



May, 2010



THE STALLION

Must Reads!

| | |
|---|------------------|
| 2010-2011 School Board Members | 16 |
| Back-to-School Coffee | 5 |
| Destination College Summer Workshops | 10 |
| eSchool..... | 13 |
| FBLA in the News..... | 2 |
| Free Money for Shepton | 13 |
| Green Corp. / Student Volunteer Opp. | 5 |
| Homework Help | 13 |
| How to be in the “Know” at Shepton | 12 |
| Important Shepton Phone Numbers | 3 |
| Multi-Cultural Assembly | 6&7 |
| New School Board Trustees..... | 4 |
| NSJHS Science Winner..... | 6 |
| Parent Resources | |
| <i>The Voice and Parent Further</i> | 10 |
| Plano ISD Best for Music Education | 1 |
| Principal Letter | 3 |
| PTSA President Letter | 4 |
| PW AP English Summer Reading | 11 |
| PW Ordering Class Rings | 12 |
| PW Men’s Golf Tournament | 11 |
| Reflection 2010-2011 | 11 |
| SAGE Summer Programs | 12 |
| Medication Pick-up | 3 |
| Semester Exams | 14&15 |
| Shepton PTSA Awards | 10 |
| Shepton PTSA Website..... | 7 |
| Spanish Honor Society | 4 |
| Student Transfer Process..... | 3 |
| Summer PTA Leadership Seminar | 10 |
| Summer School Program | 13 |
| Taming the Media Stereotypes | |
| that Make Kids Aggressive..... | 8&9 |
| TX PTA President Sharon Goldblatt | |
| In the News..... | 10 |
| Volunteering at Shepton..... | 5 |

Plano One of the Best Community for Music Education

Plano ISD listed as one of the BEST COMMUNITIES FOR MUSIC EDUCATION in the United States!

Thirteen Texas school districts-including Plano ISD made this year’s “Best Communities for Music Education” list compiled by the National Association of Music Merchants Foundation. NAMM announced the results of its 11th annual survey last week which included 174 school districts from 30 states recognized for demonstrating an “unwavering commitment to providing music education for its students.”

The 2010 survey was available to all districts nationwide. This year, teachers and school district administrators, representing communities across the country, participated in the web-based survey. The districts were measured across curricular and programmatic criteria as well as public support of their music programs. The survey was developed and administered by The Institute for Educational Research and Public Service, an affiliate of the University of Kansas. Each school receiving the “Best Communities” designation scored in the 80th percentile or higher in the survey’s grading process. Participants in the

survey answered detailed questions about funding, graduation requirements, music class participation, instruction time, facilities, support for the music program, and other relevant factors in their communities’ music education programs. The responses were verified with district officials, and advisory organizations reviewed the data. The 2010 designation as a Best Community for Music Education comes at a precarious moment, as school districts nationwide are voting on their budgets in the coming weeks.

According to the NAMM Foundation, this “Best Communities” designation represents not only a distinction worthy of pride, but a call to action for local music education advocates to help preserve - and in some cases, save - their current music education programs.

Plano ISD is the honored Region 10 school district. Other Texas winners are: Arlington, Boerne, Denton, Fort Bend, Hidalgo, Huntsville, Hurst-Eules-Bedford, Katy, Klein, Midway, Northwest and Pasadena. The complete list of “Best Communities” can be viewed online at www.nammfoundation.org.

LAST DAY OF SCHOOL MOVED TO JUNE 4. Due to the school closure on February 12, 2010 for inclement weather, the last day of classes for the Plano ISD is now Friday, June 4.

LOCKER CLEAN OUT will be conducted on Tuesday, June 1 during 2nd period study hall. All students will be required to remove decorative items, school supplies, and trash from their locker. Students are allowed to keep textbooks and review packets that are due in classes after locker-clean out.

Final Exams will be administered June 1-4. Please plan your family activities accordingly.



FBLA In the News

(Future Business Leaders of America)
By Debra L Sepp, FBLA Sponsor

Yes, Shepton has some of the Best. The following students will be attending National FBLA Competition in Nashville, TN July 12 – 18, 2010. (Yes, it is flooded in Nashville, but Future Business Leaders of America are not out!)

Andrea Fa – Business Math
Michelle Lee – Intro to Bus.
Mohnish Gandhi – Public Speaking I
Mark Lee – Impromptu Speaking

We should have a wonderful time and hopefully be in the top 10. The best thing about FBLA National Competition is the Award Ceremony is broadcast live over the internet and their parents can watch them from home, should they win an award.

Remember, any student who is taking or has taken a Business Course can join FBLA. We will be accepting new members in August 2010. Now is the time to be thinking of joining as National Competition in 2011 is in Orlando, FL. Yep, that means Disney World!

See you in the Fall. Ms. Sepp, FBLA Advisor



Spanish Honor Society

By Dr. Eileen S. Zack

Winning

Congratulations to all of our 2010 National Spanish Exam winners. The first place is ORO, second place is PLATA, third place is BRONCE, fourth place is EXCELENCIA. Remember, that these are national prize winners. I am so proud of all of them!

| | |
|---------------------|------------|
| Angela Spevak | EXCELENCIA |
| Kelsey Ball | ORO |
| Arman Baratifar | BRONCE |
| Ryan Bartling | ORO |
| Tabitha Bolstad | EXCELENCIA |
| Ryane Burke | EXCELENCIA |
| Pin-Yu Chen | ORO |
| Vicky Chou | ORO |
| Rebecca Cooley | PLATA |
| Callie Crain | PLATA |
| Elaina Cummer | PLATA |
| Julia Douglass | PLATA |
| Cristin Doyle | BRONCE |
| Colin Edgar | ORO |
| Andrea Fa | PLATA |
| Thomas Garber | ORO |
| Blaine Gibke | ORO |
| Stephanie Gullo | ORO |
| Erik Hansen | PLATA |
| Basil Hariri | ORO |
| Asher Intebi | PLATA |
| Bauer Katherine | ORO |
| Rooha Khan | ORO |
| Mariel Kim | ORO |
| Vipul Kohli | ORO |
| Melinda Krebs | PLATA |
| Jennifer Kurkowski | PLATA |
| Justin Lai | PLATA |
| Michelle Lee | ORO |
| Mark Lee | PLATA |
| Monica Lu | ORO |
| Mariam Mansour | BRONCE |
| Abby Miller | PLATA |
| Sofia Neicheril | PLATA |
| Emily Niewiarowski | ORO |
| Zachary Ralstin | PLATA |
| Priyanka Rao | EXCELENCIA |
| Jason Raofpur | BRONCE |
| Janna Royal | BRONCE |
| Jennifer Sakowski | ORO |
| Eve Salamon | EXCELENCIA |
| Naomi Shapira | ORO |
| Hayley Smith | PLATA |
| Laura Spector | PLATA |
| Megan Spinhirne | ORO |
| Devin Stephens | ORO |
| Whitney Stuard | EXCELENCIA |
| Eric Sung | PLATA |
| Katherine Webb | EXCELENCIA |
| Joli Webberman | BRONCE |
| Bianca Yalamanchili | BRONCE |

Volunteering

Shepton's Spanish Honor Society recently mailed 34 boxes of food, games, and toiletries to our troops in Afghanistan.

