns? If you need to excuse your student or release your student from class, please call 503-916-5261 directly. |       |  |  |   | B Day<br>1. Varsity & JV FB vs Myrtle Point @ Lincoln 4:00 & 7:00<br>2. Varsity VB @ Marshall @ 5:00   | 1. JV Volleyball @ St. Helens<br>2. Teaching for Social Justice Conference @ Madison HS @ 8:00 a.m. |
| 3  | 4     | 5  | 6  | 7   | 8  | 9   |
|  | A Day | B Day<br>1. Women's Varsity Soccer vs Marshall @ Delta Park @ 4:15<br>2. Frosh, JV & Varsity VB @ Cleveland @ 4:30 | B Day-Early Release<br>1. Cross Country @ Site TBA (Hosted by Cleveland) @ 4:00<br>2. JV FB vs Franklin @ RHS @ 7:00<br>3. Men's Varsity Soccer vs Marshall @ RHS @ 7:00 | A Day<br>1. Frosh, JV, Varsity VB vs Wilson @ RHS @ 4:30  | 1. Statewide In-service Day – No School  |   |
| 10   | 11    | 12   | 13   | 14  | 15   | 16  |
|  | A Day | B Day<br>1. Women's Soccer vs Benson @ RHS @ 4:15<br>2. Men's Soccer vs Benson @ Delta Park @ 4:15 p.m.            | A Day-Early Release<br>1. 10 <sup>th</sup> and 11 <sup>th</sup> Grade PSAT Testing<br>2. PTSA Meeting @ 5:00 – Heritage Room<br>LATE OPENING CANCELLED FOR HIGH SCHOOLS  | A Day<br>OUS Visit Day<br>1. Men's Varsity Soccer vs Crook County @ RHS @ 4:15<br>2. Women's Varsity Soccer vs Crook County @ Delta Park @ 4:15<br>3. Emerson College               | B Day<br>Varsity FB @ Portland Christian @ 7:00  | 1. 10 <sup>th</sup> Grade PSAT Make Up Testing<br>2. ACT Practice Testing                           |
| 17   | 18    | 19   | 20   | 21  | 22   | 23  |
|  | A Day | B Day<br>1. Women's Varsity Soccer @ Madison (Glenhaven Park) @ 4:15<br>2. Men's Varsity Soccer @ Madison @ 4:15   | B Day-Early Release<br>1. Mini Mock Trial<br>2. OUS Systems Day – 1:00 Assembly<br>4. Cross Country @ Pier Park @ 4:00   | A Day<br>1. JV FB vs Marshall @ RHS @ 4:00<br>2. Women's Varsity Soccer vs Benson @ Delta Park @ 4:15<br>3. Men's Soccer vs Benson @ Home @ 7:00<br>4. Linfield College Visit 11:45 | B Day<br>1. Varsity FB @ Marshall @ 7:00   |   |
| 24   | 25    | 26   | 27   | 28  | 29   | 30  |
|  | A Day | B Day<br>1. Women's Varsity Soccer vs Marshall @ RHS @ 4:15<br>2. Men's Varsity Soccer @ Marshall @ 4:15           | A Day-Early Release<br>1. Cross Country @ Clinton Park – PIL 5A City Championship  | A Day<br>Cross Country @ McIver Park – PIL 4A City Championship<br>2. SUN Pumpkin Carving Night - Cafeteria   | B Day<br>1. Lifetouch Picture Retakes – Staff & Students<br>ACT – 8:00 – 9:30<br>POWER – 10:00 – 11:30<br>SEIS – 12:00 – 1:30 –<br>2. JV & Varsity FB vs Crook County @ RHS 4:00 & 7:00<br>3. Homecoming Assembly/Dance/Football game. | 1. U of O Duck Preview Day  |

Volume 1, Issue 1

October 2010



ROOSEVELT HIGH SCHOOL

# RHS ON THE RHSE!

## Principal's Message

Dear Roosevelt Friends and Family,

What an amazing start of school! **Back to School night** exceeded the expectations of all. There was such a warm and positive energy with great food, great attendance and exceptional support from families, staff and students. We have over 700 students enrolled and we are on track to meet our 90 day attendance goals! Please continue to encourage students to be On time, On task and On a mission – all the time.

