



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,

The College and Career Readiness Task Force continues to research, analyze and deliberate about high school bell schedules and start times. For more information on the process please visit the [Lake Washington School District webpage](#).

The exploration of start times stems from concerns about sleep deprivation in teenagers, and the proposal to move back start times would align more to the circadian rhythms of teenagers. However, a recent article in the Huffington Post, entitled [Here's the Real Way to Fix the Teen Sleep Loss Epidemic](#), explains that exposure to artificial light at night can also have a detrimental impact on teenage sleep patterns. The article recommends that teenagers limit their screen time before they try to fall asleep.

According to the National Institute of Health, less than 10 percent of teenagers sleep the recommended nine hours a night. This chronic sleep deprivation can have significant impacts, "including poor academic performance, issues with learning and memory, mental health conditions, and physical health complications including diabetes and obesity."

The article explains that "there may be some benefit to modestly delaying school start times in addition to educating teens about the effects of artificial light and excessive evening screen time."

Let's all take time over Spring Break to sleep and exercise. Our minds depend on it.

WSPS

Chris Bede, Principal

Quick Links

[Eastlake Website](#)

Eastlake School Schedule Week of April 10th

We'll be celebrating Wolf Strong Week April 10-14. This will include an assembly on Monday, some Homeroom activities and culminate with a pep assembly on Friday. Just another reminder that Wednesday, April 12th is an extended Wednesday with students being dismissed at 2:00 pm. Here is a link to our school website that includes the schedule for the week of April 10-14.

Our schedule can be found under the '[Daily Schedule](#)' tab on the Eastlake website.

Daily Bell Schedule

EHS PTSA Page

Wolf Strong Week April 10th -14th - #WSW17

The 3rd annual Wolf Strong week is April 10th -14th. This will be an action packed week.

In case you're wondering what Wolf Strong Week is, here is a quick video to help explain: <https://goo.gl/WKZq6f> and a link to last year's recap video: <https://goo.gl/T5J7rB> .

T- shirts will be available to purchase again this year beginning Monday April 10th for \$10 at the Student Store. Quantities are limited so make sure you pick one up Monday.



#WSW17 T-shirt Design

Help Support Eastlake Drama

Broadway in Sammamish brought to you by Eastlake's Drama Program. Join us for an outstanding night of entertainment, food, and fundraising. Sahalee Country Club at 6:30pm on Saturday, April 15th! For tickets and more info go to: ehsbroadway.com.

College, Counseling and Career News:

EHS College Visits

Students sign-up for college visits on [PowerSchool](#)

School	Date	Time
Central Washington University (designed for Senior EHS students admitted to CWU. Topics include financial aid, scholarships, campus housing, dining plans, orientation, degrees and programs, life at CWU, and more)	Friday, April 14	8:30 am
University of Utah	Tuesday, April 25	9:00 am
San Diego State University	Friday, April 28	1:30 pm



Johns Hopkins Information Session

Saturday, April 29, 2017, 2 pm, Bear Creek School, Redmond

Learn about Hopkins academics, campus community, and the college application process. [RSVP](#).

Seattle PNACAC Spring College Fair

Saturday, April 29, 2017, 12 noon-3 pm, Seattle University, Connolly Center

Free and open to the public. Learn more [here](#) and [register](#) to print a bar code that can be easily scanned by colleges and universities from which you would like additional information.

WSU Spring Preview

Saturday, April 22, 2017, Washington State University

Registration is open for [Preview for Juniors](#), a program designed specifically for juniors beginning their college search. This one-day visit event offers juniors an early look at the Coug college experience. Activities include academic showcases, panel discussions, admission information, campus and residence hall tours, lunch in a dining center, and more! Space is limited, interested students should

[register](#) soon.

College Bound Resource Fair for Students with Disabilities

Saturday, May 6, 2017, 9AM to 2PM, Bellevue College Main Campus

Presented by OLS at Bellevue College. This unique event is created specifically for people with disabilities who aspire to become college students and their parents. Morning session topics include: Deciding to Attend College, College Programs for Adults with Disabilities, Preparing for College Life, Disability Services & Support, Parent Preparation, Screening of "Being You" - A documentary film by Roadtrip Nation. The afternoon will feature booths and resource tables on college programs, disability services, independent living coaches and more.

For more information, please visit at www.bellevuecollege.edu/ols

Career Exploration Opportunities

Be A Pilot Career Expo

Saturday, April 8, 2017, 1:00 pm or 2:30 pm, Museum of Flight, Seattle

A day of discovery and insight into becoming a professional pilot with Aerosim Flight Academy and Sky West Airlines. Topics covered include: Industry outlook and hiring demand, academics, flight training and building experience, Aerosim Flight Academy's pathways to the airlines, financial aid and scholarships.

Fashion Industry Conference

Saturday, April 29, 2017, 8 am-4 pm, Seattle Central College

Choose from 12 interactive workshops led by industry professionals. Compete for prizes such as a new sewing machine or summer workshops. Key note speaker: Rafael Soto, Amazon Senior Design Manager. Register [here](#).

