



HAWKTALK

MADISON PTSA/SCHOOL NEWSLETTER



Volume XLV, Issue 1

September - October 2007

From the Principal:

Madison High School has had a very smooth beginning. We were very excited that so many families were able to attend our Fall Open House. At the Fall Open House opening session we shared the highlights of 2007, the new programs, and the goals established at Madison this year. Staff members expressed that this was the largest turn out in the history of Madison. This positive beginning marks the forging of an important partnership between the school, staff, and families. Families that attended received a school calendar magnet that was given out in the Advisory class. You may still get one by calling Carla Rodman, Parent Liaison at 496-8410 x. 2203. The counseling office shared information about the College Symposium which I hope you were able to attend. Enclosed in the Hawktalk are the 2007 Highlights. We were also surprised and thrilled to learn that one of our special alumni, Mr. Mike Martz, offensive coordinator for the Detroit Lions and former head coach and Super Bowl winning coach, donated \$25,000.00 to the school for the refurbishment of the football team room. Our own Coach, Bob Bishop a personal friend of Coach Martz, helped to secure this most generous donation. As a school we have been blessed with the extraordinary generosity of several of our alumni and friends including the Lee family and the Issa Family and I don't think we can ever thank them and the many other members of our extended Madison Family for their kindness and generosity in terms of funds and hard work.

New programs at Madison

- 1) **Engineering Program:** Madison was one of ten schools nation-wide to be selected by the National Academy Foundation (NAF) for an Engineering Academy
- 2) **21st Century Grant:** Madison received a \$215,000 grant for five years to expand after-school programs for academic enrichment, academic support, and family education.
- 3) **Parent Connect:** Parents can get registered to be able to review student progress on-line regarding attendance, grades, and discipline.
- 4) **Revamping of our Advisory curriculum.** The three pillars include: Character Development, College Readiness and Test Preparation.
- 5) **MESA:** (Mathematics Engineering and Science Achievement) brings exciting activity based experiences in math science and engineering to Madison supplementing the NAF and adding to the wealth of after school opportunities available to our students.

Madison Test Data and Goals:

Madison met 28 out of 30 indicators and increased the school-wide API scores by 2 points last year. Our biggest gain came at grade nine and we attribute this increase to our new Striving Reader's program. Seventy-three percent of our tenth grade students passed the California High School Exit Exam on the first attempt. Ninety-eight percent of our twelve grade students passed the California High School Exit Exam. Madison initiated a school wide support for tenth graders and provided classes for all students who needed support. Madison did not meet the target indicators for the following two subgroups. More specifically, insufficient numbers of our students with Disabilities and English Language Learners reached proficiency level on the English portion of the March 2007 California High School Exit Exam. Despite that, 49 of our English Language Learners were reclassified Fluent English Proficient. Our accountability system requires that all of our tenth grade subgroups meet their annual proficiency goals. Since we missed these two target indicators, Madison was placed in Program Improvement Year 4 status which will require the district/school to develop a restructuring plan. All students, families, and staff will have the opportunity to provide input through committees, meetings, and surveys. Monthly Madison Mornings are a great forum for you to provide input. **(see enclosed announcement)** .

We appreciate your support and look forward to a great year. It is my sincere desire to do whatever I can to make a difference in your student's education. In order to maximize your student's success, encourage them to get involved in at least one club or activity at Madison. Please stay well informed of what is going on by reading the newsletter, reviewing the Madison website (<http://www.madison.sandi.net/>), and communicating with your student's teachers and counselor as well as attending school events as a family. The library, computer center and, tutorial center are available to students until 5: 30 p.m. Your involvement is important. Please read the information in the Hawktalk carefully.

Go Warhawks!
Carol Whaley

From the PTSA President:

Greetings Parents, Teachers, Students and all other Association members!

We have a great start to our year with approximately 150 members.

Pre-registration, Welcome Back Teacher's Breakfast and Open "Mad" House all provided excellent opportunities to offer information and obtain new members.

Thanks to all who have joined so far.

This year Madison PTSA will continue to focus on Parent Education, Teacher and Student appreciation, and Scholarships. We need your membership and assistance in meeting our goals. We would also like to increase our involvement with other campus organizations such as ASB, Boosters', Devil Duckie's, Dollars for Scholars, drama and music groups and the Foundation to learn how better to support each other and develop efficient ways to meeting the needs of all students. Volunteer opportunities will be identified and communicated so everyone will be able to find a place to serve. We are currently looking for an auditor and for assistance in fund-raising including eBay and Scrip coordination. Please email me at tanyapeacock19@yahoo.com if you are interested in serving or have ideas you think would help us meet and exceed our goals.

We believe our youth is our future. Just as we invest in our careers, our finances and our health in order to prepare and assure as solid a foundation for our families, we need to make the same investment in our students. They are our future educators, doctors, lawyers, engineers and business owners. They will be designing and constructing our homes and businesses. They will be providing our safety and security as police officers, fire fighters and military personnel. They will be providing service as our mechanics, plumbers and electricians. They will be involved in space travel and research cures for disease. They will be preparing our meals as chefs, be playing as our future Chargers and Padres and yes, even providing our entertainment as "rock stars".

Our point is this: every student, regardless of what they "want to be when they grow up" deserves nothing less than 100% support from every adult involved with James Madison High School in any capacity. This includes not only the staff, but every one of us as parents as well. Please join us in this valuable investment.

Thank you,
Tanya Peacock
President
James Madison PTSA

School Site Council (SSC)

Congratulations to the three newly elected parent/community members of our SSC. They are Janet Davé, Martha Esser and Christine Boulton-Hunyady. Eric Ferguson was elected first alternate and will be asked to take his place on the council if one of the permanent parent/community members is unable to complete their term on the council. The new SSC members were welcomed at the October 16th SSC meeting. The meeting time and date for the November and December 2007 SSC meetings was to be determined (TBD) at the time of publication. They will be posted on our school website and all members will be notified by phone and or email.

