



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,

Last week, we reviewed effective strategies in preparation for finals. These strategies include a focus on mental and physical health as well smart study strategies.

John Medina, a developmental molecular biologist at University of Washington and Seattle Pacific University, wrote one of my favorite books: *Brain Rules: 12 Principles for Surviving at Work, Home and School*. His research has helped shape my philosophy of how we should design our schools, whereby we align our structures and instruction to the brain research on attention spans and retention. However, his work also informs what we need to emphasize to students, especially during finals. He explores the positive impact of exercise and sleep on cognitive function, and the negative impact of excess stress.

Below I have included some interesting passages from *Brain Rules: 12 Principles for Surviving at Work, Home and School*.

"Exercise improves children. Physically fit children identify visual stimuli much faster than sedentary ones. They appear to concentrate better. Brain-activation studies show that children and adolescents who are fit allocate more cognitive resources to a task and do so for longer periods of time."

"The bottom line is that sleep loss means mind loss. Sleep loss cripples thinking, in just about every way you can measure thinking."

"If the stress is too severe or too prolonged, however, stress begins to harm learning."

This research also supports the importance of our integrated Health and Fitness class in Grade 9 and our push for students to continue taking Physical Education.

WSPS

Chris Bede, Principal

Quick Links

It's Finals Week!

[Eastlake Website](#)

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

EHS Peer Tutors

Daily Bell Schedule

With the end of first semester many families are interested in peer tutors to help with a variety of subjects. To make this search easier we have a live LIST OF AVAILABLE PEER TUTORS as well as subjects they tutor (from Math, Science, World Language and select Humanities courses) and whether they tutor for paid hours, volunteer hours or both. If a tutor's name is highlighted in green it means they are currently available to tutor. For a complete list of tutors please click [here](#).

LWSD does not provide any supervision and is not responsible for these tutoring sessions. Because of this, it is encouraged that all tutoring takes place in a public place, ideally at school or at a community library. Any student that earned a B+ or better in a course is allowed to tutor that subject. If you meet with a tutor and it is not a good match you are encouraged to look for a different tutor until you find a good fit.

If you are a student and would like to be added to this list, please email Ms. Everson at ceverson@lwsd.org and she will send you the online application link.

EHS PTSA Page

Raptor Run 5K - January 12th

[Results](#) of the top 10 Eastlake finishers for boys and girls.



Pia Richards cruising to victory and setting a new girls record time of 19.34.6

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](#).



College, Counseling and Career News:

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 January 25th.

Running Start Information Session

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

EASTLAKE
COUNSELING AND
CAREER CENTER

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

Career Exploration

Women and Diversity Public Safety and STEM Open House and Career Fair Saturday, February 4, 2017, 10:00 a.m. - 2:00 p.m., Bellevue City Hall

Learn about the educational and career opportunities in STEM (Science, Technology, Engineering and Math) and Public Safety. Learn [more](#) and Register [here](#).

Scholarships

[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](#)

Lady Wolves Basketball Auction - January 28th Join the Eastlake Girls Basketball Booster Club in celebrating the POWER of women's sports and supporting the Lady Wolves Basketball team at the Plateau Club, January 28th 10:00am 1:00pm. Tickets for the event are \$25 for Adults and \$15 for students. Guest speaker for this event is Lisa Brummel co-owner of the Seattle Storm. Click [here](#) for more information about the auction purchasing tickets.



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 milestones 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

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