The good news doesn't stop there. Our sports teams are doing an outstanding job as well – Soccer, Volleyball and **FOOTBALL victories!** That's right. The Rough Riders led by Coach Swain put an end to the losing streak with a crushing 34 - 7 victory over Seaside on Saturday Night. Well done. Our men's Soccer team is undefeated so far this season. Way to go Riders!

Have you signed up for our PTSA? Get involved. Nike Greene, our Coordinator of Family and Community Support, will assist you with ways you can support our students.

### Senior Families—

**This is an important year for your senior. Watch for upcoming workshops on colleges, scholarships and financial aid. Please call the GEAR UP office with any questions about the opportunities we have for your student. Cathy Ekhoft, GEAR UP 503-916-5260 ext 71441**

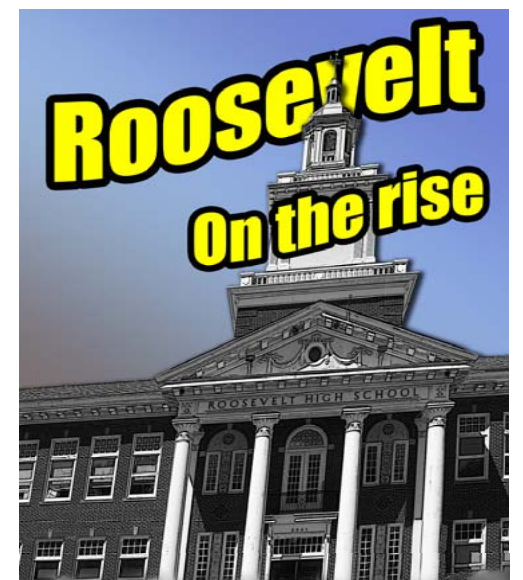
The **50<sup>th</sup> Annual Roosevelt Golf Tournament** was held this weekend with over 40 foursomes participating in the event. Roosevelt's base of supporters and community supporters continues to grow.

We hope to see you next Tuesday, October 5<sup>th</sup> at 8 AM for **Community Coffee at Christie's.**

Roosevelt is on the RHSE!

Charlene Williams  
Principal  
Roosevelt Campus  
503.916.5260

It is GREAT day to be a RIDER!



### SnapGrades

*In this mailing you will see your SnapGrades password for the year. If you have used SnapGrades before, your password is most likely the same. However, since we have changed it a bit to make it more user-friendly, you may have a new password. SnapGrades is a great way for you to work with your students to make sure they are successful. It works from any internet computer, so you can always login at the library or rec. center. If you have questions, please let us know.*

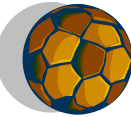
## Athletics Update by Glenn Elliott (Athletic Director)



It's my pleasure to be on board as Roosevelt's Athletic Director. Even though it's been just 7 days on the job, I can see, hear and feel the amazing energy that Roosevelt High is creating. I'm proud to be in that number!

Last week that energy produced the first win in Football after 27 attempts! The men's Soccer team is undefeated and continues to dominate their opponents. Our Volleyball team handed Jefferson a convincing defeat and the Women's Soccer team is developing into a team to contend.

Last night at the PIL Cross Country meet, I witnessed 11 hearty souls take on the



hills of Gabriel Park, the results showed our youth and inexperience, but their heart and competitive desire was inspiring.



With all the opportunities we have for Roosevelt student/athletes and the great involvement coming from our community and sponsors, I look forward to help provide the organization and support to build our program to compete with the best!

It's a great day to be a Roughrider!



Wednesday October 13!

It's your future day!

On October 13th, we will be having special activities for our students as the prepare for life beyond high school. Sophomores and Juniors will be taking the PSAT, a test used to prepare them for college admissions, while 12th graders will be visiting colleges.

9th Graders: Core trips and activities

10th and 11th Graders: Arrive on time at 8:15 for the PSAT.

12th Graders: College and Career Planning, guest speakers.

Students are required to attend and complete their grade level activity. Students will have early release that Wednesday.

