



BearNotes

The Newsletter of the
Menlo-Atherton High School

Para consultar el calendario y los artículos traducidos al español, desplácese hacia abajo después de la versión en inglés.

Weekly Calendar

This Week

- Tue, Oct 20 - Parent Project (Spanish)
- Tue, Oct 20 - FFF Executive Committee Meeting
- Tue, Oct 20 - College and Career Day - Minimum Day
- Tue, Oct 20 - Order Amici's for lunch or dinner - mention M-A Atherton PTA and earn 25% back for our school
- Wed, Oct 21 - FAFSA/CADAA Workshop #1
- Fri, Oct 23 - Homecoming Day & Rally Schedule
- Fri, Oct 23 - AP Financial Aid Deadline
- Sat, Oct 24 - Homecoming Dance



Next Week

- Tue, Oct 27 - Halloween Orchestra
- Tue, Oct 27 - Parent Project (Spanish)
- Wed, Oct 28 - Trick or Treat Street
- Thu, Oct 29 - Latino Parent Workshops
- Fri, Oct 30 - AP Exam Ordering Deadline

Upcoming

- Tue, Nov 3 - 11th Grade College Information Night #1
- Tues, Nov 3 - Parent Project (Spanish)
- Wed, Nov 4 - Minimum Day
- Thu, Nov 5 - Deadline to Request a Counselor Letter of Rec
- Thu, Nov 5 - ELAC Meeting
- Thu, Nov 5 - Odd Block Day
- Thu, Nov 5 - M-ACC Monthly Meeting
- Fri, Nov 6 - Even Block Day

Full schedule of school events: [Menlo-Atherton School Calendar](#)

For info on M-A sports/athletics events: [Visit BearsAthletics.com](#)

Help spread the word about this newsletter!

We want to make sure this newsletter reaches any M-A family who could benefit from this information. Feel free to forward this newsletter to others in the M-A community and encourage them to [sign up for their own copy every week.](#)

From the Principal's Office

Resources for Students

Students can access these resources throughout the school year. Please use the links below if you need help or support.

- Find your [School Counselor's email](#)
- Student [Wellness Resources](#) (Social-Emotional Support at M-A)
- Phone numbers and email addresses for [Social and Emotional Support Outside of M-A](#)
- [M-A Library Resources](#)
- [After School Academic Support Center](#)
- [See Something, Say Something Tip Line](#)

From the PTA



Don't forget to order Amici's off of Santa Cruz Ave for lunch or dinner on the minimum day, Tuesday October 20th. Mention M-A Atherton PTA and earn 25% back for our school!! Your family will love you for it.

Please don't forget to donate before October 30th! The PTA Fall campaign is underway and we have only collected \$65,000, please help us meet our \$140,000 goal. Your donation directly supports classroom supplies, student programs, equity initiatives, and the staff who make our school exceptional!

If you haven't yet, please make your yearly donation [here](#). Interested in sponsoring a specific PTA program?

We'd love to hear from you. Please contact our Donations Team at donations@maptabears.com.



College and Career Day!

College and Career Day is **Tuesday, October 20th**. The PTA is hosting a breakfast buffet for our volunteer panelists and the MA organizing committee.

Please see the sign-up [HERE](#) to donate items or help set up

Your PTA Needs You!

We're looking for a few wonderful volunteers to fill some important PTA roles. There's something for everyone—and no prior PTA experience is required! Please contact the Co-Presidents at presidents@maptabears.com to learn more.

Co-Vice President

Here's your chance to add "VP" to your résumé without quitting your day job! Join our leadership team, share your ideas, and help support the M-A community.

Grad Night Co-Chairs — Two Volunteers Needed

How can our seniors graduate without a party? We're looking for two volunteers to take the lead on Grad Night and give our students a celebration to remember at the Santa Cruz Beach Boardwalk! This beloved tradition is incredibly important to our new graduates—and with an established plan already in place, it's practically paint-by-numbers.

Prom Closet Co-Chairs — Two Volunteers Needed

Prom Closet brings new and gently used formalwear, shoes, and accessories directly to campus, where students can "shop" for everything they need to look and feel their best on prom night—at no cost. We're looking for two co-chairs to continue this wonderful event and help make a night to remember possible for every student.

Kelly Koppen and Heidi Butz

[PTA Co-Presidents](#)

[M-A PTA website](#)

[The PTA is on Facebook](#)

Trivia Break

Test Your M-A Knowledge! Music Addition!

Put your **BearBrain** to work on the questions below.
Answers after Sports section.



Question 1. Which future Fleetwood Mac superstar graduated from Menlo-Atherton High School in 1966?

Question 2. Which future Fleetwood Mac guitarist attended M-A and met Stevie Nicks while they were in high school?

Question 3. Which M-A-connected musician became a founding member of the legendary Grateful Dead?

Staff & Administration

The 28th Annual M-A Canned Food Drive

Even here in wealthy Silicon Valley, hunger will take a seat at too many tables this holiday season. This affects our whole community including children, neighbors, classmates, and acquaintances. From November 1st, 2026 to December 5th 2026, in



partnership with Ecumenical Hunger, Menlo-Atherton students will collect food from the community to help feed several hundred families in our area. We are aiming to reach our goal of 450,000 pounds of food this year! While the Canned Food Drive is entirely organized by the M-A Leadership class, all M-A students are urged to show their Bear Pride by participating in this amazing effort that has garnered M-A two awards from Second Harvest Food Bank.

M-A community members can donate cans in the barrels at the following locations:

- Bianchini's in Ladera
- Delucchi's Market in Marsh Manor, Redwood City
- Draeger's in downtown Menlo Park
- Safeway in Menlo Park
- Soleska Food Market
- Willows Market in Menlo Park
- El Rancho Market
- Bob's Country Corner in Menlo Park
- Safeway in Sharon Heights
- Key Market in Redwood City
- Robert's Market in Portola Valley
- Trader Joe's in downtown Menlo Park

Ways that you can help:

- **Donate Online!** With your support, every dollar donated will create two nutritious meals for those in need.
- When you are shopping for your family, please add extra cans to your cart and drop them with M-A students.

Seeking College and Career Day Panelists

Dear M-A Parents and Community,

We are recruiting panelists to speak with our 12th graders about their careers on College & Career Day. The panel will meet on **Tuesday, October 20, from 9 am to 12 pm.**

If you are willing to attend and share your experiences, please **fill out this form** to help us with our planning.