We are proud to support the men and women who serve our country.

Pictured (L-R) Julia Douglass, Emily Niewiarowski, Kate Webb, and Megan Spinhirne on the way to the Post Office.



The Stallion is a publication of the Shepton High School PTSA
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Plano, TX 75093
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Principal Burt Smith

“Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind.”
—Bruce Lee, martial artist and actor

It is hard to believe that this year is coming to an end. Summer break is right around the corner and the 2010-2011 school year will be here before we know it.

I would like to take this opportunity to say thank you to each of our amazing volunteers who have served so selflessly all year long to make Shepton a wonderful school for our staff and students. Without their help we would not be able to provide many of the services that make Shepton such a special place for our students and their hard work and dedication is greatly appreciated.

I would also like to thank our student body for another amazing year at Shepton! They have worked so hard and achieved so much this year and it is a privilege to watch them grow and mature as young adults.

Of course, what we do each and every day would be impossible without a wonderful, caring staff who are dedicated and devoted to excellence in and out of the classroom and I feel blessed to work with such an outstanding group of educators.

As we say good-bye to our 10th grade students we wish them the very best at Plano West and beyond. Our 9th grade students will now take the leadership roles in our school and we know that they are prepared to do an outstanding job in carrying on the traditions that have been set before them. We are excited to welcome the class of 2014 from Frankford and Renner who will join us as 9th grade students next year at Shepton.

Thank you all for a wonderful and successful year!



The entire admin team thanks all their parents for a great year!

Student Transfer Process

Students are eligible to attend the school in the attendance zone assigned to their residence. If a parent desires to request a transfer to a different school (or to remain in a school if the family has moved out of the attendance area) a transfer application must be filed in the office of Student and Family Services at 2700 W. 15th Street, Plano, 75075. The deadline for submitting applications is June 15, 2010. No transfer requests will be accepted after June 15. Interested parents should make application early as possible as grade levels and campuses will be closed when limits are reached. Office hours are 8 am to 5 pm Monday through Friday. A \$50 transfer application fee is required at the time the request is filed. The fee may be waived for students who provide a copy of the letter confirming qualification for the Free or Reduced Lunch Program. More information and forms are available at <http://www.pisd.edu/parents/transfers/index.shtml> or you may obtain more information by calling the office of Student and Family Services at 469-752-8124 or 469-752-8021.

From the Clinic: By Nurse Coburn, R.N.



If you received a letter regarding a tetanus booster, provide the updated record before May 28. You will not be allowed to pick up your 2010/11 schedule at any PISD school until documented proof of the updated immunization is received.

Students, please remind your parents to pickup your medication before the last day of school, June 4.

No medication will be sent home with a student.

For News at Plano ISD:

<http://www.ptanewsroom.org/>
<http://www.pta-blog.org/>

Facebook and Twitter
Both requires joining the group.
<http://www.facebook.com/pages/Plano-TX/Plano-Independent-School-District/119448087707>
click on “become a fan”
http://twitter.com/plano_schools



Important School Phone Numbers:

Attendance Office: 469-752-7604
Cafeteria: 469-752-7608
Counselor’s Office: 469-752-7615
Main Office: 469-752-7602
Nurse’s Office: 469-752-7609
Registrar’s Office: 469-752-7623



Time well spent....

Often times we say yes or take on projects that when we look back on them, we regret it. It's that sinking feeling in our stomach that is a warning sign. But, there are those rare times that when we say yes and we worry that everything will turn out, when it exceeds our expectations. We look back and wonder why we would have even questioned the decision for even a moment.

Becoming your president in 2008, was just one of those moments for me. So stressful and worry some, yet in the end, more rewarding and fulfilling than I could have ever imagined or hoped for. I can truly say, that to have not had this opportunity, would have been my biggest regret.

Thanks go out to all the parents and step parents who have said yes when they wanted to say no. You have made an impact on someone's life whether it is intentionally or not, and I hope that you had fun along the way. Thank you also to Principal Burt Smith and the entire staff at Shepton. Working with you has been a dream. You are so kind to all the volunteers and make us feel so welcome at school.

Finally, but most importantly, thanks go out to my entire board. You have gone above and beyond to share your time and talents with everyone in our Shepton Community. The pride you have in your position shows and our school shines like a beacon beckoning all the parents to come and join in the fun! Say yes with NO regrets and be a part of the fun!

All my best to everyone – Thank you for the experience of a life time!

PTSA President Jamie Hanna

From Press Release on May 14, 2010:

Plano ISD Swears in Three New School Board Trustees

Lloyd Jenkins, Plano ISD School Board president, issued the oath of office to newly elected School Board trustees at the regular School Board meeting on Tuesday, May 18. The School Board election was held Saturday, May 8, with the following results.



Tammy Richards

(Place 1) is associate dean of the Lyle School of Engineering at Southern Methodist University. Before that, she held executive positions at Texas Instruments, including vice

president of marketing and customer service for the Educational Technology business. Ms. Richards and her family have lived in Plano for twenty-two years. She and her husband, Mike Douglas, have two children in Plano ISD schools. Ms. Richards received a Bachelor of Science degree in Industrial Engineering from Texas A&M University, summa cum laude, and a Master of Business Administration degree from Harvard University. She is a Registered Professional Engineer in the state of Texas. Throughout her career, Tammy has worked with a number of local, state, and national educational organizations, including the Texas Education Agency, the Texas State Board of Education, the Texas Higher Education Coordinating Board, the Texas Business Education Coalition, the Texas High School

Project, the Texas Workforce Commission, the National Council Teachers of Mathematics and the National Science Teachers Association.



