



# Emerson Eagle

2121 Calaveras Avenue • Davis CA • 95616 • 530.757.5430

A monthly publication of the Ralph Waldo Emerson Junior High PTA

## Principal's Message



**April is upon us**, and is usually the most hectic time for schools because it involves both the final quarter, end-of-year activities as well as preparation for the next school year. Next week, for example, three of our staff will be attending a workshop on WEB (Welcome Every Body), which will become our new orientation and transition program for next year's incoming seventh graders. It will involve some of the 8th and 9th graders taking on some mentor responsibilities, and teachers interacting with students prior to the start of the year. We are looking forward to these enhancements. In addition, we continue to prepare the master schedule for next year. Students will be receiving course request verifications soon that will indicate the subjects inputted into the database for them, based on students meeting the course requirements, and the final, scheduled elective course offerings.

**Open House will be held on April 15 at 7:00 P.M.** We hope to showcase some of our student groups as well as having class displays, if possible. Please make sure you drop by to see the finished art mural. It is quite impressive, and the students really put in a tremendous effort over time to see it to its completion. Thanks go to Susan Lewis and Doug Wright, who spearheaded the experience for our students.

April, also, brings us **STAR testing**, which will begin on April 19, and will last for approximately a two-week period. The counselors are preparing now to create a positive, testing format for the students. Please join us in creating a positive climate for our students during a time that can be stressful.

We are currently recruiting a PTA president and other officers for next year. If you are interesting in working with the school in this capacity, please give me a call at 757-5430, x104. Thanks for your interest.

See you at Open House!

— Diane Studley



## New District-wide Homework Policy

*From the Superintendent's Office*

**The Board of Education has approved a new district homework policy**, effective for the 2003-04 school year and replacing a 23-year-old policy. The DJUSD homework policy can be found at [www.djUSD.k12.ca.us](http://www.djUSD.k12.ca.us). Some highlighted sections of the policy are as follows:

- Homework is intended to supplement and complement the teacher's instruction, resulting in educational gains by students.
- Homework assignments should be designed to provide proportional learning benefit for students, relative to the time required to complete the assignment.
- For the regular student in a class, the usual daily (Monday-Thursday) maximum time limits are:

**Kindergarten** – 10 min. (reading time)

**1st grade** – 10-20 min.

**2nd-3rd grades** – 20-40 min.

**4th-6th grades** – 40-75 min.

**7th-8th grades** – 1.5-2 hours

**9th grade**– 1.5-2.5 hours

**10th-12th grades** – about 30 minutes per class, not including AP/Honors course homework or long-term assignments.

- Maximum homework times per week include reading activities as well as daily and long-term assignments for grades K-9.
- When multiple teachers are involved, the district encourages the school to help coordinate assignments so that the total workload is not excessive.
- Long-term assignments are expected to support the district's curriculum standards. For long-term assignments, periodic progress checks, monitoring, and feedback by the teacher should occur. For non-art assignments, art may be used as a component of the assignment.

# Emerson PTA News

## Spring is here

and you will soon receive your Stay Home For Emerson Un-fundraiser request. We will also be supporting our Library and Athletics Department this year. 100% of the money raised will go to these worthy programs. State dollars are at a premium and at this point in time at risk. Emerson's library, which has been hit especially hard by both current and proposed State budget cuts Scrip and the donations made in the fall have gone to many worthy departments and programs – everything from Math to Science to Music to the After-School Study Space. This will be money well spent. Your contribution will improve the education for every child at Emerson.

**Emerson's annual Hal Reid Award** will take place at Back to School Night on April 15th. Students, parents and teachers are encouraged to nominate an outstanding teacher for this years honor. Of course, every teacher at Emerson is outstanding, but we each make connections, and this is the goal of the award – to allow students and parents to take notice of just such a connection. Forms in this newsletter and are due April 5th.