Thank you for continuing to inspire the next generation of Menlo-Atherton students!

Questions? Reach out to Rachel Richards at **mrichards@seq.org**.

Computer Academy

The Computer Academy at Menlo-Atherton High School is seeking Bay Area professionals to mentor our 11th Grade students. These mentors provide support, consistency, and an opportunity for students to develop the skills needed to accomplish their future goals.

There are four on-campus sessions throughout the year. For each session, you are provided with a guide to support your student with building a resume, preparing for college, and considering the many careers available to them. **Sign up today**



Any questions before signing up? Please reach out to Joe Paz at **jpaz@seq.org**.

M-A PTA Refurbishment and Donation Program

WANTED: Old computers, working or not, for the M-A PTA refurbishment and donation program. We can use laptops, desktop computers, monitors, working printers, and all types of computer accessories.

We will securely erase your information as part of the refurbishing process. We welcome donations from individuals and companies upgrading their equipment or downsizing. Donations are tax-deductible, and we can provide a receipt.

For more information, visit [Menlo-Atherton High School Computer Donation Program](#) or contact Sue Kayton directly at computerdonations@mabearspta.org or 650-740-6774.

Student Activities

M-A Bears Wrestling Tryouts



November 2–6



4:30–7:00 PM



Wrestling Rooms

Open to both boys and girls!

What to bring on Day 1:

- Running shoes
- Water bottle

Attendance is required all week (November 2–6) to be considered for the team.

Exception: Athletes who are still participating in a fall sport and have not yet been released are exempt until their fall season concludes.

Get Involved with Student Service!

The Service Learning Center (SLC) helps Menlo-Atherton students find meaningful volunteer opportunities, connect with clubs and organizations, and turn their interests into action.

Our student-led Executive Board connects students with service opportunities throughout the school year. Whether your student is already involved in volunteering or looking for a place to start, the SLC is a great resource for getting involved and making an impact in our community!

Is your student interested in getting involved? Have them see Mr. Stuart in P5, visit our GivePulse website at mabears.givepulse.com, or check out our Instagram @maservicelearningcenter to learn more and find service opportunities!

A Growing Music Connection with Ravenswood Middle School

We're excited to see a growing connection between **Ravenswood Middle School (RMS)** in East Palo Alto and the M-A music department! RMS is one of M-A's primary feeder schools, and this year we're seeing more RMS musicians continue their musical journey at M-A.

Most of our Mariachi students came to M-A from RMS, along with many students in Jazz 2. It's great to see these students bring their musical experiences and enthusiasm and become such an important part of our ensembles.

Mr. Jordan Mitchell leads the RMS music program, pictured here with current M-A freshman **Ruby Noworyta**. We're really grateful for the work Mr. Mitchell is doing with his students and excited to see the musical connection between RMS and M-A growing.

We're looking forward to welcoming even more RMS musicians to the M-A music community in the years ahead!



Order Early, Save Big on Your Student Yearbook!

Parents, it's not too early to order your student's yearbook. The current price is \$95, so purchase now before the price goes up.

[Order online today](#)

Yearbook wants your photos!

If you have great pictures from school events, sports, clubs, performances, or everyday student life, please submit them to the yearbook online.

You can [submit photos](#) on our website using the code: **mapics27**

Submit photos: <https://sites.google.com/seq.org/menlo-athertonhighschool/home>
Thank you for helping us create a yearbook that truly represents our school community!



From the Foundation

FOUNDATION FOR THE FUTURE

MENLO-ATHERTON HIGH SCHOOL

Supporting Excellence in Education

There's Still Time to Help Fund Teachers!

***Our community has donated almost \$1.4million
to fund teacher and staff salaries this school year
but we still need YOU to reach our \$2.5 million goal!***

To join the hundreds of other donors who believe in academic excellence at M-A, simply donate via our website at **www.mafoundation.org**, with your Donor Advised Fund, stock, or credit card. We also offer monthly payment plans.

THANK YOU to everyone who has already donated. Our initial donor roll of all

donors through September 30, 2026, can be found on our website [here](#). Should you like to be included in the next update, please donate by November 1st.

DONATE NOW

Go Bears and thank you for your support!

Boosters & BearWear

 **NEW M-A NIKE GEAR IS HERE!** 

Show your Bear Pride in style!  

Get ready to rep Menlo-Atherton with our new **M-A Nike gear!** From fresh tees to hoodies and more, there's something for every Bear. Whether you're on campus, at a game, or out in the community, show everyone what it means to be part of M-A!

 Gear up. Show up. Rep M-A! 

 Shop the collection today!

<https://sideline.bsnsports.com/schools/california/atherton/menlo-atherton-high-school>

GO BEARS!   





Parent Education

The Parent Venture is a leading provider of comprehensive, high-quality education for parents, caregivers, educators, and community members.

Sign up [here](#) for our weekly newsletter for information about upcoming events!

When Anxiety Gets in the Way: Supporting Neurodivergent Students **Ramsey Khasho, PsyD, Clinical Psychologist, Chief Business and Strategy Officer, One Life**

Wednesday, October 21, 2026, 5:30pm – 6:30pm
PT, Virtual Event (Live)

Register: <https://ramseykhasho2026.eventbrite.com>

In this [Neurodiversity Education Series](#) event, Ramsey Khasho, PsyD, will explore how anxiety can intersect with neurodivergence and affect learning, relationships and everyday life.

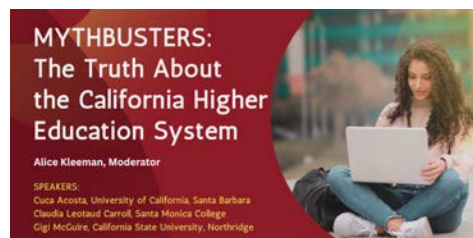
Parents/caregivers, educators, and community members welcome! Simultaneous Spanish interpretation will be available. Free admission.



The [Neurodiversity Education Series](#) is presented by [The Parent Venture](#), [Children's Health Council](#), [REEL2e](#), and [The RILEY Project](#), with major funding from [Sequoia Healthcare District](#) and [Peninsula Health Care District](#).

For more information, visit www.neurodiversityeducationseries.org, or contact Charlene Margot, MEd, Co-Founder and CEO, [The Parent Venture](#), at cmargot@parentventure.org.