Carolyn Moebius

(Place 2) and her husband, Jim, run a family owned veterinary hospital where she serves as the hospital administrator. Previously, Ms. Moebius worked

as an auditor for Ernst and Young in Houston and Doll, Karhal, and Company in Garland. Ms. Moebius has three children attending Plano schools and has been a PTA member for nine years. She served on the Plano Council of PTAs Legislative Committee and was honored with the PTA Life Membership Award in the Spring of 2009. Ms. Moebius served two years as treasurer and two years as president at Martha Hunt Elementary. She is currently serving as PTA treasurer for Hunt Elementary and is a member of the Murphy Middle School SBIC (School Based Improvement Committee).

Ms. Moebius attended the University of St. Thomas and earned a Bachelor of Arts degree from Trinity University, San Antonio.



Nancy Humphrey

(Place 3) is a native Texan and has been a resident in the Plano Independent School District for seventeen years. She and her husband, Jim, have two children attending school

in the district. Ms. Humphrey is an active PTA volunteer and officer, having served and chaired several committees. She became a Texas PTA Honorary Life Member in 2006. In her community, Ms. Humphrey has been involved with a number of organizations including Bentwood Trail Presbyterian Church, Boy Scouts of America, Heritage Farmstead Museum, Austin St. Centre, Operation Kindness and SPCA. A graduate of the University of North Texas with a Bachelor of Science degree and Master of Science degree in accounting, Ms. Humphrey has fifteen years of public and contract accounting experience.



THANK YOU, THANK YOU, THANK YOU

Stallion Shop Volunteers!

A heart-felt thank you goes out to all of you who have so generously donated your time working in SHS school store. We had a great year and we couldn't have done it without you!

A special thank you goes out to Jill Dardick and Christine Platt who did a fabulous job stocking our store with school supplies and snacks. Considering the challenges they faced this year, they did an AMAZING JOB!!!

2nd VP, Volunteers Erin Bramblett

“It was only a sunny smile and little it cost in the giving but like morning light it scattered the night and made the day worth living.”

VOLUNTEERS NEEDED 2010-2011 School Year:

Registration & Schedule Pick-Up — August 12 & 13

Begin volunteering for Shepton at registration and schedule pick-up. We will need many hands to work at this event. Areas include: handing out schedules, school packets, required reading and cashier. Please contact Michelle Chaiken, 2nd VP Volunteers, at volunteers@sheptonpts.org and tell her where you would like to help.

Shepton Attendance Office Volunteers

Interested in assisting in the Attendance Office next year? If you have limited time to volunteer but want to be active at Shepton, assisting in the Attendance Office may be for you. The commitment is 11:30 am-1 pm once or twice a month (your choice) and it's a great opportunity to stay connected to our school. If interested for the 2010-11 school year, please email your interest to attendance@sheptonpts.org.

The School Store NEEDS YOU!

If you have two hours to spare, the school store needs you! Shepton's Stallion Shop sells snacks, school supplies, required reading books and *PTSA* spirit wear. The store is open daily during lunches from 11:30 am-1:45 pm and is run entirely by volunteers. All proceeds benefit Shepton's *PTSA*. Two to three volunteers are needed every day. If you are interested, please email Lori Baum at waysmeans@sheptonpts.org and let me know your volunteering preferences for more information you can also call Lori at 972-781-1331.

To Volunteer

To see the PTSA Board for the upcoming school year, go to page 16. If you would like to help any area, please email either the committee chair or Michelle Chaiken, 2nd VP Volunteers, at volunteers@sheptonpts.org.

TO VOLUNTEER FOR THE 2010-2011 SCHOOL YEAR, YOU NEED TO APPLY AFTER JULY 1. PISD requires that all volunteers go through an on-line volunteer application process. To renew your application or to apply, simply go to <http://www.pisd.edu>. At the bottom of the page you will see a button to complete the online application. Click on this button and follow the instructions given. For questions about the background check process, contact Security at 469-752-8057. For general questions about the volunteer process, contact Kim O'Bryon at 469-752-8142. For other questions, please contact Michelle Chaiken, 2nd VP Volunteers, at volunteers@sheptonpts.org.

←
**Sign up for
Registration!**

Mark Your Calendar

Back-to-School Coffee and
General **PTSA** Meeting
Thursday, August 26 at 10:30 am
Shepton Library

Don't miss Dr. Doug Otto, Plano ISD Superintendent of Schools, our guest speaker. He is widely acknowledged as one of the nation's leaders in educational technology, school administration and school finance. He has led the 55,000-student PISD since 1995.

Remember that we will all need to have our driver's license scanned prior to attending the coffee. Arriving a few minutes early will help.



Student Volunteer Opportunity

The Green Corps is a yearlong internship that the City of Plano's Sustainability & Environmental Services is making available for sophomores and juniors in high school in which participants will learn about current environmental issues, work as a team a various events and complete a community based environmental project. In the process, interns will develop as leaders and make a lasting impact on an environmental issue that is personally meaningful. Read more at <http://www.livegreeninplano.com>.



live green
in plano

PWSH Student First Plano ISD Winner at NJSHS Science Event

For the first time ever, Plano ISD had a first place winner at the National Junior Science and Humanities Symposium held in April in Bethesda, Maryland. Rounok Joardar, a student at Plano West Senior High School, was among six students in the nation to win first place awards at the event, earning a \$12,000 college scholarship and expense-paid trip to London, England.



"Plano ISD has sent students to this event for years," noted Linda Flack, secondary science coordinator. "It is a very competitive event. Usually many of the same students competing at International Science and Engineering Fair also attend this national competition."

Rounok's project, "Optimization of a Novel High Efficiency Photo-Thermovoltaic Concentrator Solar Cell," provides a way to harness solar energy in a more cost effective and efficient manner than is currently possible using photovoltaic technology. The hybrid cell designed in this project utilizes thermoelectric generators in combination with photovoltaic cells. Using a novel design approach it was demonstrated that increased power output at a lower cost per watt can be achieved.

The military pays for the students to attend the science competition, explained Ms. Flack, beginning with the first round held at Texas A&M University in January, 2010, to the national event. Rounok's sponsor, Deanna Shea, science teacher at Shepton High School, was the sponsor in charge of all students from Texas at the national event.

Endorsed by the National Association of Secondary School Principals (NAASP), the regional and national symposiums reach more than 10,000 high school students and teachers throughout the United States, Puerto Rico, and the Department of Defense Schools of Europe and the Pacific Rim.