General News



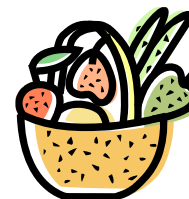
Student Safety

Each morning and evening as students arrive and depart there is a small traffic jam around the school. The staff and visitor parking lot and student parking lot are very busy. We want to ensure the safety of all students as they arrive at school. As parents and guardians you can help us to ensure that everyone arrives and departs safely and on time in the following ways:

- If you drop your student off for school please do so along the west side of Doliva Drive or the south side of Kesling Drive
- Please do not use the staff and visitors parking lot to drop off your students, that parking lot is intended for the use of school visitors and the number of parking spaces is limited
- Instruct your students who walk to school to use the "walk through" gate on Doliva Drive (this gate is immediately south of the entrance to the staff and visitor parking lot)
- Instruct your student drivers to exercise care as they enter or leave the student parking lot in the morning and evening.
- Students using the student parking lot need to follow the approved traffic flow pattern. Cutting across rows of empty parking spaces limits visibility of other traffic and endangers students who are entering and exiting cars

- The bus parking lot accessed from Mt. Abernathy Drive is reserved for school busses only. Parents who wish to drop their students off in the vicinity of the bungalows should not enter campus from the bus parking lot. This is a serious safety issue as many of our deaf and hard of hearing students ride busses and enter campus from the bus parking lot.
- Parents wishing to drop students off near the bungalows should enter the student parking lot from Kesling Drive and drop their students in the student parking lot.

Food Service (the following information was provided by SDUSD Food Services Department)



Madison's Menus

Students in middle and high schools have a wide variety of menu choices in their Campus Cafés and Power Up Cafés. Complete nutritious lunches are available for only \$2.00 unless the student qualifies for free or reduced-price meals. In Campus Cafés, students have a choice of three entrees, an entrée salad or a sandwich along with a variety of side dishes. In Power Up Cafés, students have four entrée choices, then can go to the salad bar for a variety of vegetables, fruits and toppings. Power Up Cafés are currently in 15 middle and high schools with plans to expand to all secondary schools. Many schools also have outside barbecues where students can receive a complete BBQ meal that also meets the USDA guidelines. Specialty carts offer a la carte favorites such as hamburgers, Mexican food and pizza, as well as salads, sandwiches and soups.

Menús de Escuelas Secundarias y Preparatorias

Los alumnos de escuelas intermedias y preparatorias tienen un variedad de selecciones del menú en su "Campus Café" y "Power Up Cafes". Hay almuerzos nutritivos por solo \$2.00 a menos que el alumno califique para Alimentos Gratuitos y de precio reducido. En los Campus Cafes, los alumnos tienen la opción de tres platillos principales, una ensalada principal o un emparedado junto con una amplia variedad de platillos adicionales. En los Power Up Cafes, los alumnos tienen la opción de cuatro platillos principales, luego puede acudir a la barra de ensaladas para escoger una amplia variedad de verduras, frutas y aderezos. Los Power Up Cafes existen en 15 escuelas intermedias y preparatorias con planes para tener en todas las escuelas secundarias. Muchas escuelas tienen asadores, donde los alumnos pueden tener una comida completa de BBQ que también cumple con los lineamientos de la USDA. Hay carritos con alimentos especiales que los ofrecen a la carta, tales como hamburguesas, comida Mexicana y pizza, también ensaladas, emparedados y sopas.

Free and Reduced-Price Meals

The SDUSD provides free and reduced-price meals to those students whose family income qualifies them according to USDA guidelines. More than half the district's students are eligible for free or reduced-price meals. Families fill out ONE APPLICATION PER HOUSEHOLD for all the children in the home who attend any SDUSD school. The only exception is Foster and Group Home children. They will still need individual meal applications. Applicants do not need a social security number to apply. Contact the school office if you need more information regarding this program.

The Free & Reduced-Price Meal Application is given to each child at the beginning of the school year. If it gets misplaced, additional applications are available at each school's office or the central Food Services office. Applications are available throughout the school year. If the family's income decreases or the household size increases, a second application can be submitted. Return the completed application to your child's school office or mail to SDUSD-Food Services Department, 6735 Gifford Way, San Diego, CA 92111.

Alimentos Gratuitos y de Precios Reducidos

El SDUSD proporciona alimentos gratuitos y de precio reducido para lo alumnos cuyas familias tienen ingresos que los califica de conformidad con los lineamientos del USDA. Más de la mitad de los alumnos del distrito son elegibles para los alimentos gratuitos y de precio reducido. Las familias llenan UNA SOLICITUD POR HOGAR para todos los niños de la casa que asistan a cualquier escuela del Distrito Escolar. La única excepción son los niños de crianza (Foster) y los de Grupo de Hogar (Group Home), que así necesitan llenar las solicitudes individuales para alimentos. Las solicitudes no requieren el número del seguro social. Contacte la oficina de la escuela si usted necesita más información con respecto a este programa.

La solicitud de Alimentos Gratuitos y de Precio Reducido se le entrega a cada niño al principio del ciclo escolar. Si se pierde, tenemos solicitudes adicionales en la oficina de cada escuela o en la oficina central de Servicios Alimenticios. Las solicitudes están disponibles durante todo el ciclo escolar. Si disminuye el ingreso económico familiar o si aumenta el número de familiares, se puede enviar una segunda solicitud. Regrese la solicitud llena a la escuela o envíela por correo a: SDUSD-Food

Prepaying for School Meals

Parents and guardians can prepay for their child's meals by using the following simple guidelines. To prepay online or by phone use the PayPAMS meal payment system by calling 1-888-994-5100 or visit the SDUSD Food Services website at www.sandi.net/food

and select the link to prepayment for meals. To prepay by cash or check, place cash or check in a regular envelope and return to the cafeteria cashier. Check-writing guidelines are also on the Food Services website.

Prepagos de Alimentos Escolares

Los padres y tutores pueden pre pagar los alimentos de sus hijos usando estos lineamientos sencillos. Para prepagar en internet o por teléfono use el sistema de pagos de alimentos PayPAMS, llamando al 1-888-994-5100 o vaya al sitio de Internet de Servicios Alimenticios del SDUSD en www.sandi.net/food y seleccione el enlace a credit card payments. Para prepagar con efectivo o cheque, ponga el dinero o el cheque en un sobre y regréselo a la cajera de la cafetería. Los lineamientos para pagar con cheque también están en el sitio de "Food Services."