MYTHBUSTERS: The Truth About the California Higher Education System **Cuca Acosta, UC Santa Barbara; Claudia Carroll, Santa Monica College; Gigi McGuire, California State University, Northridge**



Tuesday, October 20, 2026

Register: <https://mythbusters2026.eventbrite.com>

In this session, representatives of the [University of California \(UC\)](#), [California State University \(CSU\)](#), and [California Community College \(CCC\)](#) systems will counter some of the most common myths about each system and the systems' relationships to one another.

Parents/caregivers, students, educators, and community members welcome! Simultaneous Spanish interpretation will be available. Free admission.

This presentation is sponsored by the [Sequoia Healthcare District](#), [Sequoia Union High School District](#), and [Peninsula Health Care District](#), in partnership with [The Parent Venture](#).

Questions? Contact Charlene Margot, MEd, Co-Founder and CEO, [The Parent Venture](#), at cmargot@parentventure.org.

From the Community

The Community Closet

We're accepting clothing and financial donations for the year ahead. Both go straight to students at Menlo-Atherton High School, and every donation is tax-deductible through our fiscal sponsor, The Hack Foundation, a registered 501(c)(3) nonprofit.

[Donate or learn more.](#)

Visit our [Instagram!](#)

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League of Women Voters of South San Mateo County Youth Council

Are you 16–22 and ready to make a difference? Join the **Youth Council of the League of Women Voters of South San Mateo County (LWVSSMC)**!

As a member, you'll:

- Run voter registration drives;
- Take part in voter education events;
- Help out at LWVSSMC activities and community events.

This is a chance to build real-world skills in organizing, advocacy, and civic engagement—while empowering more young people to vote.

We meet once a month (September–May) on Zoom and in person at League events. And don't be fooled by the name—we welcome **all genders**. Everyone has a role to play in strengthening our democracy.

Go to our [website](#) for the application form.

Varsity Football

The Bears waded into The Swamp on Saturday and drained it, rallying past crosstown rival Sacred Heart Prep 14–7.

The Gators struck first and carried a 7–0 lead into halftime, but the Bears' defense refused to be gator bait. **Kasper Ahonala** delivered a tone-setting tackle, **Spencer Ama** broke up a pass on 3rd-and-21 to force a punt, and sacks by **Kaito Yoshida** and **Sam Huddleston** kept the Gators snapping at air.

The second half belonged to the Bears. **Kyle Gabriel** hauled in a pass from QB **Bishop Manumaleuna** on third down and raced to the end zone; **JP Maciel's** extra point knotted it at 7–7. Then **Xavier Bedolla** reeled in a 59-yard bomb, setting up **Ama's** 5-yard touchdown plunge — **Maciel's** kick made it 14–7.

The defense slammed the swamp gates shut from there: **Huddleston** piled up tackles and **Diego Madrid** broke up a pass to force a turnover on downs. On the clinching drive, **Jackson** pounded out first downs and quarterback **Manumaleuna** hit **Gabriel** on 3rd-and-15. A missed field goal turned golden when a roughing-the-kicker penalty gave the Bears a fresh set of downs — and just like that, it was see-you-later, alligator. Bears win!

JV Football

The Menlo-Atherton JV Bears fought hard against the Sacred Heart Gators in a challenging matchup filled with exciting plays and determined defensive efforts.

The Bears opened strong with an impressive kickoff return by #10 **Dylan Corson**, powerful runs by #33 **Nase Leafa**, and a terrific pass from quarterback #14 **Alex Chipres** to #85 **Brian Ho**. Despite early turnovers, M-A continued battling.

A strong offensive drive led by Leafa brought the Bears to the goal line, where #33 powered into the end zone for a touchdown! #22 **Axel Polu** delivered the extra point, giving M-A a 7–6 halftime lead.

Defensively, the Bears showed tremendous determination with standout tackles by #17 **Jeremiah Hernandez**, #3 **Dylan Kryger**, #21 **Tomas Lopez**, #18 **Jordan Bankus**, and players #72 and #77.

Unfortunately, costly fumbles continued to plague the Bears in the second half, allowing Sacred Heart to capitalize and pull ahead.

Despite the tough 20–7 loss, the Bears demonstrated resilience and teamwork throughout the game.

The Bears move to 5–2 on the season. Keep your heads up, Bears!

Girls & Boys Cross Country (XC)

The Bears XC teams continued their march toward the post-season with strong performances on Friday in the 89-degree heat of Fresno. The Varsity teams competed at the Rough Rider Invitational, a preview of the 5K course where the State Meet will be held at Woodward Park in Clovis.

The Varsity Girls earned a fifth-place finish among 24 teams, led by junior **Caroline Pflaum**, senior **Laura Maravilla**, sophomores **Chloe Lai** and **Sonya Glebov**, and junior **Alli Brottem**. Maravilla, Glebov, sophomore **Julia Piper** and senior **Caroline Baker** all ran personal-best times.

The Varsity Boys followed with a second-place finish among 36 teams, losing only to Campolindo, which has been the #1-ranked team in California.

The Bears were led by senior **Evan Chopra** who won the race in a school record of 15:11. He was followed in scoring by seniors **Ben Salceda**, **Calvin Blanford** and **Grant Bennett**, who took 7th, 10th and 19th places. The Bears scoring was completed by junior **Declan Leslie**, running in his first Varsity r, followed by seniors **Martin Stoyanov** and **Oscar Wettermark**. Chopra, Salceda, Blanford, and Leslie all had personal best times, as did senior **Oliver Chi** and sophomores **Charlie Salas**, **Julian Martinez** and **Griffin Harris**.

The Bears compete next on Wednesday, in the third regular-season Peninsula Athletic League meet, at Bedwell Park in Menlo Park.

Girls Varsity Tennis

M-A Varsity Girls Tennis split its matches this week, earning an exciting 4-3 victory over Burlingame on Tuesday before facing league-leading Aragon on Thursday. Against Burlingame, the Bears delivered a hard-fought team win. At Singles #1, **Marissa Hou** showed impressive resilience after dropping the first set, rallying to win 2-6, 6-1, 10-6. **Lucia Rose** (Singles #4) and Double #2 **Harriet Gillis / Julia Maggio** secured straight-set victories. Adeleine Soltys and Emma Snyder battled through tight matches at No. 2 and No. 3 singles but came up short. The deciding match came from Doubles #3, where **Anna Kate Brown / Julianne Hanson** carried their match across two days before sealing the victory, 7-5, 6-4, to clinch the 4-3 win for M-A.

