



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**.

Dear Wolves,

We hope that everyone had a safe and enjoyable winter break and has returned rested and ready for our final push through the end of first semester! With finals around the corner we want to remind students and families to practice healthy and effective techniques when preparing for finals. Focused study sessions paced out over time are much more effective (and healthy) than cram sessions. Research found the practice tests (including flash cards) were very effective at increasing retention, while common practices like re-reading and highlighting were not. Getting enough sleep and exercise is critical not only for health, but also consolidating memories and increasing retention.

If you have questions or need support do not hesitate to reach out to your teachers, both in class, during Office Hours and Wolf Time.

Wolf Strong, Pack Strong

Chris Bede, Principal

## News From The Den

### Daily Schedule

Week of January 13th daily schedule [here](#).

List of all Eastlake daily bell schedules for the 2019-2020 school year [here](#).

### Eastlake Wolfpack Needs You:

Parents, we need YOU! The Eastlake Wolfpack Association is seeking to fill the

following board positions for the 2020-2021 school year:

- Treasurer
- Concessions Manager

The Eastlake Wolfpack Association is an umbrella organization for Eastlake High School booster clubs and provides education and a forum for clubs to communicate and coordinate efforts. Come join the board! It is a great way to give back, be involved, and support Eastlake sports and activities! For more information, email: [eastlakewolfpackassociation@gmail.com](mailto:eastlakewolfpackassociation@gmail.com)

## **Student Voice:**

One of the key components of our EHS values is effective communication. The term “Student Voice” describes how students communicate their opinions, expertise and values regarding what happens at school. We take intentional steps to consider Student Voice in all levels of our work together. Teachers include Student Voice in the improvement of their classroom instruction through informal or formal surveys.

We would like to share with our community some of the opportunities students have to communicate their opinions on how to improve EHS school wide. If you have any questions please contact [Elise LaMont](#), Dean of Students

### **1) Eastlake Senate**

The Eastlake Senate is a representative leadership team specifically for Student Voice. Senators are chosen to represent and communicate with and for their 4th period classes. The core function of senate is to recommend additions or changes to Eastlake policies and to participate in the process of school improvement. Senate is currently working on two issues that were identified as priorities through a school-wide student survey: cafeteria improvements and parking lot systems.

### **2) Eastlake Equity Student Advisory Board**

Part of our district and building’s equity work is to ensure students have a voice in making each school community an equitable and inclusive place. The Eastlake Equity Student Advisory Board has been formed as another branch of our Eastlake Equity Team. While our EHS Senate focuses on policy and student experience the Equity Board focuses on culture and community.

### **3) Wolf Time Admin Feedback Sessions**

These Wolf Time sessions will provide opportunities for Students to communicate directly with administrators and for administrators to take action on issues of importance to our students. Students can sign up for Wolf Time Admin Feedback Sessions on Flexisched. The next session will be held on 2/21/20.

## **New International Families Welcome Event**

All new and international families are invited to join the Lake Washington School District and Lake Washington PTSA Council for a [Welcome event](#) on Saturday, January 18 from 9:00 a.m. – 12:30 p.m. At this event, families will learn how to navigate the LWSD school system, the resource and support available from the district, about the PTSA and how you can be involved in school, as well as learn about relocation challenges and how to support your child through transition. Tickets are free for this event. Visit [www.lwptsa.net](http://www.lwptsa.net) to sign-up.

If you need translating or interpreting services, please contact Danit Erlich at [FACE@lwptsa.net](mailto:FACE@lwptsa.net) and include your name and choice of language.

## **Parent Support Group**

Youth Eastside Services is offering a Parent Support Group starting on January 15th. which is open to parents of current middle school/high school-aged clients with depression and/or anxiety. Parents of clients who receive school-based services only are eligible and scholarships are available. Click [here](#) for flyer with more

information. It is not too late to sign up! If you have any questions feel free to contact [Allyse DiRe-Day](#), Prevention Interventionist Specialist.

## Parenting Toolbox for the Teenage Years

Eastlake PTSA is excited to host a multi-topic parent education event - "Parenting Toolbox for the Teenage Years." Please join us on **Wednesday, Jan 22nd from 7-9pm in the Eastlake High School Performing Arts Center** to hear from school district representatives and community members about some of the topics affecting our kids today, and how parents can build their skills to best help their kids through this challenging time. The event will start with a general session, followed by two 30-minute breakout sessions that will allow parents to choose which topics on which they would like to focus. Service providers and representatives from local agencies will also be available during the evening to share resources and information related to the topics being presented. Don't miss this opportunity to learn how you can help your kids! For more information, [see the flyer](#).