Multi Cultural Assembly

April 9, 2010

1 (9:45 - 10:40) & # 2 (10:45- 11:40)

BLUE FONT represents individuals and/or SHS groups involved in the assemblies
YELLOW = TRACK WILL BE NEEDED

| Performers and Act | Estimated Time |
|--|----------------|
| Procession of Flags while kids are being seated | N/A |
| HELLOS in different languages from ESOL kids | 3:00 |
| SHS JROTC (entrance, posting and pledge) | 2:00 |
| Tophatters National Anthem | 1:00 |
| Tushar Madan, Zain Bacchus & Angela Spevak , Emcees – General Introduction by Tushar | 1:00 |
| April Lantz - Original poetry reading about Michael Jackson | 1:15 |
| Laura Spector – PLAYING ON PIANO <i>Etude #4 in C Sharp Minor</i> by Chopin and <i>Flight of the Bumblebee</i> by Rimsky-Korsakov | 4:00 |
| Sarah Nguyen – SINGING <i>Fukai Mori</i> a Japanese song | 4:30 |
| Emily Potratz – SINGING <i>At Last</i> by Etta James and Michelle Tortora simultaneously reciting an original poetry reading about Etta James' life | 3:00 |
| Scott Riegel and Jackson Reid – The Mud Cats (rock/blues band) Performing <i>The Breaks</i> by The Black Keys | 3:30+ |
| Shepton Chamber Orchestra <i>Signs of Life</i> by Russell Peck | 4:00 |
| THE Spectacular FASHION SHOW | 5:00 |
| Prajwal Ramamurthy, Carlos Lopez, Estevan Garza, Evelyn Figueroa, Sierra Barber, Keri Womble, Erick Avila, Asia Armstead, Juan Sandoval, Angelica Lopez, Eduardo Montemayor and Karen Ardila Dance Fusion of Cumbia, Bachata and Salsa with a mix of the songs <i>¡Qué Calor!</i> by Super Mercado, <i>Su Veneno</i> by Aventura and <i>La Vida Es Un Carnaval</i> by Celia Cruz | 2:30 |
| Rooha Khan, Michael Hsieh and Shira Beder – PLAYING <i>Recuerdos de la Alhambra</i> | 4:30 |
| Rachel Rapp – TAE KWON DO – to <i>Mer Noire</i> from Remix of Cirque Du Soleil's <i>Solarium/Delirium</i> | 2:30 |
| Gena Hurst and Vicky Chou – PLAYING a piece written by a Japanese composer, <i>Merry Go Round of Life</i> | 2:30 |
| Jonathan Nguyen, Matthew Shao, Kevin Jiang, Andrew Kim, Christina Wu and Emily Lo AKA "Take a Bao" – DANCING to a mix of urban style music and dance styles including waltango, breaking, popping, house & more | 3:30 |
| Matt Ahn, Arthur Rizavi, Stevie Island and special guest Jourdan Cummings (drummer from Renner MS) Good One – rock band playing <i>Dirty Little Secret</i> by The All-American Rejects | 3:30+ |
| GOODBYE!!! (Go back to class) | N/A |

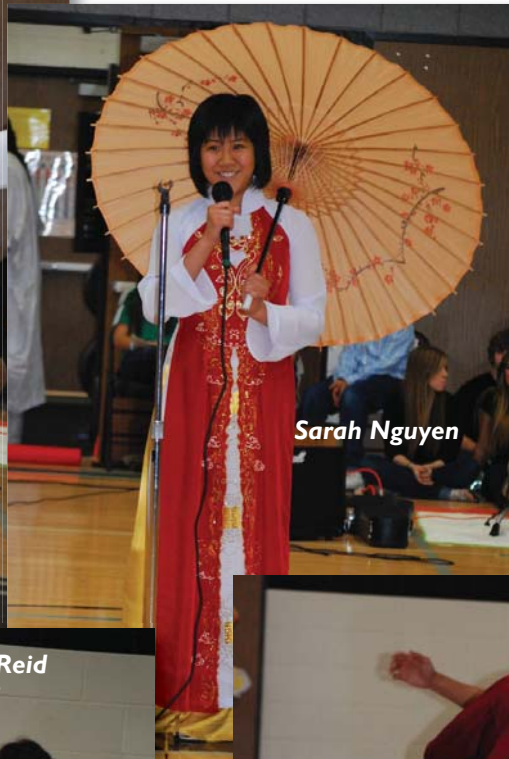
International Flag procession
(many students from several different clubs/organizations at SHS)



Rachel Rapp



Sarah Nguyen



D'Von Lantz



Scott Riegel and Jackson Reid
AKA "The Mud Cats"



Carlos Lopez and Sierra Barber



taming

the Media Stereotypes that Make Kids Aggressive

By: Lyn Mikel Brown, EdD

I think of the 2002 *New York Times Magazine* feature called "Mean Girls and the New Movement to Tame Them" as the official rebirth of an age-old stereotype: the catty, deceitful, manipulative female. A slew of popular parenting books and the clever movie *Mean Girls* followed, and before we knew it, relational aggression (RA, for short) was the "it girl" social crisis.

Nearly a decade later, mean girls show up on most popular TV shows for teens and are a staple of PG-13 movies; we have aisles of girl-centered book series with names like *Clique*, *A-List*, and *Gossip Girl*, and dozens of backstabbing women on reality shows. Like every other idea marketed to teens these days, this version of girlhood has quickly trickled down to tweens and younger. Even American Girl dolls are getting in on the action. Their history books now contain something much more compelling than World War II victory gardens and Red Cross fundraisers: a good catfight. Hey, girls, watch Chrissa face off against the "Queen of the Mean Bees!"

The impact is evident. I wish I had a dime for every time I've heard a version of the following conversation:

"Girls are so manipulative and backstabbing. Their fights are mean, too personal, and last forever."

"I know. Why can't they be more like boys; just get it out in the open, deal with it, and move on?"

Too many teachers and parents say these kinds of things, and too many girls and boys believe them. But it's wrong and damaging in many ways.

The truth about fighting like cats and dogs

Let's consider what we really know about gender and aggression.

We know that 80 percent of physical assaults in this country are perpetrated by boys and men, most often against other boys and men. It just makes no sense to wish girls were more like boys when it comes to conflict resolution. "Dealing with it" isn't what we want if it means punching someone or calling them out. Sure, the interaction is over quickly, but it's naive to think there aren't lasting feelings of pain and humiliation.

Many research studies find that girls are more likely than boys to be relationally aggressive, but some studies show no gender differences at all, and some show that boys are just as good at this form of aggression. These different findings relate, in part, to the age of the kids in the studies. Girls are more cued in relationally when they're younger because we socialize them to be and because their verbal skills mature a little earlier. As boys move into adolescence and become more socially tuned in and verbally sophisticated, they are as likely as girls to capitalize on the power that comes from talking about, excluding, or teasing someone.