On Thursday, the Bears welcomed league powerhouse Aragon. Despite a 7-0 loss, M-A competed hard across all seven courts. Singles players **Hou**, **Soltys**, **Snyder**, and **Rose**, along with doubles teams **Milan Tian / Alexandra Tong**, **Gillis/ Maggio**, and **Debbie Young / Aarushi Srivastava**, fought hard against a formidable opponent. Tuesday 10/20 is senior night. Please come and celebrate our seniors. Recognition of seniors at 3:00. Match vs Sequoia at 4:00. Celebration of seniors at 5:30.

Girls Varsity Water Polo

Another busy week for the Lady Bears started Monday against crosstown rival Woodside. The Bears took care of business with an 8-5 victory, shutting down Woodside's star player while doing enough offensively for a comfortable win. **Mica Podoly** led the offense with three goals, while **Avery Moeller** and **Sila Curic** added two each. Goalie **Fiona McGaraghan** was fantastic with 10 saves.

The big event came Wednesday evening, with standing room only at Spieker Pool for Senior Night against visiting Carlmont. Coach **Jim Lobdell** pulled out all the stops, bringing back former head coach and program builder Lauren Lesyna as a surprise guest for the ceremonies. Both coaches delivered heartfelt tributes to seniors **Lucy Gostyla**, **Mica Podoly**, **Sarah Coolican**, **Giselle Schroedl**, **Lily Anderson**, and **Harper Williams**.

In front of the raucous crowd, the Bears did not disappoint, dominating 18-2. **Podoly** led the offense with four goals, while **Gostyla**, **Williams**, and **Schroedl** added three apiece. Anderson played the Swiss Army knife with four assists, three steals, and a goal. This group of seniors has worked so hard and brought so much energy, passion and leadership to the program over the last four years - there are no words for how proud we are of all of them. We can't thank them enough for all they have contributed to Menlo-Atherton and the Bears Water Polo program!

The Bears were back at it over the weekend at a highly competitive Mountain View tournament, going 1-2 against some of the Bay Area's top teams.

Another big week ahead as the Bears look to protect first place and their undefeated league record against the second- and third-place teams, Terra Nova and Aragon, respectively.

Boys Varsity Water Polo

Senior night is this **Wednesday** at the M-A pool deck at 6pm! Please come out & support all of our Seniors!

Boys JV Water Polo

On a sunny October 12th, the M-A Bears outlasted Woodside 7-6 in a back-and-forth thriller. Woodside pushed ahead late, and the Bears needed a spark to answer. **Jordan Trevino** supplied it, tying the game with a left-handed pirate hook, then taking the lead with another to put the Bears in front for good. **Theo Saenz** gave the offense its patience, spacing the pool and picking his moment to bury his goal. Matias, the team's resident sniper, calmly lined up a bullet of a shot and delivered the kill.

Behind them, goalie **Grayson Bodor** played the medieval castle gate, swatting away shots like mildly annoying flies, then delivering pinpoint outlet passes like a postal service that never loses a package. The real magic, though, was on the deck: Coach Anthony, cane in hand like a wise old maestro, conducted the Bears like a symphony orchestra. Every pass, drop, and defensive stop landed in time, and the final note was a 7-6 victory.

Girls Varsity Volleyball

The Bears hosted Sequoia in a very tightly contested 4-set match, 3-1 (26-24, 25-22, 24-26, 25-22). The first set was a back-and-forth battle, but M-A fought back to tie it 24-24 and ended the set with two kills. The second set was also close, but the Bears were able to pull away late in the end. Sequoia battled back in the third set, and M-A was just short. In the fourth set, M-A stayed composed through another tight finish and the Bears were able to close out the match. The team totaled 56 kills and 87 digs. **Sophie Marks** (22 kills, 18 digs); **Gabby Lowe** (16 kills, 14 digs); **Emerson Edwards** (7 kills); **Ingrid Howse** (41 assists, 15 digs); **Calista Chou** (15 digs, 4 assists); **Claire Gracia** (2 aces).

M-A hosted Carlmont, but unfortunately fell, 0-3 (12-25, 20-25, 23-25). The Bears struggled to get going in the first set. The second set was close, but the Scots momentum continued. In the third set, M-A battled throughout, but Carlmont ultimately pulled ahead to end the match. Unfortunately, no stats for this match.

Upcoming Games

This week the PAL league games are Monday October 19, away v. Burlingame; Freshman 5:00, Tuesday October 20 away v. Hillsdale; JV 4:30pm and Varsity 6:00pm, Wednesday, October 21 v. Woodside at Aragon; Freshman 4:00 and Thursday October 22, away v. Half Moon Bay; JV 4:30pm and Varsity 6:00pm. Come on out to show your support for our Bears!

JV Girls Volleyball

The Bears split their two league matches this week, but the final scores don't tell the whole story. Tuesday, M-A hosted Sequoia and battled through a nail-biting first set, edging the Ravens 26-24. The Bears carried that momentum into the second, winning 25-21 to complete the 2-0 sweep. **Gemma Brennan** (15 assists, 5 digs); **Jamielynn Pang** (4 kills, 4 digs, 3 aces); **Ava Teeple** (9 digs); **Penelope Gemassmer** (4 kills, 1 block); **Bri Bedolla** (2 kills, 2 aces); **Brianna Ruiz** (3 assists, 2 aces); **Zoe Magdalin** (3 kills).

Thursday brought an even tighter battle against Carlmont. In a match where neither team seemed willing to let a set end at 25, the Bears went toe-to-toe with the Scots. M-A narrowly dropped the first set 25-27, then pushed Carlmont even further in the second before falling 28-30. Just four points separated the teams across two sets, making this

one of the closest matches of the season. The match also featured the Bears' first successful kick pass of the season, courtesy of **Gemassmer**. Not a traditional volleyball stat, but perhaps it should be. **Brennan** (22 assists, 9 digs, 1 ace); **Gemassmer** (8 kills, 4 aces); **Teeple** (11 digs, 3 aces); **Pang** (6 kills, 2 digs); **Ayleen Madriz** (6 digs, 2 kills); **Bedolla** (4 kills).