Summer WANIC

Registration opens Tuesday, April 25, 2017 at 3:00 pm

Summer Skills Academy runs 7/5-7/21, 8 am-3 pm

Mark your calendars, synchronize your watches. Registration for the very popular WANIC Summer Skills Academy opens at 3:00 p.m. on April 25th. Where else can you take a multi-week class for \$50, explore a career (or get your health credit crossed off the to-do list!) and earn .5 Occupation Education credit? To learn more, check out [WANIC summer brochure](#). The following courses are offered:

3D Modeling & Printing	Computer Science & Engineering	Culinary Creations
Dynamic DNA	Financial Planning	Health
Health Careers Exploration	Introduction to Fire & EMS	Introduction to Medical Careers
Photography	Professional Production Arts	Radio/TV Broadcasting
Rock Your Ride-Mobile Electronics	DigiPen Art & Animation	DigiPen Cyber Security
DigiPen Music & Sound Design	DigiPen Video Game Development	DigiPen Video Game Programming

Scholarship and Contest Spotlight

New Poets Society Poetry Contest

Friday, April 21, 2017 Deadlines

Contest open to students grades 9-12, at Eastlake, Redmond, Lake Washington, Sammamish and Interlake schools. 2 submissions per student, 30 lines or less. Learn more at [here](#). Students may return entries to their humanities teacher or Ms. Tallorin (room D223 or office mailbox)

Lake Washington School District PTSA Scholarships

Wednesday, April 12, 2017 Deadline

[Multiple scholarship opportunities](#) for senior students.

EHS Scholarship Bulletin

EHS [Scholarship Bulletin](#) for other 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 Prevention & Intervention Specialist News-

Underage Drinking - Know the Risks

- 90 % of underage drinking is in the form of binge drinking. People ages 12-20 drink 11 percent of all alcohol consumed in the U.S. Although young people drink less often than adults do, when they do drink, they drink more, exponentially increasing risks to health and safety.
- Drinking impairs judgment and can lead to poor decisions about engaging in risky behaviors that put one's self and others at risk.
- Teen brains are more vulnerable to alcohol. Research shows that the teen brain doesn't fully develop until 25. Alcohol can alter this development, potentially affecting brain structure and function.
- Underage drinking increases the risk of alcohol problems later in life. Research shows that people who start drinking before the age of 15 are four times more likely to meet the criteria for alcohol dependence at some point in their lives.

<http://drugfree.org/article/how-to-address-underage-drinking/>

For more information please contact Cathleen Leader, Eastlake Prevention and Intervention Specialist c-cleader@lwsd.org

Eastlake Athletics -



Spring Sports Are In Full Swing! - Think SUN!

Click [here](#) to find out how our teams did this past week! **Go Wolves!**

Eastlake has Fastpitch, Baseball and Soccer games during Spring Break. On a staycation? Catch an Eastlake game! For the latest schedules for all of Eastlake Sports visit [Kingco Athletics](#)

Congratulations Eastlake Dance Team!

The Eastlake dance team showed three very strong performances in the 4A state championships this past weekend at the Yakima Sundome. They took 2nd in their pom routine, and 5th in their dance routine (both highly competitive categories). Now wrapping up a successful competition season, they're preparing for tryouts, which happen May 8th-12th. More info on www.eastlakedanceteam.com



Cheer Try-Outs - Be A Part of the 2017-2018 Eastlake Cheer Squad:

Tryouts for the 2017-2018 Eastlake Cheer team will take place April 24-28. There will be an informational meeting for parents on Thursday, March 30th at 6PM in the Eastlake library. There will be a student interest meeting coming up after Spring Break. Any athlete wanting to tryout will need to get a physical on file with the Eastlake Athletic office prior to tryouts. Check out www.eastlakecheer.com for more info.

PTSA Textile & Clothing Drive April 22nd - Spring Cleaning Time!

Please consider saving and then donating used clothing and other items for Eastlake's PTSA Textile Drive on Saturday, April 22nd and Sunday, April 30th from 9:00 am to 4:00 pm. Acceptable donations include clothing, paired shoes, accessories, bedspreads, sheets, blankets, towels, draperies, stuffed animals, and all other cloth items in any condition. Your donations are tax



deductible. This drive will help benefit Grad Night. The more donations we collect the more money we make. For questions, contact Julie Sanders, PTA Project Chair for the Textile Drive at: julie@scottandjulie.com

Senior Send Off Sign Up Alert!

Beginning Tuesday, February 28, you can send payment to school with your senior to purchase their SENIOR SEND OFF admission! All admission sales will be during lunch in the Commons. Each student will be given a receipt and a Release/Permission form to be completed and signed by student AND parent. Forms must be returned to the office ASAP. These forms are mandatory! Cost is \$165 for this all inclusive, all night, fully chaperoned, safe graduation party. Prefer to register and pay online? Click [here](#). Financial assistance is available, please contact your Counselor. Senior Send Off is solely sponsored by EHS PTSA. Please note admission is non refundable. Want more info? See our [FAQ](#) page or contact [Carlene Camera](#), SSO 2017 Chair.

When you're signing up for SSO, think about making a donation to Baccalaureate, as well. This special evening sponsored by PTSA is an intimate gathering for students, parents, and extended family to celebrate their student's move beyond high school. Enjoy senior student performances in music and dance as well as teacher and community speakers. It's a night you won't want to miss as part of your graduate's celebration. Put it on your calendars: Friday, June 9th, 7:00 pm, Timberlake Church.