**Calling all Volunteers!** It time to consider how each of us can work with our school to provide much appreciated supplemental helps. The PTA is but one way, and within the structure of the PTA there are many, many ways one can participate. For some that may be helping out with one event or project. For others, it may be taking on a leadership position. All are appreciated and all are needed. At this time, the PTA is looking for a few brave women and men to be on the nominating committee for next year's officers. If you have the time, please contact Michelle Reardon at 753-9065 - michelle.reardon@sbcglobal.net Looking forward to seeing many of you at the next PTA meeting.

*Michelle Reardon  
and Sharla Harrington*



## Career Day was Amazing!

**A HUGE thank you** to all of the Emerson community who made this year's Career Day Program a success. From the breakfast for the speakers provided by the PTA (efforts led by Lynne Johnson) to the friendly Leadership Class and Peer Helpers (led by Mr. Seaney and Ms. Terra) who were our 'welcoming committee' to Principal Studley and VP Via who smoothed the way for all details and the EJHS teachers who welcomed over 75 community members — you were all terrific! Special 'snaps' to Mrs. Koblik and Mrs. Ottman for welcoming a special speaker and to Mrs. Snow and Mr. Lee for graciously handling two big "oops!" that occurred. (Sorry!) Kudos to Mrs. Nagle for making sure we avoided any equipment disasters. Lastly, to the parents who came to Emerson as Career Day Speakers, a big round of applause. We loved having you!

*Cynthia Goldberg,  
Career Day Coordinator*

## Emerson on the Web

**Do you know** when the next dance is? When are progress reports mailed? When is the 8th Grade Science field trip? Is this Wed. a late start day?

Check out the Emerson online calendar at [www.prem.calendars.net/ejhcalendar](http://www.prem.calendars.net/ejhcalendar) If you have something you want posted on the calendar, email the details to [ejh@dcn.org](mailto:ejh@dcn.org).

Help Wanted: Enthusiastic volunteer to start taking over maintenance of Emerson's website and listservs now to be ready to fly solo starting next Fall. My student is moving on to the High School and I would like to leave these vital information sources in competent hands. Training available. Please contact Sharla Harrington at 759-1187 or email [ejh@dcn.org](mailto:ejh@dcn.org).

## Dialogue with Deborah

DJUSD Crisis Counselor, Certified School Psychologist

*Each month I select a topic that comes across my desk from parents. Believing there is little new under the sun, I share in a question and answer format parts of these conversations so we can learn from each other. Feel free to email your question to me if you choose to and I will answer you privately and, if appropriate, place it in this column in a way that would not break your confidentiality.*

**Dear Deborah,**

**How do we help our kids control their poor anger management? We have a boy and a girl and they both really lose it at times when they get mad. We need some strategies to help them cope more appropriately. Upon further consideration of this problem, we also understand sometimes we also need help with our "toxic anger", also.**

**Parents of Angry Kids (POAK)**

Dear POAK,

As with all aspects of parenting, modeling is key. As parents you are correct in evaluating your behavior, as it is essential that you both demonstrate good coping strategies and appropriate displays of anger. While everyone will display some level of anger at times, it is imperative that you work on your issues with "toxic anger" and let your kids know you are trying to be better models in this area. Pay attention to these principles that can eliminate toxic anger and share with your kids, also (*Gentry, 1999*):

1. Assess the personality traits that contribute to toxic anger (*i.e. narcissistic, cynical, catastrophic, compulsive*) and try to avoid them.
2. Identify and cope with different stress levels and intensities (*cumulative, chronic, catastrophic, beyond our capacity to control*) so you can better control your anger.
3. Assert yourselves, positively and do not buy into the passive, learned helplessness belief that often results in toxic anger.

*(continued to page 5)*

# The Library Corner

## Battle of the Books

**This month marks** the beginning of the 7th Grade Battle of the Books. The books were introduced during the first two weeks of March and students had until March 19 to register as individuals or teams. Checking out the battle books and reading begins March 22. The battle will take place in the library on May 19, periods 2 and 3. Parent volunteers are needed to help out during the battle day. If you have some extra time on May 19 between 10:00 and 12:00 and are willing to help stage this event, please let the library staff know.

