



Lake Washington School District

Eastlake High School

400 228th Ave. N.E., Sammamish, WA 98074 | 425 936-1500



Eastlake Credo: At Eastlake, through intentional actions, we create an environment where students and staff feel safe, appreciated and loved. This is Eastlake. This is home. This is family. **WSPS.**

Principal Message

Dear Wolves,

We hope that everyone had a safe and enjoyable winter break and has returned rested and ready for our final push through the end of first semester! With finals around the corner we want to remind students and families to practice healthy and effective techniques when preparing for finals:

- Focused study sessions spaced out over time are much more effective (and healthy) than drawn-out cram sessions.
- Research found the practice tests (including flash cards) were very effective at increasing retention, while common practices like re-reading and highlighting were not. (<http://ow.ly/H58zo>)
- Study "distinct but related skills or concepts in one sitting, rather than focusing intensely on a single thing." (<http://ow.ly/H5aDh>)
- "Instead of sticking to one study location, simply alternating the room where a person studies improves retention." (<http://ow.ly/H5aDh>)
- "Learning takes place over time-real learning doesn't usually occur in one-time events." (<http://ow.ly/H59K5>)

Getting enough sleep and exercise is critical not only for health but also consolidating memories and increasing retention. If you have questions or need support do not hesitate to reach out to your teachers, both in class, during before- and after-school tutorial time, and during Wolf Time.

Last, make sure to have some fun and downtime with family and friends. School is very important and so is time to connect, refresh, and enjoy your friends and family.

WSPS

Chris Bede, Principal

Quick Links

Eastlake Daily Schedule:

[Eastlake Website](#)

Click [here](#) for the Eastlake schedule for the week of January 17th - 20th MLK Observance and Finals Week January 23rd - 27th.

Raptor Run 5K - Update

Congratulations to all of our 5k participants on Thursday!

Eastlake had the top finishers, both male and female, Nate Pendleton (16:54) & Pia Richards (19:34). Pia set a new record for the ladies!



Daily Bell Schedule

Thank you to the 50+ volunteers that made our event possible for over 1000 students. We appreciate your time and couldn't have done it without you. Check the update next week for pictures and a detailed list of top times!

Did you Know?

Metro is exploring alternative transportation solutions in Sammamish?

In 2014, Metro deleted a bus route that served the Sammamish Plateau. Now, Metro's Alternative Services program is working with the City of Sammamish to identify some of the gaps in our transportation network. This is the first step in a process to improve transportation in Sammamish.

Metro is looking for feedback. Please take this online survey and let your ideas be known www.surveymonkey.com/r/SammamishAlt.

EHS PTSA Page

End Of Semester - Message from the Library:

STUDENT DESTINY CHECK

Students can check their own items to see what they need to turn in at the end of semester and/or school year in the library checkout system which is called Destiny. The more they can monitor their own items the better. This can solve any confusion about missing items before the end of semester and/or end of the year rush to get items turned in. This is especially important for seniors since they can only get their transcripts if all items have been turned in or paid for. Click here for directions on how to login into your [Destiny Account](#).

Is Your Student Sick?



It's flu season and the flu seems to be hitting more people this year. Please review the information from the CDC regarding the [flu](#).

USA Biology Olympiad

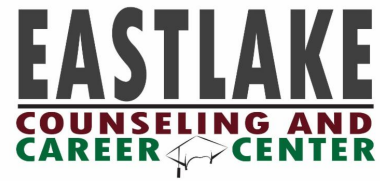
Eastlake High School is registered for the USA Biology Olympiad for this spring. USABO is the premiere biology competition for high school students in the United States. It enriches the life science education of nearly 10,000 talented students annually by providing motivation, curricular resources, and skills training to take them beyond their classroom experience to the level of international competitiveness.

The Olympiad includes 2 rounds of challenging exams from which 20 finalists nationally are invited to a training program. The open-exam will be administered at EHS between 2/7 and 2/17. Official date is TBD.