Homework Center

Madison is fortunate to be offering an after school homework center. Classroom teachers are available in the library to help with English, math, science and social science homework. The homework center offers students a great opportunity to get individual or small group help in a quiet and beautiful setting. Help with homework is available Monday through Thursday each week from 2:20 - 3:20 in the school library. There is no need for students to sign up, just show up after school and sign in at the desk. Parents who wish to do so may check to verify their students' attendance by contacting the librarian or library technician at extension 2236 or 2220. Late bus service is offered to all VEEP locations departing the school at 3:45 each day. Late bus passes will be given to all students who participate in the homework center.



Late Activity Bus Service

School busses provide daily transportation for VEEP students to and from Madison. A limited number of CHOICE option students also ride these busses on a space available basis. In addition to the regular morning and afternoon routes, Madison offers late bus delivery to students' neighborhoods. Busses leave Madison at 3:45, 5:15 and 7:10 p.m. The seating on these busses is reserved for students participating on in-season athletics teams, attending *Madison After School* classes ("night school" courses), participants in drama and musical rehearsals/productions, robotics, MESA program, or other organized and teacher supervised activities. Students who participate in after school tutoring in their teachers' classrooms or the homework center may also ride the late activity busses. Students wishing to make use of the late activity busses must present either a late bus pass or student ID card with a fall, winter or spring sports sticker on the back to the bus supervisor and bus driver before boarding the bus. Students may obtain late bus passes from classroom teachers, the homework center or their sports coach. Teachers will give late bus passes to students only after completing a tutoring session in their classrooms.



Madison is a closed campus

Madison, like all schools in San Diego Unified School District is a closed campus. It is our expectation that all students arrive on campus sufficiently early to be in their seats in their first class of the day by the 7:30 a.m. tardy bell. Students may not leave campus at any time during the school day except on accompanied field trips led by certificated staff members or to attend classes scheduled at other sites. Students are not allowed to leave campus for lunch. The lunch menus at Madison are nutritional and students are expected to either bring lunch with them or use one of the four different lunch options on campus. Parents and older siblings are discouraged from bringing food to school. We do not have the means available to allow food to be admitted onto the campus. If you need to provide lunch money for your student(s) please make arrangements to have it delivered to the attendance office before 11:00 a.m., take advantage of the free/reduced lunch program if you qualify or use the prepaid lunch program. Both the free/reduced lunch program and prepaid lunch program are described above. Students who are off campus without a parent or a blue absence excuse at any time during the school day are subject to daytime loitering laws and citation by police. Daytime loitering violations carry a fine of up to \$250 plus court costs for a first time offender and or community service. Second and third offenses carry a fine of up to \$1,000.

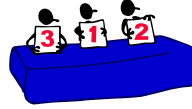


Enrollment option changes for 2008-2009

Here are some changes to the Enrollment Options process for 2008/09 (from the SDUSD Enrollment Options office):

- Parents will be limited to listing five schools during the priority enrollment application period of October 1, 2007 - January 31, 2008. Parents listing additional schools will be added to a non-priority waitlist for those schools.

- Schools will offer enrollment to parents on the priority waitlist (first waitlist) from March 15 - May 15, including out of district students.
- The magnet clusters are now combined into three clusters. The magnet schools will be receiving information regarding this change.
- The Voluntary Ethnic Enrollment Program (VEEP) is now called the Voluntary Enrollment Exchange Program (VEEP).
- The Choice program is now called Open Enrollment.



Senior Exhibition Panel Members

If you are interested in being a panel member for the Senior Exhibitions/Boards on May 16, 2008. Please contact the Employer Outreach Specialist at (858) 465-8410x2232 or e-mail mgutierrez@sandi.net. This is an incredible opportunity for parents and community members to learn more about the seniors and our school. Hear about the experiences of Madison students, and share in the success of our fabulous students.



Twenty-first Century Grant

Madison High School was awarded a 21st Century Grant for after-school programs. This five- year grant from the California Department of Education, will provide additional funding for academic support, enrichment activities, parent education.

Some activities planned for this school year are:

- Peer tutoring, mentoring
- College field trips
- After-school guitar club, hip-hop dance club, support groups, technical theater classes
- Digital media class
- Robotics to engage students in math and science
- Family financial literacy, computer classes
- And much more....

As part of the grant, Madison will be opening a new student center to house our after school program. We would like to make this a welcoming environment for students, parents and community members. We are asking for your support in donating any of the items below to help. In addition, we are asking for your support through donations. Below is a wish list that would make the student center warm and inviting. Donations of the following items needed:

- Table/floor lamps
- Coffee tables (small)
- Small sofas or loveseats
- End tables
- Comfortable reading chairs
- Café-style table/chairs
- Area rugs
- Office desks
- Plants
- Decorative items

If you would like to make a donation, know someone who would like to do so or have any additional questions please call Greg Williams at (858) 496-8410x4406 or x2232. Greg can also be contacted by email at gwilliams3@sandi.net Thank you.



From the Guidance Department

Class of 2008

Parents of seniors know that we are entering the most exciting and stressful time in a high school student's life. We will work together to keep your senior organized and progressing down the path to college admission.

All senior parents should have received an important **senior letter** that was mailed home the second week of October, filled with deadlines, program descriptions and contact information for key support people on the Madison campus. If you did not get this letter, please let your student's counselor know.

On our October 17 Minimum Day, seniors and parents participated in the **College Bound Symposium** in the Performing Arts Center, which included important admissions information from SDSU, UCSD and Mesa Com-

munity College. The counselors prepared “breakout” seminars concerning online applications to UC and CSU, finding money for college through the Cal Grant Program, and conducting scholarship searches. Creating a resume and tips on writing scholarship essays received strong emphasis. Seniors each received a personalized portfolio with all the tools and documents they will need to begin the application process now, including a current transcript.

On October 24 all seniors were encouraged to attend the **Cal-SOAP College Fair** at the Scottish Rite Center to connect with over 100 college and university representatives. Dozens of college representatives will also come to our Madison campus this fall, with Ms. Catie Winters coordinating senior access to the presentations, held during Advisory.

