



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,

As we conclude first semester, we would like students to reflect on their performance in order to inform future progress. During Homeroom in October, students set academic goals and identified strategies to reach their goals. They also monitored their progress towards these goals throughout the semester. Setting goals helps students to develop personal attributes such as responsibility and reflection.

Now would be a great time to have a discussion about this with your student.

Are they happy with their performance? If so, what particular habits do they need to continue in order to maintain their present level of success. We want students to become consciously competent, where they can identify specific actions that brought success. That allows them to replicate this success again and again.

If they hope to improve next semester, what specific changes will they make? We all know that if we keep doing the same thing, we usually end up with the same results. Do they need to be more attentive in class? Will they commit to a consistent time and place to complete schoolwork? Will they eliminate distractions when they study? Do they need to make better use of Eastlake support systems like Wolf Time? Should they start coming in at times before or after school to meet with a teacher?

Could they study differently? It's not always about working harder. Sometimes we need to learn to work smarter.

Maybe they need to sleep more as research shows that sleep helps consolidate memories. Maybe they need to exercise more as research suggests that exercise increases cognitive function. The answers differ for every student, but it's important to have the conversation.

We are all trying to grow and improve, and a big part of that is making an honest assessment of what has and has not worked in the past.

WSPS

Chris Bede, Principal

Quick Links

So Long 1st Semester!

Eastlake Website

Shout out to our Leadership classes for the extra LOVE & ENCOURAGEMENT shown to Eastlake students & staff during finals week.

On Friday students concluded the last day of the semester with music and encouragement as they completed finals week.



Daily Bell Schedule

1st Semester Grades:

1st Semester Grading: Report cards for 1st semester will be mailed home. Please look out for them in your mailboxes towards the end of the 2nd week in February. You can always check grades online through Parent Access.

Semester 2 Begins January 30th:

Click [here](#) for Eastlake's schedule for the week of January 30th thru February 3rd, the first week of semester 2.

EHS PTSA Page

Sammamish Rotary - Eastlake Student of the Month

Eastlake would like to congratulate senior Emily Kraynak for being selected as the first ever, Eastlake Sammamish Rotary Student of the Month. Emily was awarded the January Rotary Student of the Month representing the Music Department. Emily has shown dedicated service to the Music Department over the past 4 years. As a member of the band she has always worked to be the best flute player that she can be. She has shown leadership through her role as Drum Major the past two years and has helped create a positive community in the band. She is always looking for ways to increase the bands visibility and came up with our Friday Morning Pep Band performances! Emily has also played with the orchestra whenever she has been asked, and taken Piano class this year to expand her musical knowledge. She is truly a great representation of Eastlakes music department.

The Sammamish Rotary recognizes students from the community high schools monthly. Each month, a different department from EHS will select a student who best represents the achievements, goals, mission and spirit of EHS. We are glad to bring this new honor to our student body, and proud to have Emily represent Eastlake this month!



From left: Chris Bede, Emily Kraynak, Chelsee Moe & Don Bartel

Dramafest - February 1st & 2nd:

Dramafest is next Wednesday and Thursday night at 7pm, \$5 in the EHS Theatre. There are three student directed one act plays, two of these have been written by students.

Talent Show February 8th:

Wednesday, February 8th is the talent show! It's at 7pm, and it'll be \$5 for students with ASB, and \$7 for the general audience and for students without an ASB card. Money raised from proceeds of the Talent show benefits the class of 2018 fund their Prom next school year.

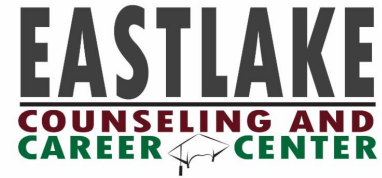
College, Counseling and Career News:

Running Start Information Session

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

A representative from Bellevue College will share information about Running Start and why it may or may not be a good fit for students.

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. A summary will be posted on the Counseling and Career Center [PowerSchool](#) page.



Credit Check WolfTime

Thursday, February 9, WolfTime

Registration is coming up. If you're interested in getting a head-start on the process, sign up to complete a credit check and look at your four-year plan. Students sign-up via FlexiSCHED.

WANIC WolfTime

Thursday, February 9, WolfTime

Robotics. Animation. Automotive Technology. Fire & EMS. Medical Careers. Culinary Arts. Video Game Programming. These are just a few of the courses offered through WANIC, the Washington Network for Innovative Careers. Eastlake students approved for [WANIC](#) attend classes at WANIC's skill center at Lake Washington Institute of Technology or to area high schools. Students interested in learning more about WANIC may sign-up via FlexiSCHED. (WANIC will also offer an Open House for students and families seeking more information on March 8th, 5:30-7:30 pm at LWIT)

Scholarship Spotlight

Nellie Martin Carman Scholarship

Friday, February 3, Deadline

EHS will nominate one student who is planning on attending a college or university in the state of Washington. Academic record, test scores, activities, and financial need are all given careful consideration. Music & Art majors are NOT eligible. Interested students must complete the EHS nomination scholarship form found on the Counseling and Career Center [PowerSchool](#) page.

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

Letter of Intent Signing Day - February 1st:

Join us for Letter of Intent Signing Day. There will be six athletes signing in this ceremony in the Main gym Wednesday February 1st at 12:30.

Tess Bauman - Tennessee Martin (Equestrian) , Brooke Chandler - University of Oregon (Soccer), Maddie Hunter - Arizona State University (Lacrosse), Pia Richards - Washington State University (Cross Country & Track and Field), Maddie Robinson Gonzaga University (Soccer) & Tatum Thornton University of Utah (Soccer)



Spring Sports! - Online Registration begins February 6th

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.

Please check the [Sports Registration tab](#) on the EHS website for information about registration. Make sure you have a current physical by checking with Mrs. Hill in the Athletics Office.

Eastlake Artists to Compete at the Regional Art Show:

EHS art and photography students in Ms. Flagg, Mrs. Chamberlin, and Mr. Staples' classes submitted over 60 impressive artworks to be considered for submission to the Regional High School Art Show. These were put on display in the EHS library and the top pieces were selected by EHS Staff members. It was a tough choice - there was a great amount of talent and skill demonstrated by all students who submitted work! Click [here](#) to see all of the Eastlake entries.

The annual Regional High School Art Show features high school student artwork from around Puget Sound. The show is open for public viewing February 24 - March 15, 2017 (7:00 am - 4:30 pm, daily) at the Puget Sound Educational Service District office at 800 Oakesdale Avenue SW, Renton, WA 98057. The Reception and Awards Presentation is March 15, 2017 from 6pm - 8pm at the PSESD office. Artwork with the highest scores at the Regional Art Show will have the opportunity to advance to the State Art Show in Olympia this spring!



Mark Lee
"Wild Wave"



Kara Riesenbeck
"Orca"

Senior Ads for the Yearbook - updated information:

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! You can access information and begin creating your ad at www.jostens.com/yearbookads. The costs are: 1/8 Page: \$30, 1/4 Page: \$60, 1/2 Page: \$120, and Full Page: \$240. The deadline for ad creation is February 15, 2017.

