



Lake Washington School District

# Eastlake High School

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



## Principal Message

Dear Wolves,

Eastlake has a Mission of "Developing the character and intellectual strengths for individual and shared success." We have also established a set of Values, one of which champions the concept of "Balancing competition and ambition with gratitude and wellness." We want students to work hard and achieve, but competition and ambition should not be at the expense of mental health. Our kids level of happiness matters, and we want them to enjoy the process of high school.

This same value inspires me as a dad of two little girls. I often have people send me articles and videos that shape my perspective as both a principal and a parent. Recently I received a [Ted Talk](#) by Julie Lythcott-Haims entitled "How to raise successful kids - without over-parenting."

She talks about the impact of the "checklist childhood" on mental health, and how we need to instead help our kids develop self-efficacy.

She says that our kids are not bonsai trees to be carefully clipped and pruned, rather wildflowers to be nourished and strengthened.

WSPS

Chris Bede, Principal

### Quick Links

[Eastlake Website](#)

[Daily Bell Schedule](#)

**Please read this important letter from LWSD [click here](#).**

### **Why is Attendance Important and Beneficial?**

The district is working very hard to address the state legislation and statistics surrounding attendance. The data that has been observed supports the direct correlation between chronic absenteeism and being prepared for post-secondary endeavors. From the state to the support staff working with your children, the message we want to send is clear, attendance is vital to connectedness and success. Please [read this letter](#) regarding what we are doing to support students and some suggestion on how parents can support their children.

## New Attendance Code In Skyward:

A new code in Skyward **M (no note)** has been causing some confusion with parents. The **"no note"** refers to not having a note from the doctors office but it is logged as an excused absence for medical reasons i.e illness or a doctors appointment. No need to call the Attendance office if you see this code as it is already an excused absence.

## Washington State 2016 Healthy Youth Survey - Tuesday, October 11th-

The Healthy Youth Survey will be administered to all our 10th and 12th grade students on Tuesday, October 11th during Homeroom. Here is a link to a page on our District website with information about the Healthy Youth Survey; <http://www.lwsd.org/Parents/Student-Health/Pages/Healthy-YouthSurvey.aspx>. This anonymous and voluntary survey provides results that are used by schools, the district, communities, and the state and local health departments to plan and to evaluate programs to support our youth and to reduce their risks. If you have any questions please call the main office.

## Bookkeeping Notes:

**Class fees** are due Friday, October 14th. After the 14th any unpaid fees become fines. Students cannot purchase Homecoming tickets if they have fines. Please go to [www.lwsd.org](http://www.lwsd.org) and login to your Parent Access account to see if your student has any fees/fines to pay. A red-letter message will appear after you select your student's name, click on that message to view and/or pay fees and fines.

**Homecoming Dance** is Saturday, Oct. 22nd at EHS from 8 PM- 11 PM. Tickets will not be available for sale until sometime next week, hopefully by Wednesday Oct. 12th. Ticket prices are \$25 per person in advance, and \$30 per person at the door. Please check the Daily Announcements in PowerSchools/Haiku for updated info.

## Wi-fi Connectivity Issues?



The district tech department released updates to all student laptops that will hopefully fix any remaining connectivity issues with school laptops getting on off campus wi-fi. If you still can't connect at home on your school laptop please [try these steps](#). If you follow these and still can't connect please bring your laptop to the EHS Library.

## Health Room Volunteers Still Needed:

The Eastlake health room is still in need of volunteers. We have 2 hour shifts every day that will help fill the need for our students when they feel sick or just need a break from it all. The requirements are easy - you just want to help. The shifts are Monday, Tuesday, Thursday and Friday 8-10, 10-12, 12-2. Wednesday 8-10, 10-12. Choose as often or as little as your schedule will allow. There is no weekly, daily commitment. Just whenever you can. Please contact Bindu Chetanwala at [bchetanwala@lwsd.org](mailto:bchetanwala@lwsd.org) if you are interested or need more information.



## College Visits this week:

Students sign-up using Eastlake's online College Visit sign-up form. Click [here](#).