## News from the Counseling Department by Laurel Auda-Capel (SEIS Counselor)

Welcome to the new Counseling Department! The 2010-2011 school year brings a whole new energy to campus, which includes a number of new faces in the Counseling Center (upstairs in the SEIS wing of the school). We have three new school counselors: Kelsey Green (ACT), Jennifer Reeves-Eisbach (POWER), and Laurel Auda-Capel (SEIS) who also speaks Spanish. The three counselors are here to support Roosevelt students in academic and personal issues, as well as future planning, so please stop by

any time you need some support! Cathy Ekhooff is continuing as our Gear Up representative, so if you have a graduating senior, please send them her way too learn about resources, opportunities and future



planning! Beth Burczak is our Aspire representative, assisting students, along with a team of Aspire volunteers, in scholarship searches for college. Angela Nusom is our new College-Career Coordinator, working intensely on putting Roosevelt students on a college-bound path. We're all looking forward to supporting Roosevelt families, so please stop in and see us any time we can help out!

Thanks,

Your Counseling Center Team

## Teens and Sleep by Grace Wigen (9th Grader in ACT)

Hello parents of Roosevelt's students!

Do you ever wonder why your son or daughter has trouble with getting up in the morning or keeping up in morning classes? Maybe they're moody or eating poorly or are making bad choices? Well, most people would chalk it up to the teenage years being a complicated time in their lives, and though this does play a role, it may not be the major cause. Sleep deprivation is common among people in this age group. Not receiving enough sleep can lead to your

teenager becoming moody and irritable and even lead to depression. It can also cause them to find more of an interest in making bad choices like drugs and alcohol, and their grades can drop.

Though everyone is unique, there are some basic guidelines that may improve your son or daughter's life throughout the rest of their teenage and adult years.

- Ask your teenager to take a short nap after school -- make sure it isn't too late or too long, because you want to

make sure they'll still be able to go to sleep at a decent hour.

- Make it easier for your teen to get sleep by to trying to keep them on a regular schedule (eat dinner and go to bed at about the same time).
- Try not to eat past 10 pm and not drink any caffeine past noon.



Keep these points in mind in case you see your teen losing sleep. Good luck!