The **UC and CSU applications** are available online the first week of October, with the final electronic submission deadline being November 30. With the November 17-25 Thanksgiving break, seniors should get an early start on the meeting the deadline. There will be after-school online application workshops in the Computer Lab on October 22, 24, 25, November 1, 5, 8, 13, and 15. Sign ups will be in the Guidance Office.

As scholarships become available, they will be published in a **monthly senior scholarship newsletter**, distributed to all seniors during the first few days of each month. The first newsletter was distributed at the College Bound Symposium.

Class of 2009

Our juniors, who took the PSAT for the National Merit Scholarship search on October 17, are now busy preparing to take their real SAT’s and ACT’s beginning this winter. Counselors visited the 11th grade English classes in early October to share the testing recommendations that will meet the requirements for CSU, UC, and private colleges and universities. On December 6, 11 and 13, 11th graders will be registering online for the January SAT I in Advisory class. Here is an overall recommended plan for testing.

Test	Date of Test	Registration Deadline	Cost
SAT I	Sat., Jan. 26, 2008	Dec. 26, 2007	\$43.00 or Fee Waiver
SAT I Repeat	Sat., March 1, 2008	January 29, 2008	\$43.00 or Fee Waiver
ACT (with Writing)	Sat., April 12, 2008	March 7, 2008	\$44.50

Note: May 3 SAT I and II tests fall right in the middle of STAR and AP testing. We do NOT advise you to take the SAT during this important time. You should be preparing for AP exams!

SAT II: Subject Tests	Sat., June 7, 2008	May 6, 2008	\$36.00 (2 tests) or Fee Waiver
SAT I Retake	October 2008	Second Week in Sept.	\$43.00
SAT II Retake Waiver	November 2008	Beginning of Oct.	\$36.00 (2 tests) or Fee

If you think you may qualify for a fee waiver, please see April Avery, Registrar, in the Guidance Office for an application. Eligible students must meet the federal guidelines, which include free and reduced lunch eligibility and/or an annual family income that does not exceed the maximum (family of 4 cannot exceed \$35,798). Fee waivers can also be used for online registration. Each eligible junior qualifies for two SAT I fee waivers and two SAT II fee waivers. Registration and General Information Websites:

www.collegeboard.org (SAT I and SAT II: Subject Tests)
www.act.org (ACT)

Classes of 2010 and 2011

October 17 found our current ninth and tenth graders taking the Career Occupational Preference System (COPS) and the PSAT. PSAT results will be returned to the students prior to Winter Break, along with an individual code word that will allow them to go on the College Board website and to access MyRoad.com, which contains an individual personality profile survey, SAT test prep, and a college major matching program. Tenth graders are gearing up to take the California High School Exit Exam (CAHSEE) for the first time on March 11(English Language Arts) and 12 (Math). Many tenth graders are in an additional CAHSEE Literacy Support class to bolster their math skill and confidence. Students who are in the Striving Readers program will also be concentrating on CAHSEE prep.

TEAMWORK

The Advisory teachers and counselors are here to educate and support you and your child about all the steps in the college bound process! Our recently revised Advisory curriculum is geared toward college readiness, character development, and test prep. Please communicate with us if you have individual concerns. We are here to help you through the process!

Mrs. Carol Sobek	Head Counselor/Seminar	858-496-8410	x2210	csobek@sandi.net
Ms. Katherine Lloyd	A-D		x2223	klloyd1@sandi.net
Ms. Catie Winters	E-N		x2211	cwinters@sandi.net
Ms. Michelle Francescotti	O-Z		x2233	mfrancescotti@sandi.net

Madison Literacy/Advisory Program Re-Energized

When students returned to Madison this fall they saw a significant change in the “old” Literacy/Advisory Period. Teachers and administrators worked all summer to write curriculum and implement changes for the “new and improved” version. The purpose of the Literacy/Advisory Period is to support student achievement through personalization. This 29 minute period, Tuesday-Friday each week, from 9:23-9:52 a.m., will contain the following:

1. Monitoring the incorporation of AVID strategies (i.e. binders, assignment logs, date planners, Cornell notes, subject area dividers with assignments, SAT vocabulary, etc.).
2. Assisting students with setting academic goals and providing an opportunity for tutorial sessions with students in “like” classes.
3. Improving skills in selected STAR and CAHSEE areas of need.
4. Improving reading skills, particularly in literacy and mathematics.
5. Improving higher level thinking skills through the use of meaningful dialogue related to contemporary issues.
6. Dispensing college and career information, leading students through an age-appropriate “menu” of college-related events and programs.
7. Offering informational units and opportunities which focus on leadership, character, personal development, and health.



The most significant change is that the Advisory teacher will be an “Academic Coach.” Advisory teachers will be experts in units of instruction which apply to a particular grade level, such as study skills and career exploration in grade 9; CAHSEE and PSAT prep in grade 10; SAT prep and college readiness in grade 11; and Senior Exhibition, college applications and financial aid in grade 12. “Academic Coaches” will no longer follow their class to the next grade level, but will continue with their expertise in mentoring a new group of students in a specific grade.

The structure of the Literacy/Advisory period will be clearly designed, with improved communication regarding campus events and deadlines a main priority. The Daily Bulletin will be read on Tuesday and Thursday, along with a literacy-based lesson over the theme for the grading period or one of the goals expressed in #1- #7 above. On Wednesday and Friday, students will participate in “Guided Tutorials” in which they collaborate with classmates in “like courses” to prepare for exams, complete projects and discuss current assignments. This is not your traditional “study hall.”

Themes for the 2007-2008 school year will be:

<i>Grading Period</i>	<i>Dates</i>	<i>Theme</i>
First Six Weeks	September 4-October 19	Study Skills for Success
Second Six Weeks	October 22-December 7	Building Relationships
Third Six Weeks	December 10-February 1	Social Challenges and Respect for Differences
Fourth Six Weeks	February 4-March 14	Healthy Living
Fifth Six Weeks	March 24-May 2	Service and Improving Our World
Final Six Weeks	May 5-June 16	Planning for the Future

News from the Health Office

by Bev Bembridge, RN



As we approach cold and flu season, the Health Office is already seeing plenty of runny noses, sneezing, sore throats and high fevers.