## PSAT Scores

If you missed picking up your PSAT scores on January 8th stop by the main office and pick up your score booklet when convenient.

## Science Competitions

Is your student interested in participating in science competitions outside of their current science coursework? Eastlake is registered for numerous science competitions that they can participate in. Click [here](#) for a complete list of current competitions and the available information for those. If your student is interested in participating, please email [Michelle Okroy](#) to receive your competition waiver.

### New Competition Alert -

#### United States Astronomy and Astrophysics Organization (USAAAO) Exam

- This exam is intended for students who are interested in astrophysics and astronomy across the country. The First Round exam will be a ~75 minute long, ~30 multiple choice pen & paper exam covering all parts of the IOAA Syllabus.
- The exam will take place on Wednesday, February 12th starting at 12:50pm in C111. Depending on the scores of the First Round, students who place above a cutoff score (TBD) will be invited to take the National Astronomy Olympiad.
- Interested students must receive, sign, and return the competition waiver to Mrs. Okroy by Friday, February 7th.

## Eastlake Library:

January Newsletter [here](#).

## Club News

**Investing Club:** Investing Club holds meetings every 2nd and 4th Tuesday of the month in room C210 from 2:30 to 3:30. The next meeting is on Tuesday, January 14th. If you have any questions or are looking for more information, email [investingclubehs@gmail.com](mailto:investingclubehs@gmail.com).

## Athletics

**Game Recaps** Including the Freshman of the week - Ava Schmidt (Girls Basketball) for the week of January 6th [here](#).



**Spring Sports Begin on March 2nd!** Registration is open now. For registration instructions please visit the Eastlake website - Athletics [here](#).

Spring Sports offered:

- Badminton-girls (non cut)
- Baseball\*

- Fastpitch\*
- Golf (girls)\*
- Soccer (boys)\*
- Tennis-girls (non-cut)
- Track & Field (non-cut)

\* indicate try-out sports

For a complete list of schedules, scores and standings for Eastlake sports visit [Kingcoathletics.com](http://Kingcoathletics.com)

## Counseling, College & Career News



**The last day of first semester is January 24th!**

### Schedule Change Request Forms

The schedule change request form will be live next Wednesday, January 15th. This form will be found on PowerSchool under the Extras tab for Counseling. It is the student's responsibility to print this form off and turn it into the Counseling department no later than **January 24th**. Schedules are available to view via Skyward.

### Registration 2020-2021

EHS Registration for the 2020-2021 school year will held during January 30th and 31st. Look for an email with all details to be sent out via Skyward on Monday, 1/13/2020.

### EHS Military Visits

[Look who's visiting EHS.](#)

### Area College and Career Events

Click [here](#) to view exciting Area Events happening soon.

### Scholarship Spotlight

#### Eastlake PTSA Scholarships due March 18, 2020

[EHS PTSA scholarships](#) include the Katherine Siddoway Scholarships (2 offered), the Community Service Scholarship (2 offered), and the Community Services Awards (2 per grade levels for 9, 10, and 11th grades) and the new Stan Chapin Perseverance Scholarship (2 offered).

#### Marty O'Connor Scholarship due March 18, 2020

This [scholarship](#) honors Marty's passion for sports and his understanding of the value sports can play in the lives of those who participate in them.

### Scholarships

Find [scholarships on our radar](#) on the College and Career Center PowerSchool page.

## Seniors Class of 2020

### Seniors - Time to Order Graduation Items:

Seniors, if you missed the Jostens visit in December you will need to call them at 1-800-567-8367 or place your order online by going to [Jostens.com](http://Jostens.com).

Senior Yearbook Deadlines are listed at the bottom of this newsletter and are also posted on the Eastlake [website](#). This webpage will be continually updated with information ALL graduating seniors need to know. Running Start students, it is your responsibility to check for senior information, so you are informed about upcoming events and deadlines since you are not always in the building.

### Save the Date - 2020 Senior Convocation

Saturday June 13th 2020 @ 9:30AM - Timberlake Church

The Convocation committee is in need of volunteers to create the Senior Slideshow. Please email [president@ehspts.org](mailto:president@ehspts.org) if you are interested.

### Senior Yearbook Deadline

Please visit the [Eastlake website](#) for submission and deadline information for the following:

- Senior Ads - deadline February 7th 2020

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[ATHLETICS](#)



Calendar

400 228th Ave N.E.,  
Sammamish, WA 98074

Tel (425) 936-1500  
Attendance (425) 936-1539