For more information regarding the Olympiad and/or to register as a student you will need to go to <https://www.usabo-trc.org/>. To register, go to the link and scroll down to about half way down the page. Under the video there are 3 opens. Students should register using the link in the right hand column. Registration deadline for students is January 22.

If you have any questions, please email Ms.Bjorge at:
kbjorge@lwsd.org

College, Counseling and Career News:



EHS College Night

Wednesday, January 18, 7:00 pm, EHS Theater

Join us as we review the college planning and application process, standardized testing, timelines, what to expect resources and more. This event is designed for 11th grade students and their families but all are welcome.

Organization and Time Management Wolf Time

January 17 and January 19, 2017, Wolf Time, EHS Career Center

Is your student stressing about how to organize themselves for finals? Sign up for wolf time (under Counseling-Immell) and get tips on organization/time management as well as time to set-up your finals schedule.

California Polytechnic State University visits Eastlake (EHS College Visit)

Friday, January 20, 2017, 12:15 pm, Eastlake Career Center

Students sign-up for college visits [online](#).

EHS Incoming Freshman Parent Night for the Class of 2021

Wednesday, January 25, 7:00 pm, EHS Theater (Representatives from EHS athletic programs and clubs advisors beginning at 6:30pm to share information about programs and answer questions)

This evening event is an opportunity for parents of current 8th grade students who plan to attend EHS in the fall of 2017-2018 to learn more about the EHS course registration process, graduation requirements, activities and athletic opportunities.

Can't make the presentation? Find the PowerPoint posted on the EHS website after the 25th.

Interested in Running Start?

Wednesday, February 1st 12:30PM - 1:30PM Eastlake Theater

A representative from Bellevue College will be here to share information about the Running Start process and why it may or may not be a good fit for you. This is an opportunity to hear more about student eligibility, expectations, benefits and challenges to the program, costs, admission steps and more. Parents are also welcome to attend.

Students unable to attend Wednesday's presentation are welcome to come to the counseling center during Wolf Time on Thursday February 2nd to hear a recap of the meeting by one of our counselors. In addition, we will be posting information on the Haiku/Powerschool website following Wednesday's presentation if you would like to review the information that was shared

Scholarship Spotlight

Goodchild Scholarship - Friday, March 17, 2017 Deadline Is your student planning to attend one of Washington's independent colleges-Gonzaga, Heritage, PLU, St. Martin's University, SPU, Seattle U, University of Puget Sound, Walla Walla University, Whitman College or Whitworth? Check out the [Goodchild Scholarship](#) with awards of \$2500 per year for 4 years. Applicants must be a graduating senior from Eastlake or Redmond High School, have a 3.0+ GPA and have a track record of leadership and community involvement.

[EHS Scholarship Bulletin](#) for scholarships on our radar.

Our [PowerSchool page](#) is worth a look!

Students may sign-up to see a member of the counseling and career center team, check out college and career resources, see our full calendar of EHS and area events, find a student job, volunteer opportunities and more.



Eastlake Athletics -

[Read](#) about the Wolves in action this past week.

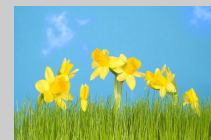
Looking for game schedules and standings for all Eastlake Sports?

click on a sport and see the season schedule

[Boys Basketball](#), [Girls Basketball](#), [Swim & Dive](#), [Wrestling](#)
and [Gymnastics](#)

Its Time To Think Spring Sports!

Baseball, Fastpitch, Girls Golf, Boys Soccer are cut sports and require a try-out. **Badminton, Girls Tennis and Track & Field** are non cut sports and do not require a try-out.



It's time for your student to make sure you have a current (can't expire during the season) physical and Medical History (if you have already played a sport this year you do not need to fill our another Medical history form) please check with Mrs. Hill in the Athletics office if you have questions. Online registration will begin on February 6th. Please check the [Sports Registration tab](#) on the EHS website for information about registration.

Senior Ads for the Yearbook

Senior Yearbook ads are a great way to celebrate student success and millstones and reflect on the person your student has become. Show your pride and support your school at the same time!

Please access information at www.jostens.com/yearbookads

The deadline for ad creation is February 15, 2017