Colds and flu (influenza) infect the upper respiratory tract. This includes the mouth, nose, nasal passages, and throat. Both illnesses are caused by viral pathogens and share some of the same symptoms, but colds and flu differ in a few key ways. How do we recognize the difference?

Cold Symptoms tend to be milder than flu symptoms and include runny nose, cough, sneezing, and sore throat. Children with a cold can still do most of their usual activities. Initially, the flu may seem like a common cold, but it includes some other symptoms such as chills, sweats, headache, dry cough, muscular aches, fatigue, nasal congestion, loss of appetite, diarrhea, vomiting and fever of over 101 F. Children with the flu tend to have higher fevers than adults have - often as high as 103 to 105 F. Colds usually develop slowly, whereas the flu tends to come on suddenly. Although a cold can be a nuisance, you usually feel much worse with the flu. A cold generally lasts for days to a week, whereas the flu may last for several weeks. In most people however, symptoms will go away in a week or two.

There are over 200 viruses inflicting the common cold; and multiple influenza viruses with numerous subtypes or strains. Therefore, a room full of sick people would not necessarily have the same virus. Because colds and flu viruses continually mutate (change) from year to year a cure is a challenge, to say the least, for the medical detectives. Viruses are spread from person to person through small droplets that form when a person sneezes or coughs, direct contact (shaking hands) or contact with objects like handkerchiefs that have been in contact with fluids from an infected person's nose or throat. Symptoms usually develop one to four days after you are infected. Because of this, you may pass the virus to someone before you even know you have it. Children may be infectious for up to six days before symptoms develop. Children also tend to get many more colds annually than adults.

Complications may also occur from a bacterial infection setting in taking advantage of a weakened immune system. This could be ear or sinus infections, bronchitis or pneumonia. Individuals at high risk for complications include infants, the elderly, people with asthma or long term, chronic conditions like heart disease or HIV. These high risk people should contact a doctor within 48 hours of their first symptoms. A doctor may prescribe an antibiotic or antiviral medication to try to shorten the duration of the illness.

So what can we do to fight these constantly changing viruses and stay healthy? Fortify your immune system to resist, and rapidly recover from the sniffles when they strike. We need to eat nutritious foods and get enough rest, but there are many other things we can also do. Some suggestions: Wash your hands often! According to the Centers for Disease Control and Prevention (CDC), if you do not wash your hands frequently, you can pick up germs from other sources, and then infect yourself. You can pick up cold germs easily by shaking someone's hand or touching doorknobs or handrails. Also, keep your hands away from your face. You're at risk every time you touch your eyes, nose, or mouth, as germs can enter your body easily by these paths. In fact, one of the most common ways people catch colds is by rubbing their nose or eyes after the cold virus has gotten on their hands. Think of all the dirty hands on those school desks or hands that have pushed open those doors at the mall! Another suggestion, clean all the surfaces you touch (doorknobs, telephones, computers, faucets) with a germ-killing disinfectant; and when you cough or sneeze use a tissue, then throw the tissue away...and what? (Wash your hands).

Keep hydrated with non- caffeine drinks, mainly water and low-sugar juices. Fluids may help loosen and clear out mucus, soothe a sore throat and replace fluid loss due to a fever or runny nose. Warm liquids, like herbal teas or soups, not only hydrate, but their heat may also help fight off the infection and relieve congestion. Because the cold and flu thrive in cold dry environments, you can help boot out the virus infection by staying warm and raising humidity levels. A humidifier may also help. At very low levels of humidity, the nose mucus dries up and is not able to defend as well against harmful viruses. Rest, lie down, and sleep if you feel tired. This keeps all the body's energy available for combating the virus. Avoid people with colds and flu when possible. Likewise, if you are feeling ill, this is not the time to visit the elderly or anyone at a high risk, and may not be a good idea to attend school.

Vitamin C (Sometimes referred to as America's number one immune system booster) and Zinc lozenges may make your cold shorter or milder. Remember, cold medicines do not treat a virus or bacteria. Some may help relieve a symptom such as a sore throat, but they do not fight the virus. Never give aspirin or other salicylates to children or teen-agers with symptoms of a cold or flu. (If you aren't sure if a product has salicylates, ask your doctor or pharmacist). Young people can get sick or die from a rare condition called Reye syndrome if they take these medicines while they have these symptoms. While the cause and cure remain unknown, research has established a link between Reye's syndrome and the use of aspirin and other salicylate-containing medications.

These are some suggestions we can do everyday to promote health and combat illness, but there are other recommendations we can follow such as get a flu vaccine (also comes in a nasal mist) and pneumococcal vaccine. The CDC recommends flu vaccines for people at high risk for complications from the flu (Children aged six months until their fifth birthday, pregnant women, people 50 and older, people of any age with certain chronic medical conditions and people who live in nursing homes or other long term care facilities). Also, people who live with or care for those at high risk, including: Household contacts of high risk people, and household contacts of home caregivers of children less than 6 months of age (these children are too young to be vaccinated) and healthcare workers. You should not get a flu shot if you've ever had a severe allergic reaction to eggs or a previous flu shot or have a history of Guillain-Barre Syndrome. Check with your physician about the flu and pneumococcal vaccine.

When should you keep your child home from school? The San Diego Unified School District suggests children too ill to participate in normal school activities, have a temperature greater than 100.5 orally, or have persistent vomiting or diarrhea (until stopped for at least 24 hours) should be excluded from school. (A child with persistent diarrhea should be seen by a physician). Should your child become ill at school and need to be excused, they should see the school nurse and the nurse who will contact the parent/guardian.

Remember...prevention is key in staying healthy and minimizing illness. Eat right, get enough sleep, stay hydrated and wash your hands frequently! Does your child have Asthma? Have you left an inhaler with physician's orders at school?