We have some excellent books for the contestants to read. My personal favorites are "Harris and Me" by Gary Paulson and "Zlata" by Zlata Filipovic. In "Harris and Me" the son of alcoholic parents during the 1950s is sent to live with different relatives. One summer he spends on a farm in the mid-west with the family of Harris, a young boy with no common sense or fear. This is a laugh-out-loud book that all ages will enjoy. "Zlata" is the diary begun by an 11 year-old girl who turns 13 by the time she completes it. It records her life in Sarajevo during the break-up of Yugoslavia and the war between the Muslims, Croats, and Serbians. Her hometown is destroyed but not her zest for life.

## Women's History Month

April is Women's History Month. We are celebrating it in the library with a scavenger hunt. Students who come in early, after school, or during lunch can participate by picking up a copy of the hunt and using library materials to answer the questions. We will have a drawing for prizes of those who correctly answer the questions. Students wishing to read some of our excellent books on women's history might want to look at some of the following:



### ***Black Women of the Old West,*** by William Katz

The author found women who were activists, farmers, true pioneers, army wives, gold hunters, mail order brides, black Indians, servants, and business owners in all areas of the West, from the early frontiers in Indiana and Ohio to later settlements in the Northwest, Southwest, and far North. From the slave Juliet to the eccentric Mary Fields, he cites their achievements and the difficult conditions they faced. This very readable book is likely to be an eye-opener for many readers.

### ***Illustrated History of Women*** edited by Irene Franck & David Brownstone

This ten-volume set covers women from prehistory to 1998. From Women, Power, and Politics to Visual and Performing Arts, all of the women who made their mark in the world as leaders in their fields are listed. Indira Gandhi of India, Margaret Thatcher of Britain, Gloria Steinem of the Feminist Movement in the U.S., and Diana Ross of the Supremes are all included along with a brief reference of their accomplishments.

### ***Sandra Day O'Connor,*** by Peter Huber

This biography, part of the American Women of Achievement series, follows Justice O'Connor from her childhood on a cattle ranch on the Arizona-New Mexico border to Stanford Law School, marriage, the birth of three sons, the Arizona Senate, Arizona Court of Appeals, and currently Justice of the United States Supreme Court. While usually conservative, she has surprised court observers by her streak of independence in many rulings. She is determined, intelligent, and a great role model for Americans of both sexes and all ages.

## Adopt-a-Magazine

**During the month of April,** the Emerson Library renews many magazines for the next school year. As with all other programs, money for magazines is in short supply. We are requesting volunteers to "adopt-a-magazine" for the library by paying for a one-year renewal for magazines students can use both for research and recreational reading. The following magazines are suggested but not inclusive. *National Geographic, People en Espanol, Skateboarding, Skiing, Snowboarding, Sports Illustrated, California Chronicles, Discover, Ebony, Time, People, U.S. News and World Report* and others of interest to students.

The average price of these magazines is \$22. If you are willing to adopt one, please select the magazine you would like to sponsor, make out your check to Emerson Junior High School, and drop it off in the library office. Thanks for all of your support!



## April PTA Staff Birthdays

**The Staff Birthday Celebration** for April will be held on Friday, April 2. If you would like to send in a dessert, please bring it to the faculty lounge that morning when you drop off your student. The staff really appreciate these celebrations and look forward to them each month. They always ask for recipes, so, if you don't mind, would you please send in your recipe with your dessert? If you plan on sending in a dessert, please contact Lynne Johnson at 756-1924 or lbjafwife@sbcglobal.net so that she will know how many to plan on. Thanks for all your help!