While there's much hand wringing about the impact of video games and other violent media on boys, we don't seem all that concerned about relational aggression in girls' media. Yet, recent studies suggest girls are learning how to aggress relationally from all those backstabbing and gossip-filled reality shows, and that young women become more aggressive after watching scenes of "mean girl" behavior. No cautionary voiceover tells those watching these shows that the female contestants have been deprived of sleep to make them irritable or that editors have punched up the drama by slicing and dicing the videotape.

Certainly media encourages girls to connect popularity, sexiness, and mean behavior. But are girls really getting meaner? It's a complicated question, because too often we confuse being mean with being outspoken and assertive. In the early 1990s, after a five-year study Carol Gilligan and I led on girls' psychological and social development, published as *Meeting at the Crossroads: Women's Psychology and Girls Development*, we were worried about "the tyranny of nice and kind" that kept girls, especially white middle-class girls, from speaking their minds and going after what they wanted. We heard the girls in our study bury their opinions and saw them take their strong feelings underground because that is what good girls were supposed to do. We urged them to take risks, to bring their thoughts and feelings into the open, not only for their own health and well-being, but also so they could really learn and be intellectually challenged. There was a reason doing so was hard: they risked being called bad, selfish, and aggressive.

The rise of the so-called mean girl has accompanied the rise of the strong and outspoken girl, the rise of the girl who has challenged boys for top honors, closed the gap in math and science scores, and outnumbered boys in college classes. Challenging traditional gender roles requires breaking free of the tyranny of nice and kind. As Rachel Simmons, author of *The Curse of the Good Girl*, says, "Girls often perceive two choices...either they're nice all the time and everyone likes them, or they're mean. There is no alternative, no third way or positive identity for an assertive, truth-telling girl."

What about boys?

As girls are challenging gender conventions, boys are naturally anxious about where they fit in. In *Packaging Boyhood*, Sharon Lamb, Mark

Tappan, and I discuss two different choices we saw repeated in boys' media: over-the-top tough, aggressive winners or funny, underachieving slackers. Neither choice says it's cool to do well in school. Is there a relationship between these media messages targeting boys and their school achievement? We want and hope for a third option for them as well, a positive identity for a smart, competitive, and caring boy.

What we can do

Here are a few things parents and teachers can do to undermine these gender stereotypes about aggression:

1. Instead of labeling kids, address their behavior. It's our job as adults to help children get beyond labels and treat one another as complex human beings. How many times have we caught ourselves referring to the school "bullies" or "mean girls"? Why contribute to the name-calling we're trying to address? Labels stick, but if we focus on just their behavior, we offer children a chance to learn and change.
2. Move beyond gender to see the bigger picture. To understand why and how a child uses aggression toward others, it's important to understand their complex realities, including the kinds of attention and resources they receive, where they fit in, whether they feel marginal or privileged in school. Listen, observe, and be compassionate.
3. Invite critical thinking about stereotypes and advocate for media literacy. Provide girls and boys with the language and tools to be critical of the things they watch, read, and listen to. If media perpetuates gender, race, religious, or social-class stereotypes, use lessons in media literacy to uncover this stereotyping. Adolescents don't like to be duped or played, so help them see how media messages do just that.
4. Be proactive. Rather than react to problems, create opportunities for kids to be leaders, affirm their relational strengths, invite complexity, and let them know you believe they can do good, brave, remarkable things. Emphasize coalition-building and becoming an ally to those who are different.
5. Challenge bully prevention programs to better reflect good research on aggressive behavior, bullying, and harassment. Too many programs simply accept gender stereotypes for the same reasons marketers promote them: simple messages are easy.

It's also true that mean girl mania sells. Just like *American Girl's Mean Bees* storyline sells Clarissa and her friends, promises to reduce an RA or mean girl epidemic sell books and draw people to webinars and conferences.

All these movies, books, toys, and even school-based programs suggest that we know what girls and boys are really about. This may make us feel like smarter parents or more in-control teachers, but it comes at a big cost to children. When even young girls are told that their friendships are marked first and foremost by how they can hurt; when boys' relational and emotional lives take a back seat to their "get it over with" fights, it's time to step back, take a deep breath, and rethink.



Lyn Mikel Brown, EdD, is professor of education and human development at Colby College, Waterville, Maine, a founding member of the Harvard Project on Women's Psychology and Girls' Development, and co-creator of the nonprofit Hardy Girls Healthy Women. Her solely or coauthored books include *Raising Their Voices*, *Girlfighting*, and *Packaging Boyhood*.

Resources

Hardy Girls Healthy Women (HGHW) - A nonprofit organization dedicated to seeing that all girls and women experience equality, independence, and safety in their everyday lives by creating opportunities, developing programs, and providing services that empower them. *From Adversaries to Allies: A Curriculum for Change* is a book available from HGHW that deals specifically with such topics as cliques and clubs, girlfighting, and media literacy.

VP: *Reducing Sexism and Violence Program - RSVP* is a student-based, train-the-trainers violence prevention program that empowers students to effectively recognize, respond to, and prevent violence and sexism. It is being evaluated by Boys to Men, a nonprofit organization that provides positive mentoring experiences to boys and young men.

Girls Leadership Institute (GLI) - GLI teaches girls assertive self-expression, emotional intelligence, and relationship expertise for success in leadership and life by working with girls, their families, and school communities through camps, after-school programs, and in-school resources.

Published originally at:
National PTA > PTA Magazine > Online Edition - December/January 2009-2010 > <http://www.pta.org/3733.htm>





The Voice

The spring 2010 edition of *The Voice* is now available online. Download your copy today and read interesting and informative articles on the following topics:

Summer Leadership Seminar 2010
School Libraries
Bike/Walk to School Month
Healthy Kids
Hazing
Fuel Up to Play 60
Advocacy
Parental Involvement
New PTAs
Treasurer Information
And much, much more!

Visit the Texas PTA website and download your copy today! <http://www.txpta.org/about-texas-ptavoice/>



Texas PTA President Sharon Goldblatt is highlighted in the Plano supplement of the *NeighborsGo*. The article was a tribute for Mother's Day and highlights Sharon's new position with Texas PTA.

Read the article at <http://neighborsgo.com/content/PDF/SECTIONS/planomurphy.pdf>.