From the Librarian:

Thank you to those parents who made sure that their students returned textbooks at the end of the last school year. We are still missing \$33,058.15 worth of textbooks, but this amount is \$24,034.31 less than the previous year. Please look around your home for last year's textbooks and get them back to us. We need them for other students. Ninth grade students are coming to the library with their English classes for a library orientation, which introduces them to resources in the library. Parents are reminded to make sure their students have free public library cards because this enables them to access free homework help through the computer

YEARBOOK

Now is the time to purchase your 2007-2008 Yearbooks. The cost of the yearbook is \$80, \$75 with ASB Card. After the Winter break, the cost will go up to \$90, \$85 with ASB Card. This is the year to purchase your yearbook. The book is all color, 220 pages long and perhaps one of the most artistic books Madison has ever produced. For a limited time only, senior who purchase their yearbooks before November 17th receive a 10% discount off senior ads (information to be distributed to seniors in advisory class). The cost of the yearbook is supplemented by the selling of ads and donations. If you are interested in placing an ad in the yearbook, or would like to make a donation, contact Rachel Rice (advisor) at 858-496-8410 ext.4307 /rrice@sandi.net.

MHS – A unique school with unique programs

AVID

Advancement Via Individual Determination

What is AVID?

AVID is an elective class where students learn organizational and study skills, work on critical thinking, get academic help from peers and college tutors, and participate in enrichment activities that promote college attendance. AVID students become successful leaders and role models for other students.

Who is in AVID?

Students are often recommended for the AVID program by a teacher or counselor who recognize their potential to attend college. Students may hear about the program from other students and recommend themselves. They complete an application and an interview. This year there are 139 AVID students: 21 freshmen, 26 sophomores, 49 juniors and 53 seniors.

What are AVID students up to this year?

This year's AVID program is off to a wonderful start. Our AVID Club sponsored a successful bake sale during fall Open House to raise money for college field trips to CSU Fullerton and CSU Northridge. We are also excited about our upcoming field trip to Knott's Berry Farm November 2 and 3. Ticket sales from this trip help raise money for AVID scholarships for seniors. The Dollars for Scholars Walk will take place Saturday, November 3. It's not too late to get involved. Contact Michelle Francescotti in the counseling department for more information or to join the Madison team

GATE/SEMINAR Program – Rachel Rice, GATE Team Leader

Thanks to all the parents who came out met with Carol Sobek, Rachel Rice and the entire GATE Teaching team before open house. We had some really great discussions about advanced placement classes and what is on the horizon in regards to SAT/ACT testing and college applications. For more information about scholarships and testing registration, contact either Rachel Rice (rrice@sandi.net) or Carol Sobek (csobek@sandi.net).

Link Crew

Link Crew would like to welcome to the Madison Community the parents, families, and students of the class of 2011! Upcoming events include: Grade Report Check-in (10/26 during lunch), and Cocoa and Cram (1/30 after school). If you are interested in helping out with events designed to support freshmen, contact Rachel Rice (rrice@sandi.net) or Erica Johnson (ejohnson2@sandi.net).

MESA (Mathematics Engineering and Science Achievement)

After several years' absence, the MESA program has returned to Madison. We are excited to be offering MESA as an after school program. This summer, Madison D.a.T.A. teachers Joe Acker, Mike Martin, and Jennifer Moreno traveled upstate to attend a conference for the nationally recognized MESA (Math Engineering Science Achievement) organization. This program, which we will be bringing back to the Madison campus this year, helps students to excel in math and science through a wide variety of opportunities including tutoring, connections with business and college networks, and exciting state and national competitions. Mr. Acker and Ms. Moreno got to enjoy a taste of one of these competitions when they each built a small trebuchet, a machine similar to the catapult. Using a hackey sack as a projectile, these teachers fought to adjust their design and launch their hackey sack the farthest. Early attempts on Acker's part proved dangerous for his allied forces, as the first few shots accidentally launched backwards!

The conference weekend was filled with many other activities that will not only improve teaching practices, but which helped prepare the team to lead a successful MESA program here at Madison High. Among other things, they learned about new activities for teaching geometry, built and programmed LEGO robots, learned about the new field of biophotonics, and met with college educators and government policymakers alike.

The program meets every Tuesday in Mr. Martin's room (701B). It is open to all students and offers exciting activities in science math and engineering. MESA students design and build a variety of projects then compete their projects both within the class and at with other high schools at several competitions throughout the year. For more information about the MESA program, visit <http://www.ucop.edu/mesa> (or search "California MESA"), and keep an eye out on our teacher websites for photos of the trebuchet rivalry in action.

Ms. Moreno's reflection upon her experiences as a MESA student below provide a good insight to the MESA program:

Personal Reflection of Ms. Moreno:

The MASME conference was amazing. I especially appreciated the fact that the workshops were so hands-on. When I initially planned out my day, I was concerned because I had chosen a series of two-hour sessions, and was afraid that I would be weary and somewhat bored by the end of the day. Instead, the day flew by, and I found myself having to be pried away from the work I was doing. In all seriousness, I was trying to figure out whether I would be allowed to stay through the second session with the LEGO robots so that I could keep playing with the programming. The biggest lesson here for me was that it brought home something I already knew intellectually, but which I now understand much more viscerally: *doing* a thing is far more educational and interesting than having someone *talk* at you about it. I will do my best to remember that as I teach this year. Come join MESA and experience education in action.

Striving Readers Project

By Jill Brownlee, Literacy Resource Teacher

As we begin year 2 of the Striving Readers Project, it is imperative that we take a look at the impact of this work on student achievement. For not only do we have progress to celebrate, but also we have continuing needs to assess and address.

For those unfamiliar with this project, Madison High School is one of eight schools in San Diego that are part of the Federal Grant, awarded in summer 2006, to research and provide literacy support to struggling 7th-12th grade students, primarily in the area of reading and writing. We have an intervention class on campus called SLIC (Strategies for Literacy Independence across Content areas). And at present we have almost 200 students involved daily in improving their skills in the areas of studying, reading, and writing.

Quantitative data (quantitative data is analysis based on numbers and statistics) is collected for this project and perhaps the most exciting is the results from last years practice CAHSEE (California High School Exit Exam). 62% of the students involved in the SLIC intervention class passed or came within 5% of passing the practice CAHSEE. With support in their 10th grade year, we expect to have close to 100% of the students in this intervention class pass the exam. This is exciting for not only our school, but for each of those students since passing the exam is required for high school graduation.

On a more qualitative note (qualitative data looks at the character of something), we collected work from the students between September '06 and June '07 and saw huge improvements in their ability to write an essay and stay on task with reading a difficult text. The teachers and I look forward to seeing continual improvement in the pieces of writing from each student.