## RHS Teacher/Staff Phone and E-Mail List

| Last Name       | First Name | Ext # |  | TITLE               | SCHOOL   |
|-----------------|------------|-------|--|---------------------|----------|
| Ambrosio        | Amy        | 78602 | <a href="mailto:aambrosio@pps.k12.or.us">aambrosio@pps.k12.or.us</a>   | Language Arts       | SEIS     |
| Auda-Capel      | Laurel     | 71496 | <a href="mailto:laudacap@pps.k12.or.us">laudacap@pps.k12.or.us</a>     | Counselor           | SEIS     |
| Bauer           | Mike       | 78604 | <a href="mailto:mbauer@pps.k12.or.us">mbauer@pps.k12.or.us</a>         | SpEd Teacher        | ACT      |
| Bentley         | Diana      | 71436 | <a href="mailto:dbentley@pps.k12.or.us">dbentley@pps.k12.or.us</a>     | Lfie Skills Teacher | POWER    |
| Bishop          | George     | 78647 | <a href="mailto:gbishop@pps.k12.or.us">gbishop@pps.k12.or.us</a>       | Social Studies      | ACT      |
| Bobenieth       | Rafael     | 78605 | <a href="mailto:rboenieth@pps.k12.or.us">rboenieth@pps.k12.or.us</a>   | Science             | SEIS     |
| Boyer           | Matthew    | 78603 | <a href="mailto:mboyer@pps.k12.or.us">mboyer@pps.k12.or.us</a>         | Language Arts       | ACT      |
| Brown           | Richard    | 78624 | <a href="mailto:rbrown1@pps.k12.or.us">rbrown1@pps.k12.or.us</a>       | Language Arts       | POWER    |
| Byer            | Aaron      | 71463 | <a href="mailto:abyer@pps.k12.or.us">abyer@pps.k12.or.us</a>           | Math                | ACT      |
| Cha             | Richard    | 71448 | <a href="mailto:rcha@pps.k12.or.us">rcha@pps.k12.or.us</a>             | Math                | SEIS     |
| Clay            | Bernadine  | 71417 | <a href="mailto:bclay@pps.k12.or.us">bclay@pps.k12.or.us</a>           | Dean                | Umbrella |
| Crock           | Vanessa    | 78606 | <a href="mailto:vcrock@pps.k12.or.us">vcrock@pps.k12.or.us</a>         | Science             | ACT      |
| Crow            | Elizabeth  | 78649 | <a href="mailto:ecrow@pps.k12.or.us">ecrow@pps.k12.or.us</a>           | Math                | POWER    |
| DeMarco         | Danielle   | 71435 | <a href="mailto:ddemarco@pps.k12.or.us">ddemarco@pps.k12.or.us</a>     | SUN School Coord.   | SUN      |
| Dickerson       | Jeremy     | 78607 | <a href="mailto:jdickerson@pps.k12.or.us">jdickerson@pps.k12.or.us</a> | Spanish             | SEIS     |
| Ekhooff         | Cathy      | 71441 | <a href="mailto:cekhooff@pps.k12.or.us">cekhooff@pps.k12.or.us</a>     | Budget Coord        | Gear Up  |
| Elliott         | Glenn      | 71418 | <a href="mailto:gelliott@pps.k12.or.us">gelliott@pps.k12.or.us</a>     | Athletic Director   | Umbrella |
| Epstein         | Sarah      | 71443 | <a href="mailto:sepste1@pps.k12.or.us">sepste1@pps.k12.or.us</a>       | Social Studies      | SEIS     |
| Fain            | Brian      | 78612 | <a href="mailto:bfain@pps.k12.or.us">bfain@pps.k12.or.us</a>           | Science             | ACT      |
| Favali          | Kathryn    | 78623 | <a href="mailto:kfavali@pps.k12.or.us">kfavali@pps.k12.or.us</a>       | Math                | ACT      |
| Fiorante        | Nancy      | 78615 | <a href="mailto:nfiorante@pps.k12.or.us">nfiorante@pps.k12.or.us</a>   | Health Services     | POWER    |
| Fradkin         | Steven     | 71442 | <a href="mailto:sfradkin@pps.k12.or.us">sfradkin@pps.k12.or.us</a>     | Math/Reading        | POWER    |
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| Gardner         | Rachel     | 78618 | <a href="mailto:rgardner@pps.k12.or.us">rgardner@pps.k12.or.us</a>     | Math                | SEIS     |
| Gleason         | Hallie     | 78631 | <a href="mailto:hgleason@pps.k12.or.us">hgleason@pps.k12.or.us</a>     | Span/Soc Stud       | SEIS     |
| Green           | Kelsey     | 71410 | <a href="mailto:kgreen@pps.k12.or.us">kgreen@pps.k12.or.us</a>         | Counselor           | ACT      |
| Greene          | Nike       | 71432 | <a href="mailto:ngreene@pps.k12.or.us">ngreene@pps.k12.or.us</a>       | Family & Community  | Umbrella |
| Hansen          | Evan       | 71459 | <a href="mailto:ehansen@pps.k12.or.us">ehansen@pps.k12.or.us</a>       | Language Arts       | ACT      |
| Heisler         | Mike       | 78626 | <a href="mailto:mheisler@pps.k12.or.us">mheisler@pps.k12.or.us</a>     | Social Studies      | POWER    |