Parent Further

From time to time, all families need a little help. In addition to the *Everyday Parenting Ideas* newsletter, Search Institute offers a comprehensive Web site called *ParentFurther*. This free resource provides the encouraging advice and "aha" tips that transform the ways parents think and act. Whether you interact with families professionally or are raising a family yourself, we hope this site offers a positive, strength-based approach to the everyday things you can do to make a difference.

<http://www.parentfurther.com/>

Shepton PTSA Awards Given by Council

Council Directory — Medal of Honor (Overall Winners!)

Plano ISD Council of PTAs Outstanding PTA Award — Silver Level

Membership: 1000 Member Club, Early Bird Achievement and Spring Membership Increase Award

Let's Start Building!



SUMMER Leadership Seminar 2010

Austin Convention Center - July 23-25, 2010

Join us July 23-25 in Austin for our famous Summer Leadership Seminar! Sharpen your leadership skills with our many informative workshops, visit the super-charged exhibit hall for inspirational ideas and take advantage of the many networking opportunities.

Register online today at www.txpta.org/events/. Early bird deadline is June 4!

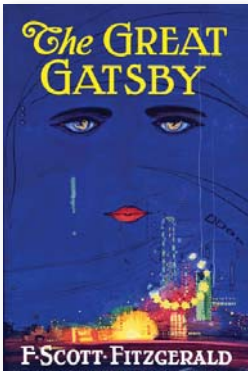
Plano West AP English III — Summer Reading

At Plano West Senior High School, the AP English Language teachers have designed and developed a summer reading program so every student can enter his or her English course in August ready to focus upon extended critical reading. This program is an important means to train students to be responsible, critical, sensitive readers. Our goals for Summer Reading are the following:

- to prepare students for the thematic focus of their courses,
- to complement and support the English curriculum, and
- to increase students' awareness of the human experience.

Assignment One (Please Note: Students are to do BOTH assignments)

First, we ask students to read, highlight and annotate *The Great Gatsby* by F. Scott Fitzgerald. This book can be located at Barnes and Noble at Park and Preston, on Amazon.com, and at the public library.



Student Preparation

In addition to reading this novel, students should read, highlight, and annotate the following criticism in preparation for the second week of class. Please note to access these articles, students need to use the school's database collection. This can be done at the library, and students will receive copies the first week of school.

<http://search.ebscohost.com/login.aspx?direct=true&db=lfh&AN=48218017&site=ehost-live>

<http://search.ebscohost.com/login.aspx?direct=true&db=lfh&AN=48218028&site=ehost-live>

To access these sites, the current **login is: planoisd** and **password: library**. There will be a new password in place next fall, however you may use this throughout the summer.

Assignment Two (Please Note: Students are to do BOTH assignments)

With these goals in mind and with each student's individual reading interests and abilities in mind, the English III AP team will expect students to select, read, and annotate a work of fiction that has won either The Pulitzer Prize, The National Book Award (for fiction or nonfiction, NOT young readers), or The Man Booker Prize. The students should select a piece of fiction that is appropriate for them in both its reading difficulty and its subject matter. The book must be at least 250 pages in length, and students should not have read it previously or have it be a requirement for another class. We encourage parents to get involved in the selection and even to read

the book and discuss it with their teenagers this summer. Here are the links to these literary prize web sites:

The Pulitzer Prize: <http://www.pulitzer.org/>

The National Book Award:

<http://www.nationalbook.org/nba2007.html>

The Booker Prize:

<http://www.themanbookerprize.com/>

Course Focus

These award-winning novels will introduce students to the focus of our English class, dealing with American literature, including fiction and nonfiction. The English III AP course concentrates on an examination of how texts—both written and visual—represent American society and its ideals.

Student Preparation

The students should expect an initial reading comprehension timed writing at the end of the second week of school, followed by classroom discussion in a Book Club format. We recommend that students use post-it notes, highlight, or take handwritten notes as they read, noting how writers use language to achieve their purposes. Students should focus the argument at hand. To prepare, students might want to choose a chapter from their book and complete a rhetorical analysis (<http://people.ucalgary.ca/~rseiler/rhetanal.htm>) and be prepared to discuss these rhetorical choices in their writing.

Have a safe and restful summer, and enjoy your reading. The AP English III teachers.

Reflections

2010-2011 Reflections Theme is "Together We Can". Student guidelines and forms will be posted soon on the Texas PTA website: <http://www.txpta.org>.

National PTA has announced the winning theme!

The 2011-2012 school year Reflections theme will be "Diversity Means" submitted by Ozark North Elementary PTA in Ozark, Missouri.



PTA REFLECTIONS
40 Years of Achievement in the Arts

Golf Tournament

Plano West QBC Golf Tournament: CALLING ALL GOLFERS!!

Come and support the PLANO WEST WOLVES FOOTBALL PROGRAM! Call your friends, co-workers and neighbors!! Organize that "fantastic foursome" and come join in on a day of fun and fellowship!

The Plano West Quarterback Club is hosting their 12th Annual West Wolves Golf Tournament on Monday, June 14 at The Golf Club at Frisco Lakes. Shotgun start is at 1:30 pm. Sponsorships are available as well. Dinner, door prizes and auction will begin immediately afterwards. All golfers and non-golfers are welcome to attend!

For additional information or questions and to register online, go to <http://www.planowestfootball.org> or email pwqbc@verizon.net for a brochure. GO WOLVES!!!





Parent Program

The Facts of Life and More: Relationships, Social Boundaries and Sexuality Education for Individuals with Intellectual Disabilities

Presenter Leslie Walker Hirsch M.Ed.
July 31 '10, 9 am-4 pm
(Doors open 8:30 am) FREE. Lunch provided.
Register online by Wed., July 28
Arapaho United Methodist Church
1400 W. Arapaho Rd., Richardson, TX 75080

Don't wait until your child is a teenager to discover the ways in which you, and your school can help your child learn social boundaries, make appropriate lifestyle choices, and be safe.

Making good decisions about sexuality is a critical part of adulthood, but sometimes people with intellectual disabilities don't get the support or education they need to navigate this complex aspect of life. This workshop gives parents (of children age 10 and older), educators, social workers, caregivers and direct support professionals the comprehensive information they need to educate people with disabilities about sexuality and help them make the best possible choices across the lifespan.

For more information contact the Down Syndrome Guild at 214-267-1374. Space is limited—register now at <http://www.eventsbot.com/events/eb241811152>.