HOME LITERACY TIP: Once or twice a week, look at a map, diagram, or graph in a newspaper or your student's textbook. Have a short conversation about the information they can extract from the graphic. The following questions may guide your discussion: 1) What is the purpose of this graphic illustration? 2) Why did the author use it? 3) What literal information is given to me through this illustration? 4) What inferential information can I gather from this graphic illustration? (*Note: inferential information is information that can be concluded from the information, but was not specifically stated or shown*) 5) How did I come up with that inference?

Madison Recyclers create opportunities for young entrepreneurs

The Madison Recyclers are starting their fourth year collecting cans, plastic bottles, newspapers and



printer toner and ink cartridges. We need everyone's help (students, parents, and teachers) to make this year a continued success. The Allan Company, off Convoy and Highway 52, has been very supportive and we want to recognize them. We encourage other clubs and families to use the Allan Company as your recycling center.

It is the mission of the Madison Recyclers to provide opportunity for Madison students to experience a successful entrepreneurial endeavor, enhance the environment of Madison High School, and invest the profits in the lives of the student body. The Madison Entrepreneurs' Club meets on Wednesday at lunch in Room 102. All are invited to attend and discuss your business ideas.

Profits from the club will be distributed as follows: 20 percent to the Incentives Committee for student recognition on excellence in testing; 20 percent to another needy club or school organization; and at least two \$500 scholarships to seniors who are declared business majors. Last year we gave away those two \$500 scholarships and would like to increase either the number of scholarships or the dollar amount of each scholarship. With your help we can do both!

Parents, if your place of business or your home office does not recycle its printer cartridges, please have your students drop them off at Room 102. Cans and plastic bottles are also welcomed. Many businesses do not have a recycling program. If there is need for pick-up, please contact Ron Runyan (858) 496-8410 x 4102 and I will make every attempt to arrange a pick-up. If we all work together, our students will realize the profits of a successful business and profits will be reinvested into their own lives.

Students, this cannot be realized without your commitment to recycle. Each time we throw a bottle or can in the trash can, it's like losing 5 cents. Not just one 5-cent but 100s of nickels. Several years ago a young high school entrepreneur understood this concept and began recycling. He paid for all four years of his college education and learned about running a successful business as well. Someone created the two-letter phrase "If It Is To Be, It's Up To Me!" It's up to us!-- choices always are... Anybody interested in turning a profit?

Athletics

Rick Jackson, Athletic Director

The athletic teams of 2007-08 promise to bring a lot of excitement to Madison High School. We are underway with our fall sports and things are going great. Our varsity football team is off to a solid start with a 4-2 record and the junior varsity and freshman are a combined 9-3. The future looks very bright. We also have had very strong starts in field hockey, girl's volleyball, girl's tennis and co-ed cross-country. Every year our athletics program gets stronger and stronger. Heather Janiak is our new girls and boys volleyball coach this year and we are very pleased that she is an on campus coach who also teaches History at Madison. She is a great addition to our staff.

If you plan on participating in any upcoming winter or spring sports make sure that you have all of your paperwork turned in and have a completed physical on file with the school. If you are interested in taking part in athletics at Madison High School, run over and meet the coach today and be sure to keep up with your academics. In order to participate in athletics you must have a minimum of a 2.0 in scholarship and citizenship. If you have any questions please contact the Athletic Director: Rick Jackson and I will gladly point you in the right direction. Email: rjackson2@sandi.net

Departmental News

<p>English, Tom Staninger, Department Chair</p>
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English department is introducing some innovative and exciting ideas for your student. One of the most interesting is in the 11th grade. An Honors American Literature and Honors U.S. History section have been added giving students up for a challenge another option. We also are a part of the "Wings" program for some of the incoming 9th graders. Almost the entire staff is back this year and we've added three fine new teachers to our department. Megan Richards, comes to us from the Preuss School UCSD and is working with the 9th graders, she is also our new cheerleading advisor. Sandy Diamond comes to us from a leave of absence, previously taught at Pershing Middle School and is teaching our multi-level English as a Second Language (ESL) program and Spanish. Michelle Perkins, comes to us from Oceanside school district and is working with our striving readers program. These three wonderful new teachers bring their many talents to Madison and will help us continue to provide a high quality education in English language arts to our students

Some very important test are coming up in the next few months including the SAT, the PSAT, and for the 10th graders, the California High School Exit Exam in the spring. Last year, 73% of our 10th graders passed the English part of the test on the first try.

The best contribution a parent can make to his or her student's academic success is to be aware of what the student is reading or learning in each class and to monitor the daily work. Providing high interest reading material in the home is also essential to any-

one's intellectual development. Research shows that high school age children will read at or even above their grade level if the material is of interest to them. KEEP EVERYBODY IN YOUR HOUSEHOLD READING!!!!

Mathematics, John Cella,
Department Chair

Hello Madison Community,

The math department would like to express how excited and energized we are to begin a new school year with our wonderful student body, staff members and administrative team. We have a couple of new math teachers in the department this year. Andrew Gell and Sue Pennefather will be helping us improve student achievement by providing some fresh ideas based on their prior experiences in education. Several of our teachers attended professional development opportunities over the summer. There was also summer work done in the area of curriculum writing for our new algebra textbook titled Algebra Connections by CPM. This textbook presents rich problems that generate interest in mathematics for our creative students to work on. We believe the students will thrive in this new curriculum as they become focused on problem solving within a context. We hope this year will be a successful year for all our students so we can be proud to call ourselves the Warhawks!

Science, Damien Vanderburg,
Department Chair

Ready to try science at home? If you'd like a taste of what we saw at the biophotonics workshop, here's something you and your family may be able to do in your own kitchen. Do you or your child have access to a laser pointer (you know, the ones they sometimes use to drive their teachers nuts in class? ^_^) and/or some colored LED lights (such as are sometimes found on key chains)? With that and some common Jell-O, you can make your own experiment. Cut a strip of one or more colors of Jell-O (we used green, red, and orange) and shine the laser light onto it to experiment with what happens. Make sure you try it with a color that is both the same as the light (such as a red laser with red gelatin) and different (red laser with green gelatin). Let us know what happens!