# April 2004 Emerson Calendar

For the latest dates, check the online activity calendar posted on Emerson's website at <http://prem.calendars.net/ejhcalendar>.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Scrip orders due by mail	<b>1</b> Scrip orders due in Emerson office by 8am	<b>2</b>	<b>3</b>
<b>4</b>	Spring Break - No School					<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b> Emerson PTA Meeting, 7 pm, Library	<b>14</b> Scrip orders ready for pickup	<b>15</b> 1 pm, School Site Council Meeting <b>Emerson Open House, 7pm</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> ★ STAR Testing Begins (through approx. May 5)	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b> High School & Jr. High Band Concert Indoor Commons, 7 pm	<b>28</b>	<b>29</b>	<b>30</b>	STAR Testing Makeups May 10-13

## Support Emerson - Try Scrip this month

### Check it out - New expanded Scrip sales

Take a look at the scrip order form enclosed in this newsletter. We are trying a new vendor, SCRIP ADVANTAGE, which will allow us to offer scrip to additional vendors - such as Borders, Jamba Juice, and Longs. Emerson Jr. High has a small but dedicated group of families who consistently purchase paper scrip each month. These folks help to fund essential educational programs and supplies for our students with no out-of-pocket expense. How about joining the crowd and ordering scrip this month! Here's how:

**Paper Scrip:** Order scrip gift certificates at face value for many popular stores and restaurants. Emerson buys these certificates at a discount and uses the difference to improve our school programs. Just fill out the attached scrip order form and submit it as follows:

**Mail to:** Nicole Starsinic; 1436 Pinnacles St.; Davis, CA 95616 (To be received by Weds. 3/31/04) or deliver by hand to the Emerson scrip box (front office), by Thurs. 4/1/04 8:00AM

Note: Pickup for April will be on or after Mon., April 14, due to Spring Break. Questions? Contact Nicole Starsinic @ ncollins@calweb.com; 753-4829

### Paper scrip not your thing? Try these easy-to-use programs:

**E-SCRIP:** Register your Safeway Club Card via telephone or the Internet. Each time you use your card at Safeway, our school earns money with no additional cost to you (no fee.) To subscribe: 1. Go to [www.escrip.com](http://www.escrip.com) or call 1-800-592-0942 and have your Safeway Club card handy. Emerson's account number is 139423006. If your card is already subscribed under another school's account, you can switch to Emerson or you may also split your account between two schools.

**ALBERTSONS COMMUNITY PARTNERS CARD:** Pick up a free Albertson's card at the scrip box in the Emerson office, then ask the Albertson's clerk to link it to your Preferred Savings Card (PSC). (NEW!) You may now swipe only your PSC once it has been linked to your Community Partners Card.

**E-SCRIP VISA PLATINUM CARD:** Apply for this credit card and earn up to 2% for Emerson with every purchase you make. Apply by phone @ 1-800-559-8913 or online at [www.escrip.com](http://www.escrip.com)

**SchoolPop.com:** Visit this website and register your school as Emerson Junior High PTA or #0164901. Every time you shop online, our school will receive 3-7 percent of each purchase with no additional cost to you.

## Emerson Band Boosters Update

**The Advanced and Concert bands** participated in the Golden Empire Musical Festival at Sheldon School in Elk Grove on March 6th. It was a great experience and the bands sounded fantastic. Thank you to all the parents helped when the busses did not arrive!

Please visit the Davis Dogs hotdog cart, across from Watermelon Music, April 23-24th. All proceeds will go to the Emerson Band Boosters.

The band students have a busy spring planned. The next concert will be April 27th, with the Holmes and Emerson Advanced bands and the High School Symphonic Band. The jazz band performs at the Diablo Valley College Jazz Festival on May 1st. All band students will be performing and enjoying Great America on May 8th at the Music in the Parks Festival.

We hope to see you at the next Band Boosters meeting on Thursday, April 15th at 7:00 in the band room.