Summer Camp Fair

vendors now posted on SAGE website!
Go to: http://planopta.org/SAGE_Resource/?wpadmin/ to get a listing of all the summer camps that participated in our recent SAGE Summer Camp Vendor Fair. Also, take the time to peruse the site as well as the SAGE committee has been adding features, documents for downloading from previous speaking engagements, resources, etc. It is still a work-in-progress, so continue to check back throughout the spring and summer.

SAVE THE DATE!

2011 SAGE Summer Camp Vendor Fair
Saturday, February 19, 2011. Location TBD

It's here... Plano West Senior High's Wolf Pack Class Ring Order Days

Jostens--Plano West Senior High's official class ring provider--will be set up in the cafeteria at Shepton High School to answer questions, show sample rings, take your student's ring order and get their ring size on May 27 and 28 during lunch from 11:45 to 1:30 pm and for a "come and-go" Parent Night on May 27 from 4-7 pm.

In the past, students have ordered their class rings at the beginning of their junior year instead of at the end of their sophomore year. However, in response to feedback from parent and student focus groups, we are starting a new sophomore tradition—a "rite of passage" that will help connect students as they make the transition from Shepton High School to Plano West Senior High.

Benefits for ordering just before the beginning of summer:

1. Take advantage of this school year's pricing.
2. Students wear their rings--a constant visual reminder of their commitment to graduate--for their entire junior and senior years.
3. Spread out payments over the summer.
4. Gives students the opportunity to share in the expense of their ring by working a summer job.

Jostens was founded in 1897 and is the largest and oldest class ring provider in the world. They offer many beautiful ring styles with all options included in the price of the ring (except for diamonds).

Please call Jostens directly at 972-612-5873 if you have any questions.

How to be "In the Know" at Shepton

Subscribe to Shepton's E-newsletter, *The Mane Event*.

Receive school announcements, calendar information, and much more! To subscribe, go the elist Web site at <http://elist.pisd.edu> and click the link for new subscribers.

Use the Parent Viewer.

Online access to view your child's grades and attendance is on our Parent Viewer web site. You will now be able to view current grade averages instead of the six or nine week summary averages provided in the past. Daily attendance information will continue to be available as well. Additional reports available online will enable you to view details such as assignments, quizzes and tests along with the grade, score weights, due dates, and maximum values. Missing assignment reports are also an option for you to view. Another enhancement to this online access is the ability to sign up for automatic email notifications.

You will be able to schedule the following types of reports:

- Unexcused absence
- Detailed attendance
- Grade summary
- Detailed grade information
- Grade notification Register for Parent Viewer at <http://parentviewer.pisd.edu> to setup your individual account information for access.

Website

The Shepton High School website is a terrific source of all kinds of Shepton information. Go to <http://k-12.pisd.edu/Schools/Shepton/home.htm> and save it to your favorites.

Kay Chappell Realtor®

469.774.1550 KayRealtor@verizon.net

25 Years Experience. Specializing in West Plano.

A Proud Shepton Mom!

Should you or someone you know need to buy or sell a home, please give call me. To view our Listings, take Virtual Tours and search the MLS, please visit www.janrichey.com.

Call Kay at 469.774.1550

Summer Program (9-12)

The purpose of the extended summer program for grades 9-12 is to provide high school students with the opportunity to master the essential elements of incomplete/failed courses, to accelerate their high school programs, and to enrich their experiences with non-credit courses.

Pre-registration

Students may enroll beginning in March through May 21, 2010. After May 21 students must register June 10 at Plano West Senior High School. Your school counselor is the best resource for summer school questions. The Student Registration Form should be obtained from the home school counselor. The counselor must indicate which course the student will be taking and must sign the application. No registration form will be accepted without a counselor's signature.

Student Registration June 10 Plano West Senior High for those students who did not pre-register.

Dates:

First Session June 14 - July 1, 8 am-1:30 pm

Second Session July 6 - July 23, 8 am-1:30 pm

Session Break July 2, 5

Note: On the last day of each session students will be released at 10 am.

Locations:

Plano West Senior High School, 5601 W.

Parker Road, Plano TX 75093

Plano Senior High School, 2200 Independence Parkway, Plano TX 75075

Tuition

Tuition is \$210 per session. Tuition for out of district students (those students not residing in the Plano ISD attendance zone) is \$420 per session. The tuition may be paid by cash, money order, cashier's check, Master Card, Visa, or Discover Card. No personal checks will be accepted.

Each location offers different courses will be offered. Please go to <http://www.pisd.edu/students/summer.school/high.school.shtml> to view offerings.

Honors and AP courses will not be offered in either session of summer school.

Transportation

Bus transportation is provided from each PISD high school and senior high school. The bus schedule will be available in the counselors' offices the last week of the 2009-10 school year.

For additional information please contact the home school counselor.

<http://www.sheptonpts.org>

eSchool

Known for high quality education and a superb teaching staff, Plano ISD is pleased to offer an online component to its already strong curriculum.

eSchool has enabled hundreds of students to take high school courses online, on their own time, wherever access is available to the Internet and a computer. Information about course offerings, tuition and registration are available on the website. <http://www.planoisdeshool.net/>

Students enrolled in eSchool have the opportunity to interact with a group of recognized, experienced and well-trained teachers as they work through the curriculum. eSchool offers flexibility, responsibility and compatibility for students who wish to enrich or supplement their educational program.

In addition to the website, our eSchool brochure (431k) provides a concise program overview. Download a copy at <http://www.pisd.edu/students/documents/eschool.brochure.pdf>.

Homework Help

Dr. Math!, ClassBrain.com and The World Factbook are a few of the many online resources that you will find in the Plano ISD Instructional "Student Center" to help you with homework assignments.

Follow the link below for a list of websites grouped by subject areas - math, English, social studies, science and general help - on this teacher tested and approved website. <http://k-12.pisd.edu/resources/student/default.html>

Destination College Workshops

Attention High School Seniors & New College Students...Are you ready for your first college math class? Want to boost your college math placement test scores? If so, then join us for the FREE 2010 Math Summer Bridge program June 14-July 1 at Collin College's Spring Creek Campus. Two sessions are scheduled to run Monday-Thursday. Session I is 10:10 am to 12:10 pm. Session II is from 7-9 pm. Gain confidence in solving math equations and learn from top Collin College math professors! Seating is limited, so apply today! Students must complete an application and complete the math portion of the TSI Math Assessment at any of Collin's campuses prior to June 4, 2010 in order to be eligible to participate. Please check out our web site at www.collin.edu/destinationcollege or call 972-377-1772 for more information.

FREE Money for Shepton!

