



Lake Washington School District

Eastlake High School

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



Principal Message

Dear Wolves,

Our kids have busy and complex lives, trying to balance the demands of six classes and extra-curricular activities with teenage pressures around identity, friends and the future. At Eastlake, we try and balance the frenetic pressures and pace of life by creating a strong sense of community. This pride and spirit binds us together and makes us both individually and collectively stronger.

We show this school spirit in many ways, but this morning it was on full display as King 5 news visited our gym at 6 AM to celebrate Friday Night Lights with our incredible Band and Superfans.

Check it out - <http://www.king5.com/sports/high-school/friday-hs-football-pep-rally/328023318>

WSPS

Chris Bede, Principal

Quick Links

[Eastlake Website](#)

[Daily Bell Schedule](#)

Drivers Be Aware!

Just a reminder when leaving campus out the main entrance to 228th. Students in the crosswalks have the right of way. Don't take the chance of changing someone's life forever including yours! Wait for those students to cross before making your right turn.



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.



Health Room Volunteers Needed:

Looking for volunteers to help in the health room. We have 2 hour shifts every day that need a warm touch of a volunteer who can help 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 if you are interested or need more information.

Pantry Packs: Weekend Food for Students

Eastlake High School participates in the Hopelink Pantry Packs program to feed students on weekends when meals may not be available to them. Teachers, staff members or parents that identify a student in need should contact our 2016-17 Pantry Packs Coordinator, Yvette Cook at YCook@lwsd.org.

For more information about Pantry Packs, click [here](#).

Youth Suicide Discussion:

The City of Sammamish, along with the City of Issaquah is hosting a community event to foster a candid discussion regarding youth suicide. Topics will include: risk factors, warning signs, and methods of supporting youth in order to prevent suicide.

Tuesday, October 4
Issaquah Police Station, Eagle Room
130 East Sunset Way
6:30-8pm

College and Career News:

EHS College Visits:

Look who's visiting the week of October 3rd

- Central Washington University (Ellensburg, WA): October 4th, 1:00 pm
- Oregon State University (Corvallis, OR): October 7th, 9:00 am

Students [sign-up for college visits](#) on the Counseling and Career Center PowerSchool page.

Want more College and Career News?

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

- Full Fall College Visit Calendar
- Eastlake 10/20/16 College Fair Attendee List-all Eastlake students rotate through the Fair
- Area College Visits: MIT, Greater Seattle Christian College Fair, Duke, NACAC Seattle College Fair, Carnegie Mellon, Pepperdine, Performing and Visual Arts College Fair, National Portfolio Day
- Eastlake 10/5/16 Financial Aid Night
- FAFSA opens 10/1/16
- Washington State University (WSU) Regents Nomination Scholarship Opportunity
- Nomination Scholarships

- Insights to Engineering and Manufacturing Night
- Aerospace Joint Apprenticeship Committee Mobile Training Unit
- LWSD Career Pathways in Health Care Event
- King County Construction Career Day

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 test is optional, but about 90% of Juniors take this test. It will prepare students for the new SAT format and it will enter students in the National Merit Scholarship program for recognition and scholarships. This is not to be confused with the Fear Free practice SAT tests offered on the weekends at EHS- this is the only test that will get them connected to national scholarships. The PSAT test is \$15 and you can purchase 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

Eastlake vs. Skyline - Gaelic Football game:

Have you heard the buzz around Eastlake about the amazing sport of Gaelic Football? The PE department was lucky to have the Seattle Gaels - Gaelic Football Association as guest teachers to our Health & Fitness and Team Sports classes this past month. In celebration of competition and fun, our Team Sports classes will be hosting Skyline High School this coming Friday for a match to win the first annual Plateau Gaelic Football Trophy! The Seattle Gaels will be in attendance as well possibly a diplomatic representative and a large contingent of Gaelic Football supporters from the Seattle/Tacoma area. You are invited to witness all the fun this sport has to offer and see our incredible student athletes show off their skills. Games will be during 1st and 2nd period on Friday October 7th. Please check in with one of the Health & Fitness teachers out on the main football field. We hope to see you there!



Outdoor Gear Drive!

The Eastlake Wellness Department is looking to expand our gear closet for teaching our Outdoor Adventure elective class along with supporting the EHS Sound to Summit group.

If you have any outdoor gear to donate, please add it to the bin labeled "Outdoor Gear" outside the main

office.

Suggested items (but not limited to these):

Tents (all sizes), sleeping pads, hiking and backpacking packs, water filtration systems, cook/camp stoves, navigation tools, topographical maps, headlamps, working GPS units, avalanche transceivers, any survival tools, general hiking gear, climbing gear, paracord, fishing poles (reel, rod, fly), fishing gear, first aid kits, outdoor clothes and accessories, books/resources on hiking, backpacking, local plants.

Additionally, if you have some outdoor expertise you would be willing to share with our class, please contact me! Lena Hanson: lhanson@lwsd.org.

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.

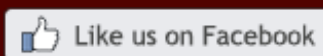
Be sure to complete ALL requested fields so the image is assigned to the correct student.

Senior Ads for the Yearbook

Senior Yearbook ads are a great way to celebrate student success and 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



[Forward this email](#)