Girls Varsity Golf

M-A Varsity Girls Golf Finishes Undefeated in PAL Ocean Division

The Menlo-Atherton varsity girls golf team finished its regular season with a perfect 12-0 record, winning the PAL Ocean Division championship and earning a spot in the CCS playoff qualifier.

The Bears opened the season with wins over Half Moon Bay and El Camino and continued their winning streak throughout September and October. Senior Annika Howse and sophomore **Savannah Lee** led the way for M-A.

Senior **Cleo Benrey**, sophomores **Fiona Foley** and **Charlotte Foley**, and the rest of the lineup helped M-A put together an undefeated season. The twins, **Fiona** and **Charlotte Foley**, made strong contributions in their first varsity season, while returning players **Hadley Collins**, **Kaylee Zhong** and **Saki Shudo**, along with freshman **Jesi Jackson**, added valuable depth.

M-A had several decisive victories along the way, including a 179-224 win over Woodside on September 17 and a 157-185 victory over Sequoia on September 30. In the regular-season finale on October 14, the Bears defeated South San Francisco 170-194 at Mariners Point. Lee shot 29, **Collins** added a 33 and **Fiona Foley** carded a 34. **Jackson** shot 36, Shudo had a 38 and **Vivi Lewis-Castro** finished with a 44.

After going winless in the Bay Division last season, M-A has made a strong statement in its first year in the Ocean Division. The Bears will look to carry that momentum into the CCS playoff qualifier on Tuesday, October 20, at Poplar Creek Golf Course.

M-A will face Bay Division runner-up Burlingame and third-place Aragon in a nine-hole tournament. The lowest-scoring team will earn the PAL's second berth in the Central Coast Section championships.

Trivia Break – Answers

1. Stevie Nicks — the iconic singer behind “Rhiannon,” “Dreams,” and “Landslide.”
2. Lindsey Buckingham — guitarist and singer who later joined Stevie Nicks in Fleetwood Mac.
3. Bob Weir — guitarist, singer, and founding member of the Grateful Dead.

How to Submit Articles for BearNotes

Keep articles short, focused, and written for M-A parents.

- Email proofread submissions by **midnight Thursday** to bearnotes@maptabears.com.
- Sports entries are due by **Sunday at noon** (for Friday or Saturday events) and are limited to 200 words per team.

- Please do not send attachments.
- Send unformatted content in the body of the email.
- Include all details like date, time, location, cost, contact info, and URL.
- Include a Spanish translation if your article includes information that all parents need. Email bearnotes@maptabears.com if you need help with translation.
- All submissions are subject to editing by the PTA.

For policies and more information, visit the [Menlo-Atherton PTA](#) website.

Want BearNotes in your inbox every week? [Sign up!](#)

M-A Quick Links

[M-A PTA](#) | [Sequoia Union District](#) | [Sequoia District Newsletter](#) | [BearNotes Archive](#) | [M-A Bear News](#) | [M-A Today](#) | [M-A Athletic Boosters](#) | [M-A Drama Boosters](#) | [M-A Music Boosters](#) | [M-A Robotics Boosters](#) | [M-A College/Career Center](#) | [M-A Parent Education](#) | [M-A Yearbook](#) | [Foundation for the Future](#) | [Infinite Campus](#) | [Canvas](#) | [Bus Routes](#) | [Shared Decision-Making Site Council \(SDMSC\)](#) | [Naviance Family Connection](#)

BearNotes Editors:

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M-A PTA does not endorse third-party events or submissions, nor take responsibility regarding the content of any third-party websites.

M-A PTA BearNotes en Español

Calendario Semanal

Esta semana

- Mar, 20 de oct - Proyecto para Padres (en español)
- Mar, 20 de oct - Reunión del Comité Ejecutivo de FFF
- Mar, 20 de oct - Día de Orientación Universitaria y Profesional (College and Career Day) - Jornada escolar reducida
- Mar, 20 de oct - Pida comida o cena en Amici's: mencione a la PTA de M-A Atherton y nuestra escuela recibirá un reembolso del 25%
- Mié, 21 de oct - Taller n.º 1 sobre FAFSA/CADAA
- Vie, 23 de oct - Día de Homecoming y horario de evento escolar (Rally)
- Vie, 23 de oct - Fecha límite para solicitar ayuda financiera para exámenes AP
- Sábado, 24 de oct - Baile de Homecoming

La próxima semana

- Mar., 27 de oct. - Orquesta de Halloween

- Mar., 27 de oct. - Proyecto para Padres (en español)
- Mié., 28 de oct. - Calle de Dulce o Truco (Trick or Treat Street)
- Jue., 29 de oct. - Talleres para Padres Latinos
- Vie., 30 de oct. - Fecha límite para pedir los exámenes AP

Próximamente

- Mar, 3 de nov. - Noche de información universitaria para estudiantes de 11.º grado #1
- Mar, 3 de nov. - Proyecto para Padres (Español)
- Mié, 4 de nov. - Día de horario reducido
- Jue, 5 de nov. - Fecha límite para solicitar una carta de recomendación del consejero
- Jue, 5 de nov. - Reunión de ELAC
- Jue, 5 de nov. - Día de bloques impares
- Jue, 5 de nov. - Reunión mensual de M-ACC
- Vie, 6 de nov. - Día de bloques pares

Para el calendario completo y los eventos: [Calendario escolar de Menlo-Atherton](#)

.....

Ayúdenos a que este boletín llegue a cada familia que lo necesite

Por favor, reenvíe este boletín a cualquier familia de M-A que pueda beneficiarse de esta información.

[Suscríbase para recibir este boletín cada semana](#)

De la Oficina del Director

Un mensaje del director Karl Losekoot está disponible [AQUÍ](#).

Recursos para estudiantes:

- Enlace a tu [Correo electrónico del orientador escolar](#)
- Enlace para estudiantes **Cita de bienestar** (Apoyo socioemocional en M-A)
- Enlace a números de teléfono y direcciones de correo electrónico para **Apoyo socioemocional fuera de M-A**
- Enlace a [Recursos de la biblioteca M-A](#)
- [Centro de Apoyo Académico Después de Clases](#)
- [Si ve algo sospechoso, dígalos. Línea de denuncias](#)

De la PTA



Evento gastronómico de la PTA de M-A con Amici's East Coast Pizzeria: ¡el 25 % de lo recaudado se destinará a nuestras escuelas!