| Hughes          | Keri       | 78621 | <a href="mailto:khughes@pps.k12.or.us">khughes@pps.k12.or.us</a>       | AVID                | SEIS     |
| Hughes          | Melody     | 71406 | <a href="mailto:mhughes1@pps.k12.or.us">mhughes1@pps.k12.or.us</a>     | Language Arts       | POWER    |
| Jensen          | Kendall    | 78620 | <a href="mailto:kjensen1@pps.k12.or.us">kjensen1@pps.k12.or.us</a>     | Science             | POWER    |
| Knudsen         | Lisa       | 71491 | <a href="mailto:lknudsen@pps.k12.or.us">lknudsen@pps.k12.or.us</a>     | RC SpEd Teacher     | POWER    |
| Lane            | Jo         | 71424 | <a href="mailto:jolane@pps.k12.or.us">jolane@pps.k12.or.us</a>         | Theatre Arts        | ACT      |
| Lehnhoff        | Nora       | 71475 | <a href="mailto:nlehnhoff@pps.k12.or.us">nlehnhoff@pps.k12.or.us</a>   | Social Services     | Umbrella |
| Love            | Lourdes    | 78628 | <a href="mailto:lblove@pps.k12.or.us">lblove@pps.k12.or.us</a>         | Spanish             | POWER    |
| Macon           | Barbara    | 71440 | <a href="mailto:bmacon@pps.k12.or.us">bmacon@pps.k12.or.us</a>         | Health              | SEIS     |
| Margolis        | Jason      | 78662 | <a href="mailto:jmargoli@pps.k12.or.us">jmargoli@pps.k12.or.us</a>     | Band Teacher        | ACT      |
| Marsland        | Melissa    | 78616 | <a href="mailto:mmarslan@pps.k12.or.us">mmarslan@pps.k12.or.us</a>     | Spanish/Ins. Fac.   | ACT      |
| McFarland       | Camden     | 71466 | <a href="mailto:mcfarla@pps.k12.or.us">mcfarla@pps.k12.or.us</a>       | PE                  | Umbrella |
| Mechling        | Kevin      | 71499 | <a href="mailto:kmechlin@pps.k12.or.us">kmechlin@pps.k12.or.us</a>     | Dean                | Umbrella |
| Nueman          | Greg       | 71401 | <a href="mailto:gneuman@pps.k12.or.us">gneuman@pps.k12.or.us</a>       | VP                  | Umbrella |
| Nusom           | Angela     | 7160  | <a href="mailto:anusom@pps.k12.or.us">anusom@pps.k12.or.us</a>         | College & Career    | Umbrella |
| Nussbaum        | Elaine     | 78634 | <a href="mailto:enussbau@pps.k12.or.us">enussbau@pps.k12.or.us</a>     | RC SpEd Teacher     | ACT      |
| Palmer          | Brooke     | 78629 | <a href="mailto:boconnor@pps.k12.or.us">boconnor@pps.k12.or.us</a>     | Striving Readers    | POWER    |
| Puhvel          | Peter      | 78609 | <a href="mailto:ppuhvel@pps.k12.or.us">ppuhvel@pps.k12.or.us</a>       | Social Studies      | SEIS     |
| Reeves-Eisbach  | Jennifer   | 71437 | <a href="mailto:jreevese@pps.k12.or.us">jreevese@pps.k12.or.us</a>     | Counselor           | POWER    |
| Schneider       | Byrdene    | 71464 | <a href="mailto:bschneider@pps.k12.or.us">bschneider@pps.k12.or.us</a> | Language Arts       | POWER    |
| Schorr          | Elisa      | 65158 | <a href="mailto:ewinger@pps.k12.or.us">ewinger@pps.k12.or.us</a>       | Vice Principal      |          |
| Seligman        | Leslie     | 78641 | <a href="mailto:lseligmn@pps.k12.or.us">lseligmn@pps.k12.or.us</a>     | Health/PE/Wt Trng   | POWER    |
| Straube         | Renee      | 78637 | <a href="mailto:rstraube@pps.k12.or.us">rstraube@pps.k12.or.us</a>     | Art                 | ACT      |
| Strom           | Alison     | 78642 | <a href="mailto:astrom@pps.k12.or.us">astrom@pps.k12.or.us</a>         | Math                | POWER    |
| Telles-Ferreira | Henise     | 78627 | <a href="mailto:htelles@pps.k12.or.us">htelles@pps.k12.or.us</a>       | ESL/Social Studies  | SEIS     |
| Therault        | Catherine  | 71467 | <a href="mailto:ctheriau@pps.k12.or.us">ctheriau@pps.k12.or.us</a>     | Literacy Coach      | SEIS     |
| Williams        | Charlene   | 71411 | <a href="mailto:cwilliam@pps.k12.or.us">cwilliam@pps.k12.or.us</a>     | Principal           | POWER    |
| Wisdom          | Larisa     | 78661 | <a href="mailto:lwisdom@pps.k12.or.us">lwisdom@pps.k12.or.us</a>       | Social Studies      | POWER    |
| Ziady           | Josh       | 78652 | <a href="mailto:jziady@pps.k12.or.us">jziady@pps.k12.or.us</a>         | Science             | SEIS     |
| Zimmerman       | Nicky      | 71474 | <a href="mailto:nzimmerm@pps.k12.or.us">nzimmerm@pps.k12.or.us</a>     | Nurse               | Umbrella |