University of Denver	Denver, CO	October 11th	8:15 am
New York Film Academy (NYFA)	NYC, NY	October 11th	10:30 am
Arizona State University	Tempe, AZ	October 11th	1:00 pm
Boston College	Boston, MA	October 12th	10:50 am
Montana State	Bozeman, MT	October 13th	8:00 am
Sarah Lawrence College	Bronxville, NY	October 13th	10:45 am
Washington University in Saint Louis	Saint Louis, MO	October 14th	8:15 am
Vanderbilt University	Nashville, TN	October 14th	9:00 am
Babson College	Wellesley, MA	October 14th	9:45 am
University of the Pacific	Stockton, CA	October 14th	10:45 am
University of California, Riverside	Riverside, CA	October 14th	12:15 pm
Northeastern University	Boston, MA	October 14th	1:15 pm

## Want more College and Career News?

Check out the [EHS College and Career Weekly](#) to learn more about:

- College Application Working Sessions in the Counseling and Career Center
- The full EHS College Visit Calendar
- Final EHS College Fair Attendee List
- Updated Area College Visits and Events
- EHS Financial Aid Night PowerPoint
- EHS Nomination Scholarships
- Teen CEO
- Washington Youth Academy Open House for at-risk youth
- Grammy Camp
- Insights to Engineering and Manufacturing Night
- Aerospace Joint Apprenticeship Committee Mobile Training Unit
- Minority Student Medical Career Fair

## Hey Juniors- it PSAT time!

If your student is in 11th grade this is the year for them to officially take the PSAT/NMSQT test at EHS on October 19, 2016. The test will be here at EHS and is built into the school day for Juniors. The PSAT test is \$15 and you can purchase it online with Parent Access or students can bring in payment- cash or check made out to EHS. Deadline to register for the test is October 12, 2016. There will be no refunds after October 14th due to administrative and test costs.

Please see [Mrs. Harrison](#) in Counseling if you have questions.

## Eastlake Athletics

Click [here](#) for the latest team updates!

## Looking for game schedules and standings for all Eastlake Sports?

Please visit [KINGCOATHLETICS.COM](http://KINGCOATHLETICS.COM)

## Coming Soon: Winter Sports Registration begins October 17th:

Winter Sports: Boys and Girls Basketball (cut sport), Boys Swim & Dive, Gymnastics and Wrestling. Before you register online you should make sure you have a current physical on file with Mrs. Hill in the Athletics office. All details will be posted soon on the Eastlake Athletics website.

## Dig Pink with Eastlake Volleyball:

Please join the Eastlake Volleyball team on October 10th at Eastlake High School for our fight against breast cancer - 'Dig Pink' - Volleyball game vs Inglemoor. JVC-team and JV start at 5:30pm, Varsity at 7pm. There will be a bake sale, Dig Pink scarves for sale, raffle items, spirit flags, a Wall of Honor and opportunity to donate. All proceeds benefit Wings of Karen - a local non-profit breast cancer foundation supporting research in the Pacific NW, benefiting women everywhere. Come support breast cancer awareness and your Eastlake Volleyball teams Monday, October 10th.



## Prevention-Interventionist Specialist from Youth Eastside Services:

Please click [here](#) for more information about important services that can be provided by Cathleen Leader our in house Prevention-Intervention Specialist.

## The Eastlake Robotics Club holding Community Dinner and Silent Auction



**When:** October 12th, 2016  
6:00PM - 9:00PM  
**Where:** EX3 Teen Center  
825 228th Ave NE  
Sammamish WA 98074  
Tickets will be sold at the door  
\$5 ASB/Other FIRST Teams

\$7 General Public

The club would like to invite everyone from the community for a night filled with activities, food, drinks, desserts, games, music, and information about the local Robotics team.

Meet Lucky, Eastlake's 2016 Robot

There will be wonderful baskets in the silent auction to bid on. All proceeds will benefit the Eastlake Robotics Club. For a flyer please click [here](#).

## Submit Your Senior Photo For the Yearbook!

Senior photos need to be submitted digitally. **Deadline is December 9, 2016.**

Images should be "portrait" style with head and shoulders showing - **please DO NOT submit landscape photos!**

The head should be approximately 1/2 the total width of the photo.

Avoid accessories such as cars, animals, weapons, musical instruments.

Students should be appropriately dressed to meet the school dress code.

Digital images should be at least 300 dpi and in a .jpg, .tiff or eps format - Word, excel, publisher or other formats will not be accepted.

All photos are to be uploaded to the address below. This will put the photos directly into the yearbook program.

<https://images.jostens.com/405993593>

**If this link dos not work for you copy and paste it directly into your browser.**

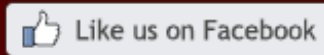
Be sure to complete ALL requested fields so the image is assigned to the correct student.

## 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](http://www.jostens.com/yearbookads)

The deadline for ad creation is February 15, 2017



[Forward this email](#)

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