¡Haz un pedido para llevar o come en el local de Amici's, ubicado cerca de Santa Cruz Blvd en el centro de Menlo Park! A tu familia le encantará la idea.

Pide tu almuerzo o cena en Amici's el martes 20 de octubre (día de horario reducido), menciona a la PTA de M-A Atherton y ¡¡consigue que el 25 % del importe se destine a nuestra escuela!!

M-A PTA Campaign Progress



¡No olvides hacer tu donación antes del 30 de octubre! La campaña de otoño de la PTA ya está en marcha y solo hemos recaudado 60.000 dólares; por favor, ayúdanos a alcanzar nuestra meta de 140.000 dólares. Tu donación contribuye directamente a financiar material escolar, programas para los estudiantes, iniciativas de equidad y al personal que hace que nuestra escuela sea excepcional. Si aún no lo has hecho, por favor realiza tu donación anual [aquí](#).

¿Te interesa patrocinar algún programa específico de la PTA? Nos encantaría saber de ti. Por favor, contacta a nuestro equipo de donaciones en donations@maptabears.com.

¡La PTA los necesita!

Buscamos voluntarios maravillosos para ocupar algunos cargos importantes en la PTA. ¡Hay opciones para todos, y no se requiere experiencia previa en la PTA! Por favor, póngase en contacto con los copresidentes en presidents@maptabears.com para obtener más información.

Copresidente adjunto (Co-Vice President)

¡Esta es su oportunidad de añadir el título de "Vicepresidente" a su currículum sin dejar su trabajo actual! Únanse a nuestro equipo de liderazgo, compartan sus ideas y ayuden a apoyar a la comunidad de M-A.

Copresidentes de la Noche de Graduación (Grad Night) — Se necesitan dos voluntarios

¿Cómo podrían graduarse nuestros estudiantes de último año sin una fiesta? Buscamos dos voluntarios que lideren la organización de la Noche de Graduación y ofrezcan a nuestros estudiantes una celebración inolvidable en el Santa Cruz Beach Boardwalk. Esta querida tradición es sumamente importante para nuestros recién graduados y, dado que ya existe un plan establecido, el proceso es sumamente sencillo (casi como seguir instrucciones paso a paso).

Copresidentes de "Prom Closet" — Se necesitan dos voluntarios

"Prom Closet" lleva ropa formal, zapatos y accesorios —nuevos o en excelente estado— directamente al campus; allí, los estudiantes pueden "comprar" (sin costo alguno) todo lo necesario para verse y sentirse de maravilla en la noche del baile de graduación. Buscamos dos copresidentes para dar continuidad a este maravilloso evento y ayudar a que todos los estudiantes disfruten de una noche inolvidable.

Kelly Koppen y Heidi Butz

[Copresidentas de la PTA](#)
[Sitio web de la PTA de M-A](#)

Personal y Administracion

La 28.^a Campaña Anual de Recolección de Alimentos Enlatados de M-A



Incluso aquí, en el próspero Silicon Valley, el hambre estará presente en demasiados hogares durante estas fiestas. Esto afecta a toda nuestra comunidad, incluidos niños, vecinos, compañeros de clase y conocidos. Del 1 de noviembre de 2026 al 5 de diciembre de 2026, en colaboración con Ecumenical Hunger, los estudiantes de Menlo-Atherton recolectarán alimentos de la comunidad para ayudar a alimentar a varios cientos de familias de nuestra zona. ¡Este año nos hemos propuesto alcanzar nuestra meta de recolectar 450,000 libras de alimentos! Aunque la campaña de recolección de alimentos está organizada íntegramente por la clase de Liderazgo de M-A, se anima a todos los estudiantes de M-A a demostrar su orgullo Bear participando en esta increíble iniciativa, que le ha valido a M-A dos premios del Banco de Alimentos Second Harvest Food Bank. Los miembros de la comunidad de M-A pueden donar alimentos enlatados en los barriles ubicados en los siguientes lugares:

- Bianchini's en Ladera
- Delucchi's Market en Marsh Manor, Redwood City
- Draeger's en el centro de Menlo Park
- Safeway en Menlo Park
- Soleska Food Market
- Willows Market en Menlo Park
- El Rancho Market
- Bob's Country Corner en Menlo Park
- Safeway en Sharon Heights
- Key Market en Redwood City
- Robert's Market en Portola Valley
- Trader Joe's en el centro de Menlo Park

Formas en las que puedes ayudar:

- **¡Dona en línea!** Con tu apoyo, cada dólar donado permitirá proporcionar dos comidas nutritivas a personas necesitadas.
- Cuando hagas las compras para tu familia, agrega algunas latas adicionales a tu carrito y entrégalas a los estudiantes de M-A.

Se buscan panelistas para el Día de la Universidad y la Carrera Profesional

Estimados padres y miembros de la comunidad de M-A:

Estamos buscando panelistas que puedan hablar sobre sus carreras profesionales a nuestros estudiantes de último año (grado 12) durante el Día de la Universidad y la Carrera Profesional (*College & Career Day*). El evento se llevará a cabo el martes **20 de octubre, de 9:00 a. m. a 12:00 p. m.**

Si desea participar y compartir sus experiencias, por favor complete el formulario en este enlace: <https://tinyurl.com/M-ACCD2026> para ayudarnos con la organización.

¡Gracias por seguir inspirando a la próxima generación de estudiantes de Menlo-Atherton!

¿Tiene alguna pregunta? Comuníquese con Rachel Richards en mrichards@seq.org.

La Academia de Computación

La Academia de Computación de Menlo-Atherton High School está buscando profesionales del Área de la Bahía que estén interesados en ser mentores de nuestros estudiantes de 11.º grado. Estos mentores brindan apoyo, constancia y una oportunidad para que nuestros estudiantes desarrollen una comprensión de las habilidades que necesitan para alcanzar sus metas futuras.



Habrán 4 sesiones en el campus a lo largo del año. Para cada sesión, se le proporcionará una guía para ayudar a su estudiante a preparar un currículum, prepararse para la universidad y explorar las muchas opciones profesionales que tienen disponibles.