## Dialogue with Deborah

(continued from page 2)

4. Avoid all mood-altering substances—and refrain from or at least reduce the use of nicotine, caffeine, and alcohol, all of which exacerbate anger management problems.
5. Develop and nurture empathy, (*sharing a feeling with another person*) because a lack of empathy “facilitates both the expression and experience” of anger.
6. Avoid the build-up of tension or lack of energy, (*which often leads to toxic anger*) by regular exercise that can help release the tension.
7. Monitor your mood, as many people who display toxic anger are depressed.
8. Replace anger as a coping mechanism and substitute with healthy coping strategies.
9. Communicate in ways that are calm, reflective, and perhaps, get out your angry, hostile thoughts on paper before verbalizing them.
10. Take care of yourself and avoid co-dependency, (*the “habitual, compulsive need to control the behavior of others to feel satisfied about one's self*), which is a recipe for toxic anger.

Also share with them the major dangers of unbridled anger when they are not aroused or mad. Seven important reasons to control one's “toxic anger” (Gentry, 1999):

1. Toxic anger can make you physically & mentally ill
2. Toxic anger can shorten your life expectancy
3. Toxic anger contributes to marital instability, conflict and divorce.
4. Toxic anger limits one's occupational status & stability
5. Toxic anger reduces one's effectiveness as a parent.
6. Toxic anger acts negatively effects social relationships.
7. Toxic anger cost a lot economically.

Good luck to all of you as you pursue the goal of better anger management. It will be good for your family, for each individual, and good for everyone's physical and emotional health.

*Take care, Deborah*

## 2003-04 Emerson PTA Board & Committee Chairs

<b>Co-Presidents</b>	Michelle Reardon Sharla Daly Harrington	753-9065	michelle.reardon@sbcglobal.net sharla@dcn.org
<b>Secretary</b>	Kathy Greenhalgh	757-7262	kibgreenhalgh@aol.com
<b>Treasurer</b>	Marnelle Gleason		marnelle@sbcglobal.net
<b>Auditor</b>	Dorothy Meehan	753-8945	dmeehan@sierrahealth.org
<b>Parliamentarians</b>	Steve & Nancy Streeter	758-7328	streets@adnc.com
<b>Historian</b>	OPEN		
<b>Membership</b>	Doreen Beyer	753-1378	dbeyer@jpsnet.com
<b>Fund Raising</b>	OPEN		
<b>Volunteer Coordinator</b>	Barbara Bower	753-8279	
<b>Parent Education</b>	OPEN		gibsusan@aol.com
<b>Hospitality</b>	Lynne Johnson	756-1924	lbjafwife@sbcglobal.net
<b>Newsletter Editor</b>	Susan Gloystein Cotterel	750-1139	sgloy@pacbell.net
<b>9th Grade Insert</b>	Judith McBrine		macbrine@dcn.org
<b>8th Grade Insert</b>	Marnelle Gleason		marnelle@sbcglobal.net
<b>7th Grade Insert</b>	Laurie Siperstein-Cook		LaurieSip@aol.com
<b>Newsletter Mailing</b>	Cindy Espinoza	297-5518	CEspinoza1817@aol.com
<b>Directory</b>	Andra Northup	758-1634	mnorthup@dcn.org
<b>Scrip</b>	Nicole & Frank Starsinic Jane Ross	753-4829 758-3224	ncollins@calweb.com janeeross@aol.com
<b>T-Shirt Sales</b>	OPEN		
<b>Special Education Rep</b>	Steve & Nancy Streeter	758-7328	streets@adnc.com

## Newsletter Deadlines

If you have information you'd like to include in the Emerson newsletter, following are the copy due dates for 2003-04. Send copy submissions by email to Susan Gloystein Cotterel at [sgloy@pacbell.net](mailto:sgloy@pacbell.net).

May	Weds., April 14
June	Weds., May 12

The Daily Bulletin and the Newsletter are both being posted on the Emerson website at [www.djUSD.k12.ca.us/Emerson](http://www.djUSD.k12.ca.us/Emerson).



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