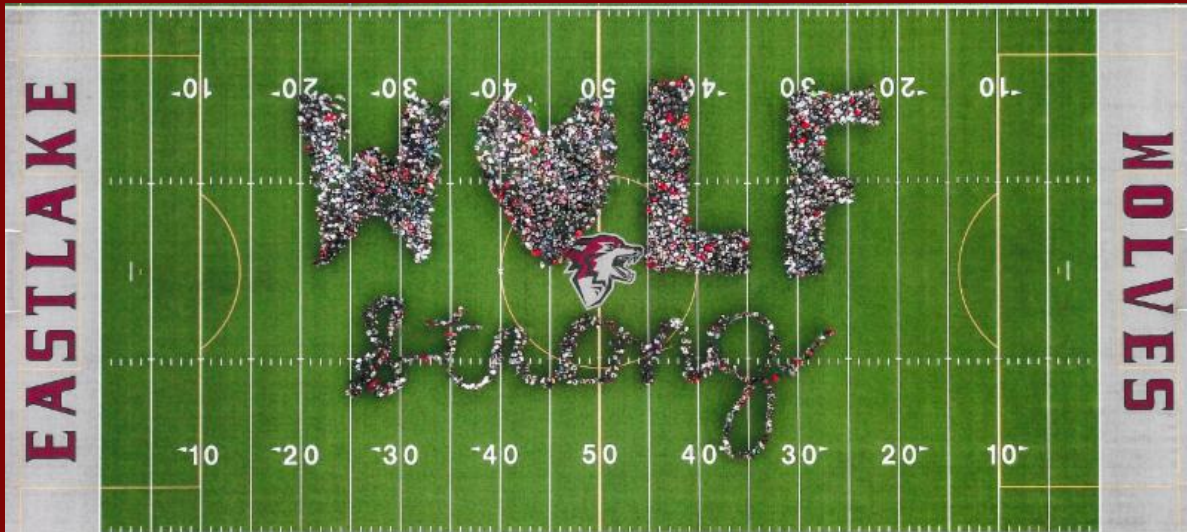




Lake Washington School District

# 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 spaced 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

### Eastlake Daily Bell Schedule

Bell schedule week of [January 14th](#).

The [Daily Bell schedule](#) varies often week to week, so please bookmark the Bell schedule from the Eastlake website so you know the schedule!

### 2019 Multicultural Talent Show Try-Outs

In preparation for our 2019 Multicultural Talent Show, we're looking to put a spotlight on students whose talents represent their culture. If your student has a talent to showcase, please encourage them to sign up to perform at the show. Sign ups for auditions are outside of E201 and they will be held on Wednesday, January 30 after school. If your student has any questions, have them talk to Ms. Egashira in E201 or email her at [aegashira@lwsd.org](mailto:aegashira@lwsd.org).

### World Language Competency Test

Students can earn up to four high school credits by taking a test to demonstrate their competency in

a language other than English. The next scheduled test will be on February 6, 2019 at Lake Washington High School. Please click [here](#) for more information and instructions to register.

## 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. Each one must be registered and paid for by the student. Click [here](#) to see an updated list of competitions and the available information for those. If you have any questions please email [Michelle Okroy](#).

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## Athletics

Please visit [KINGCOATHLETICS.COM](http://KINGCOATHLETICS.COM) for all game schedules and standing for Eastlake winter sports. **Go Wolves!**



### Weekly Sports Recap

Read about how the [WOLVES](#) did competition this week and over winter break.

### Spring Sports Registration opens January 28th -

Try-outs for cut sports and practices for non cut sports begin on February 26th.

All athletes registering for a spring sport need:

- a current PHYSICAL (good through 6/1/19)
- MEDICAL HISTORY on file in the Athletics office
- complete 3 online registration forms through Parent Access (opens 1/28/19)
- See the Eastlake Athletics [webpage](#) for more information.

See Mrs. Hill to verify if you have a valid physical on file.

**Spring Sports -Badminton** (no cut), **Baseball** (cut sport), **Fastpitch** (cut sport), **Girls Golf** (cut sport), **Boys Soccer** (cut sport), **Girls Tennis** (no cut), **Track & Field** (no cut). Information regarding try-out times will be updated on the Athletics website soon.

**GO WOLVES!**

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## Counseling, College & Career News

### The last day of first semester is January 25th

The schedule change request form will be live next Monday, January 14th.

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 23rd. Schedules are available to view via Skyward.



### WANIC Field Trip

**Tuesday, February 5, 2019, 9:25 am-1:30 pm**

Is your student interested in taking a WANIC class in the 2019-2020 school year? Or summer 2019? This field trip departs from Eastlake and makes stops in WANIC classrooms on both the DigiPen and Lake Washington Institute of Technology campuses, including Video Game Programming, Art and Animation, Music and Sound Design, and WANIC's Dental Careers, Medical Careers, Fire and EMS, and Health Science Careers. Free, includes transportation and lunch. Space is limited. Permission slips available on the [College and Career Center PowerSchool page](#).

### College Bound Resource Fair for Students with Disabilities

**Saturday, February 2, 2019, 9 am-1 pm**

Bellevue College OLS program's [College Bound Resource Fair](#), presented in partnership with 5 local college programs, is specifically for people with disabilities who aspire to become college students and the parents and educators in their lives.

### Scholarships

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

### Washington Business Week Summer Applications Now Open

WBW's [summer programs](#) place students in dynamic simulations where they role play as industry professionals, launch a company, sharpen communication skills, and solve real world challenges. Multiple tracks available, including Business, Tech, and Healthcare.

### **Military Visits**

Look who's coming to EHS [here](#).

### **Area College and Career Events**

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

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## **Seniors**

### **Senior Send Off- Volunteers needed!**

Senior SendOff is a fun-filled celebration artfully organized by professional event planners from Grad Nights. Graduation night is a special, once-in-a-lifetime celebration and we want to make this joyous occasion a unique, memorable and safe event for all seniors. While it is a few months away, you can sign up anytime from now until May 1. If you have made a payment, make sure you have completed all the paperwork (including any specific paperwork for life threatening illnesses). The paperwork can be returned to the main office. If you have turned in paperwork, but not paid yet, please make a payment by check or online payment. All checks can be brought to the main office. The cost of the event is \$175 and includes chartered bus transportation, food, drinks, games, prizes, and fun events planned at two different locations. Please check out all the details on the PTSA web site and email Renee Baker if you have any questions: [sso@ehsptsa.org](mailto:sso@ehsptsa.org).

### **Senior Yearbook Ads**

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 on how to create your advertisement [here](#).

**The deadline for ad creation is February 15, 2019.**

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[ABOUT US](#)

[ACADEMICS](#)

[ACTIVITIES](#)

[ATHLETICS](#)



[Calendar](#)

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

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