Para inscribirse, visite la siguiente URL: tinyurl.com/MAmentor2627

Si tiene alguna pregunta antes de inscribirse, comuníquese con Joe Paz en jpaz@seq.org.

Programa de Renovación y Donación de la PTA de M-A

SE BUSCAN - Computadoras viejas, funcionen o no, para el programa de Renovación y Donación de la PTA de M-A. Podemos usar computadoras portátiles (laptops), computadoras de escritorio, monitores, impresoras en funcionamiento y todo tipo de accesorios de computación.

Borraremos su información de forma segura como parte del proceso de renovación. Agradecemos las donaciones de individuos y de empresas que estén actualizando sus equipos o reduciendo su tamaño. Las donaciones son deducibles de impuestos y podemos proporcionar un recibo.

Para más información, visite <https://suekayton.com/MAHigh/donations.htm> o contacte a Sue Kayton directamente en computerdonations@mabearspta.org o al 650-740-6774.

Actividades Estudiantiles

Reunión informativa sobre lucha libre

Fecha: Viernes, 9 de octubre

Hora: 4:00 p. m.

Lugar: Sala de lucha libre (junto al nuevo gimnasio)

contact coach Royal Tabaldo

tabaldo.royal@gmail.com or

coach Wendy Zaldana

tabaldo.wendy@gmail.com

¡Participe en el servicio estudiantil!

El Centro de Aprendizaje y Servicio (SLC, por sus siglas en inglés) ayuda a los estudiantes de Menlo-Atherton a encontrar oportunidades de voluntariado significativas, conectar con clubes y organizaciones, y transformar sus intereses en acciones concretas.

Nuestra Junta Directiva, dirigida por estudiantes, trabaja para vincular a los alumnos con oportunidades de servicio a lo largo del año escolar. Ya sea que su hijo(a) ya participe en actividades de voluntariado o esté buscando por dónde empezar, ¡el SLC es un recurso excelente para involucrarse y generar un impacto positivo en nuestra comunidad!

¿Le interesa a su hijo(a) participar? ¡Dígale que hable con el Sr. Stuart en el aula P5, visite nuestro sitio web de GivePulse en mabears.givepulse.com o consulte nuestra cuenta de Instagram [@maservicelearningcenter](https://www.instagram.com/maservicelearningcenter) para obtener más información y encontrar oportunidades de servicio!

Un vínculo musical creciente con Ravenswood Middle School

¡Nos entusiasma ver cómo se fortalece el vínculo entre **Ravenswood Middle School (RMS)**, en East Palo Alto, y el departamento de música de M-A! RMS es una de las principales escuelas de procedencia para M-A y, este año, observamos que más músicos de RMS continúan su trayectoria musical al llegar a nuestra escuela.

La mayoría de nuestros estudiantes de mariachi provienen de RMS, al igual que un número considerable de alumnos de la clase de Jazz 2. Es maravilloso ver cómo estos estudiantes aportan su experiencia musical y su entusiasmo, convirtiéndose en una parte fundamental de nuestros grupos musicales.

El programa de música de RMS está dirigido por el Sr. **Jordan Mitchell**, quien aparece en la foto junto a **Ruby Noworyta**, alumna de primer año en M-A. Agradecemos enormemente la labor que el Sr. Mitchell realiza con sus estudiantes y nos alegra ver crecer esta conexión musical entre RMS y M-A.

¡Esperamos dar la bienvenida a aún más músicos de RMS a la comunidad musical de M-A en los próximos años!



¡Ordene temprano y ahorre en el anuario de su estudiante!

Padres, no es demasiado pronto para ordenar el anuario de su estudiante. El precio actual es de \$95, así que cómprelo ahora, antes de que suba el precio.

Ordene en línea: <https://yearbookforever.com/school-store/zeiS4i8ZN13XP1BFlarVTqH1>

Además, ¡el Anuario quiere sus fotos!

Si tiene buenas fotos de eventos escolares, deportes, clubes, presentaciones o de la vida diaria de los estudiantes, envíelas al anuario en línea.

Puede enviar sus fotos usando el enlace de abajo o en nuestro sitio web: mabears.org/yearbook, y use el código: mapics27



Envíe sus fotos: <https://yearbookforever.com/school-store/account/94sElr6HmoHTtT0q98Un78QR>

¡Gracias por ayudarnos a crear un anuario que verdaderamente represente a nuestra comunidad escolar!

De la Fundación

FOUNDATION FOR THE FUTURE

MENLO-ATHERTON HIGH SCHOOL

Supporting Excellence in Education

¡Todavía hay tiempo para ayudar a financiar a las maestras!

Nuestra comunidad ha donado casi \$1.4 millón para financiar los salarios de los maestros y el personal este año escolar, ¡pero aún necesitamos que USTED alcance nuestra meta de \$2.5 millones!

Para unirse a los cientos de otros donantes que creen en la excelencia académica en M-A, simplemente haga una donación a través de nuestro sitio web en www.mafoundation.org, con su Fondo asesorado por el donante, acciones o tarjeta de crédito. También ofrecemos planes de pago mensuales.

GRACIAS a todos los que ya han realizado una donación. Puede consultar nuestra lista inicial de donantes —que incluye a todos aquellos que han contribuido hasta el 30 de septiembre de 2026— en nuestro sitio web, aquí. Si desea aparecer en la próxima actualización, por favor realice su donación antes del 1 de noviembre.

DONATE NOW

¡Gracias por su apoyo!

Boosters y BearWear

 **¡YA LLEGÓ LA NUEVA ROPA NIKE DE M-A!** 

¡Luce tu orgullo Bear con estilo!  

¡Prepárate para representar a Menlo-Atherton con nuestra nueva colección de ropa Nike de M-A! Desde camisetas modernas hasta sudaderas y mucho más, ¡hay algo para cada Bear! Ya sea que estés en la escuela, apoyando a nuestros equipos en un partido o disfrutando de la comunidad, ¡demuestra a todos lo que significa ser parte de M-A!

 ¡Vístete con orgullo. Hazte presente. ¡Representa a M-A! 

 ¡Compra la colección hoy mismo!

<https://sideline.bsnsports.com/schools/california/atherton/menlo-atherton-high-school>



El Parent Venture (Educación para adreś)

El Parent Venture es un proveedor líder de educación integral y de alta calidad para padres, cuidadores, educadores y miembros de la comunidad.