AJROTC, Col Jan Janus,
Department Chair

The 2007-08 School Year is off to a strong start in JROTC. If you feel the ground shaking after school, don't panic. It's not an earthquake. It's just JROTC cadets showing their motivation, as well as their commitment to the program. Everyday for the past two weeks, over dozens of cadets have come out after school for "basic training". Basic training is a way for new cadets to learn the fundamentals of drilling and get a head start for our upcoming competitions. After the first two weeks of training, a drill test will be given and those who pass will be promoted.

There will be a pause in basic training while the Corps of Cadets practices for the upcoming Cadet Picnic. This annual event is held at Admiral Baker Field in Mission Valley. This year the picnic is being held on Saturday, October 13. During the Cadet Picnic, Madison cadets will compete in seven different sports and events against twelve other San Diego City School JROTCs. Cross your fingers and look for Madison's cadets to return with full bellies and a fist full of trophies!

World Languages, Victoria Ballardo-Rau, Department Chair

After a smooth opening of school, we find ourselves in the month of October already. We have been busy moving and adjusting to new teachers, new rooms and new assignments. We started the year without two beloved world language teachers, Mrs. Barbara Artimez and Mrs. Jacqueline Coulon. Mrs. Artimez retired and now happily resides in the mountains of Colorado without test papers to grade and Mrs. Jacqueline Coulon accepted a position at Mission Bay High School. Both are doing well.

We welcome back Mademoiselle Jennifer Anderson who returned from a year leave of absence. She is enjoying her French classes as well as the government classes she is teaching. We also welcome Mrs. Sandy Diamond who is teaching one section of Spanish 1-2 and 4 sections of English as a Second Language (ESL). She previously taught at Pershing Middle School. Mr. Dario Sanchez moved into room 115) where he continues teaching the AP Spanish, two sections of Spanish 3-4 and two sections of Spanish 5-6. Mr. Steve Blumenschein is teaching German 3-4 as well as Geometry this year. Mrs. Victoria Ballardo-Rau is teaching three sections of Spanish 1-2 and two sections of Spanish 3-4. She will be retiring in December of this year after 32 years, thirty of which have been at Madison. Her plans for the future are to continue working at Habitat for Humanity.

The World Language Department wants to inform parents that two years of a world language is needed for college, however a language placement test will have to be taken after two years of a foreign language. If the test is not passed, then the college will make your student take a refresher class in the language at their own expense. At the cost of a unit in college today this can be an unnecessary expense. It is highly recommended that students take three years of the same foreign language in high school, the test is then waived by colleges.

Visual and Performing Arts,

Jennifer Lind, Department Chair

Madison Choral Events

Submitted by Carla Velasquez

On October 17 and 18, the choral department had their annual fall show. In case you missed it, "Back To School" was the central theme of the show. The choir dazzled the audience with their renditions of "Dancing in the Street" and "You Can't Stop the Beat." The choirs from Kroc made an appearance as they sang a medley from the Beach Boys and Irving Berlin's "Blue Skies." Amidst the group of upbeat songs full of movement, "Scarborough Fair" and "Summertime" provided some variety to the show with their melodies. The show featured the male choral members singing "Pretty Woman" while the females of the choir put some pizzazz in "Man! I Feel Like A Woman." Several choir members displayed their own individual talents in a form of a solo.

The show was the result of the hard work put in during choir camp and the following weeks. The choir has been put to the test learning the music and choreography for all the songs.

If you missed this show, you can catch our Winter Concert on December 20th. Hope to see you there!

Deaf and hard of Hearing,

Joyce Brody, Department Chair

The Madison High School (MHS) Deaf and Hard of Hearing (D/HH) Program serves Deaf and Hard of Hearing students for the entire San Diego Unified School District (SDUSD), and additional D/HH students from the neighboring Sweetwater Union, Poway Unified and Coronado School Districts. We have approximately 50 students in grades 9 through 12. Students can attend the Deaf and Hard of Hearing Program until their 22nd birthday. We have teachers and support staff who are credentialed in Deaf Education and/or their areas of expertise. Additionally, the SDUSD D/HH Interpreting and Transcribing departments are located at MHS. MHS has 6 full-time Deaf staff members.

The MHS D/HH Program offers an educational program to fit the needs of all our students. We offer 4 basic types of curricula, to match the needs and abilities of our individual students. D/HH students are mainstreamed in classes according to their Individualized Education Programs (IEPs) and capabilities. We have students mainstreamed, in the full range of classes, from Ceramics to Political Science. We have itinerant students who are mainstreamed for all their classes and receive consultation services from a site-based Itinerant teacher. Some of these itinerant students take a Study Skills Class to receive extra support. Special Day Class (SDC) students have the option of taking general education, co-teaching, applied or functional classes contingent on IEP team recommendations. General education class students are mainstreamed with interpreter and/or student note-taking support, and a D/HH co-teacher for core classes, as needed.

CALENDAR OF EVENTS
October, November and December 2007

October			
Date	Event	Time	Location
26	Grade reports sent home with students for first six weeks of school		
26	Varsity Football vs. Clairemont	7:00 p.m.	MESA College
26	Robotics Scrimmage set-up, team arrival and overnight activities	5:00 p.m.	Madison Gymnasium
27	Robotics Scrimmage	10:00 a.m.	Madison Gymnasium
29	English Learner Advisory Council (ELAC)	5:30 p.m.	Room 101
November			
2	Homecoming Football vs. Kearny	7:00 p.m.	Madison
3	Homecoming Dance	8:00 -11:00 p.m.	Madison Gymnasium
14	PTSA Meeting	5:00 p.m.	Room 101
Date TBD	SSC Meeting	TBD	Room 101
19-23	Thanksgiving Break – no school		
26	English Learner Advisory Council (ELAC)	5:30 p.m.	Room 101
30	Madison Morning	8:00 -9:00 a.m.	Room 101
December			
10	English Learner Advisory Council (ELAC)	5:30 p.m.	Room 101
12	PTSA Meeting	5:00 p.m.	Room 101
12 -14	Drama Program , <i>Barefoot in the Park</i>	7:00 p.m.	Performing Arts Center
Date TBD	SSC Meeting	TBD	Room 101
20	Winter Choral Concert	7:00 p.m.	Performing Arts Center

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