Shepton PTSA (Parent-Teacher-Student Association) finances all of its programs and support of the school through membership dues, school supply sales, snack sales and grocery store partnership programs. If you shop at Tom Thumb, Albertsons or Central Market, please be sure to register and use your cards to support the Shepton PTSA.

Here's How It's Done...

Tom Thumb Reward Card

Present your Tom Thumb Reward Card to the service desk at any local Tom Thumb and ask them to link it to Shepton's number: 6657. Forms are available in the main office and the school store.

Central Market

"Fundraising Foodies" Card

Central Market has begun a new card program to benefit schools—you simply show your "Fundraising Foodies" card to the cashier before they ring the total of your sale and Shepton earns five percent of your purchase! Pick up your "Foodies" card in the school's front office and use it each time you shop at Central Market!



OneCause (formerly School Pop)

Shepton is now once again enrolled in OneCause (formerly School Pop). This is an online shopping service with hundreds of stores to choose from such as Nordstroms, GAP, Pottery Barn, Drugstore.com, Amazon.com, Staples, and many more. Shepton PTSA can receive a percentage of online purchases of our supporters. From Aug 10-Oct 14 Shepton can earn an additional \$250-\$1,000 by just having our supporters sign up on line. For more information go to www.

OneCause.com. So please, check out the site, sign up as a Shepton PTSA supporter and do your online shopping through them! Don't forget to tell your friends about this service! The more supporters we get to join and use this service the more funds Shepton PTSA can raise.

Thank you for supporting the Shepton PTSA by helping us provide the funds to support Shepton High School through programs, volunteers and educational enhancements!

Semester Exams

SPRING SEMESTER EXAMS 2010

Tuesday, June 1

Study Hall
9:00-10:55
Break
10:55-11:05
Period 1
11:05-1:00

Wednesday, June 2

Period 2
9:00-10:55
Break
10:55-11:05
Period 3
11:05-1:00

Thursday, June 3

Period 4
9:00-10:55
Break
10:55-11:05
Period 5
11:05-1:00

Friday June 4

Period 6
9:00-10:55
Break
10:55-11:05
Period 7
11:05-1:00

- 2:15-4:15 Test makeup and attendance makeup as scheduled by appointment. Tutorials as scheduled by appointment.
- Buses will run at 1:00 on Tuesday, Wednesday, and Thursday. On Friday, buses will run at approximately 1:20.

If you know that your son/daughter will be missing any of those exams, please contact our attendance office immediately so that we can begin to arrange the makeups for those exams.

ABSENCES ON EXAM DAYS?

Many times there are unforeseen situations that require a student to miss one or more final exams. Please be aware of the following suggestions regarding the makeup of those exams.

First, most courses give a District Exam, meaning that all students throughout the district take the same exam in that course on the same day. Therefore, NO District Exam can be given before Tuesday, June 1.

Second, the last work day for teachers is Friday, June 4. Consequently, every effort should be made to take all exams during the exams dates of June 1-June 4.

If for some reason your student misses an exam and cannot make it up during that time, you will need to schedule an appointment for the student to take the makeup exam. Those exams will be given by appointment with the Assistant Principal of Curriculum Kecia Theodore, on Monday, June 7, or Tuesday, June 8.

Any exam not taken by June 9 will be considered a zero unless prior permission is gained before the last day of school, Friday, June 4.

SEMESTER EXAM TIPS FOR PARENTS

As we approach the semester exams for the spring semester, it is important that parents be advised of some of the facts about our exams, our exam schedule, etc. We hope that you find these tips to be helpful. In addition, you will find that we have thrown in some tips that are not just related to exams. Enjoy!

1. The students tend to want to play throughout these four days because school releases at 1:00. They try to make plans for lunch out, visiting at a friend's house, etc. Those activities are not the reason we release early. **We release early for extra tutorial time and extra study time!**

One of those other events per day may be fine, but please try to discourage involvement in all of those on one day!



Photo credit: Pragmagraphr on Flickr



2. Beginning at 2:15, our staff is available for extra tutorial time. These tutorials require that the student make an appointment with the teacher IN ADVANCE. The teacher and student will arrange a time and a place for the tutorial. These tutorials can be anytime between the hours of 2:15 and 4:15. Obviously the teachers' usual tutorial schedules at 8:30 will still apply. However, no 4:15 tutorials will be offered.
3. It is extremely, extremely important that students be reminded that semester exams are 25% ($\frac{1}{4}$) of their semester average. The exam counts just as much as a six weeks. The three six weeks and the exam are added together and divided by four. That is the student's semester average.
4. Every class will provide a review for the exam. If your student says that they have nothing to study, please contact the teacher. We promise you that there is something to study.
5. If you would like to help arrange a tutorial schedule for your student, please contact the teacher directly through his/her phone extension or e-mail. You will find both of those things listed in your PTSA directory.

6. Our most important advice is this. Do not let your student wait until Monday, May 31 or Tuesday, June 1 to begin studying for exams. We believe in flash cards, teacher-made study sites on the web, parental quizzing, and plenty of rest and appropriate food during this time.

Happy studying! If you need help, please call or e-mail a teacher. We would be happy to help.

UIL ELIGIBILITY

All students in an extracurricular program are subject to the UIL No Pass-No Play Policy when his/her extracurricular program is in season. Eligibility for the 6th six weeks was assessed based upon the grades posted at 4:30, Thursday, April 15. The student then regained or lost eligibility at 4:30, Thursday, April 22.

Those students deemed ineligible on April 15 will be reassessed based upon the grades as of 4:30, Thursday, May 6. If a student is deemed to have regained eligibility, the student will be eligible as of 4:30, Thursday, May 13.

All students become eligible at the end of the school day on June 4 and remain eligible until the first day of classes in August of 2010.

REPORT CARDS

Report cards for the sixth six weeks will be mailed home approximately Friday, June 11. Again, if you do not receive a copy, please contact our registrar, Fran Weidemier.

FINES & FEES

As we begin to wrap up the school year, it is imperative that students who have been notified of first semester fines and fees get those cleared as quickly as possible. In addition, please be aware that all books, fees, and fines for the entire year will need to be cleared by Friday, June 4. As your student begins final exams, please check to see that your student still has all of his/her textbooks, school equipment, sports uniforms, etc.

Please contact us at 469-752-7600 if you need to know the cost of items that you feel certain are truly lost.

2010-2011 SHEPTON P.T.S.A. BOARD

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| West Cluster Liaison..... | Marcie Intebi..... | westcluster@sheptonpts.org |