Suscríbase [aquí](#) a nuestro boletín semanal con información sobre los próximos eventos.

Cuando la ansiedad se interpone: cómo apoyar a los estudiantes neurodivergentes
Ramsey Khasho, PsyD, psicólogo clínico, director de Negocios y Estrategia, One Life



Miércoles 21 de octubre de 2026, 5:30 – 6:30pm (hora del Pacífico), evento virtual (en vivo)

Registro: <https://ramseykhasho2026.eventbrite.com>

En este **Serie educativa sobre neurodiversidad** evento, Ramsey Khasho, doctor en psicología, explorará cómo la ansiedad puede relacionarse con la neurodivergencia y afectar el aprendizaje, las relaciones y la vida cotidiana.

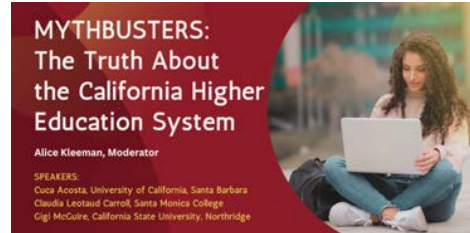
¡Padres/cuidadores, educadores y miembros de la comunidad son bienvenidos! Habrá interpretación simultánea al español. Entrada gratuita.

La [Serie de educación sobre neurodiversidad](#) es presentada por [The Parent Venture](#), [Children's Health Council](#), [REEL2e](#) y [The RILEY Project](#), con financiamiento principal de [Sequoia Healthcare District](#) y [Peninsula Health Care District](#).

Para obtener más información, visite www.neurodiversityeducationseries.org o comuníquese con Charlene Margot, MEd, cofundadora y directora ejecutiva de [The Parent Venture](#), en cmargot@parentventure.org.

MYTHBUSTERS: La verdad sobre el sistema de educación superior de California

Cuca Acosta, UC Santa Barbara; Claudia Leotaud Carroll, Santa Monica College; Gigi McGuire, California State University, Northridge



**Martes 20 de octubre de 2026
5:30pm – 6:45pm PT, evento virtual (en vivo)**

Inscríbase: <https://mythbusters2026.eventbrite.com>

En esta sesión, representantes de los sistemas de la [Universidad de California \(UC\)](#), la [Universidad Estatal de California \(CSU\)](#) y los [Colegios Comunitarios de California \(CCC\)](#).

¡Padres/cuidadores, estudiantes, educadores y miembros de la comunidad son bienvenidos! Habrá interpretación simultánea al español. Entrada gratuita.

Esta presentación está patrocinada por [Menlo-Atherton PTA](#), [Sequoia Healthcare District](#), [Sequoia Union High School District](#) y [Peninsula Health Care District](#), en colaboración con [The Parent Venture](#).

¿Preguntas? Comuníquese con Charlene Margot, MEd, Cofundadora y Directora Ejecutiva, The Parent Venture, en cmargot@parentventure.org.

De la Comunidad

El Community Closet

Estamos aceptando donaciones de ropa y donaciones económicas para el próximo año escolar. Ambas se destinan directamente a los estudiantes de Menlo-Atherton High School, y todas las donaciones son deducibles de impuestos a través de nuestro patrocinador fiscal, The Hack Foundation, una organización sin fines de lucro registrada como 501(c)(3).

Para donar o conocer más, visite:

[The Community Closet – Donaciones](#)

También puede visitar nuestro Instagram:

Consejo Juvenil de la Liga de Mujeres Votantes del Sur del Condado de San Mateo

¿Tiene entre 16 y 22 años y está listo para marcar la diferencia? **¡Únase al Consejo Juvenil de la Liga de Mujeres Votantes del Sur del Condado de San Mateo (LWVSSMC)!**

Como miembro, usted podrá:

- Organizar campañas de registro de votantes;
- Participar en eventos de educación para votantes;
- Ayudar en las actividades de LWVSSMC y en eventos comunitarios.

Esta es una oportunidad para desarrollar habilidades prácticas en organización, promoción y participación cívica, a la vez que se motiva a más jóvenes a votar. Nos reunimos una vez al mes (de septiembre a mayo) por Zoom y en persona en los eventos de la Liga.

Y no se deje engañar por el nombre: damos la bienvenida a todos los géneros. Todos tienen un papel que desempeñar para fortalecer nuestra democracia. Visite nuestro [sitio web](#) para obtener el formulario de solicitud.

Cómo Enviar Artículos para BearNotes

Recuerde que los artículos deben ser cortos, centrados y escritos para dirigirse a los padres de M-A.

- Envíe por correo electrónico los artículos corregidos antes de la medianoche del jueves a [BearNotes](#).
- Los artículos de deportes deben enviarse antes del domingo al mediodía (para cubrir los eventos del viernes o del sábado) y están limitadas a 200 palabras por equipo.
- Por favor, no envíe archivos adjuntos.
- Envíe el contenido sin formato en el espacio del correo electrónico.
- Incluya todos los detalles como la fecha, la hora, el lugar, el costo, la información de contacto y el URL.
- Incluya una traducción al español si su artículo incluye información que todos los padres necesitan. (Envía un correo electrónico a [BearNotes](#) si necesitas ayuda con la traducción).
- Todos los envíos están sujetos a la edición del PTA.

Para las políticas y más información visite el sitio web del [PTA de Menlo-Atherton](#).

¿Quieres recibir BearNotes en tu bandeja de entrada cada semana? ¡[Inscríbete!](#)

Enlaces rápidos de M-A

[M-A PTA](#) | [Sequoia Union District](#) | [Sequoia District Newsletter](#) | [BearNotes Archive](#) | [M-A Bear News](#) | [M-A Today](#) | [M-A Athletic Boosters](#) | [M-A Drama Boosters](#) | [M-A Music Boosters](#) | [M-A Robotics Boosters](#) | [M-A College/Career Center](#) | [M-A Parent Education](#) | [M-A Yearbook](#) | [Foundation for the Future](#) | [Infinite Campus](#) | [Canvas](#) | [Bus Routes](#) | [Shared Decision-Making Site Council \(SDMSC\)](#) | [Naviance Family Connection](#)

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M-A PTA no respalda los eventos o presentaciones de terceros, ni se hace responsable del contenido de los sitios web de terceros.

M-A High School PTA BearNotes | 555 Middlefield Road | Atherton, CA 94027 US

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