



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,

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 drawn-out 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.

Chris Bede, Principal

### Quick Links

[Eastlake Website](#)

[Daily Bell Schedule](#)

### Student Portal to be Replaced:

The Student portal will be replaced by new "For Students & Families" page. On January 12, LWSD will turn off the student portal in favor of using the new "For Students and Families" page on the website. This new page links students to all the tools and resources they need that were previously found through the student portal. Visit the ["For Students and Families"](#) webpage to check out the new design.

### We the People Competition: Eastlake places 3rd!

## Flexisched



## Attendance

29 Eastlake AP Government students competed in the *We The People* competition on January 6th in Olympia at the State Capital. This is the first year the school participated in the event and the Eastlake team took 3rd place. The competition required students to participate in a simulated congressional hearing with a prepared 4 minute statement and 6 minutes of questions from the judges. Topics included philosophical and historical foundations of our political system, creation and changes that have occurred to the Constitution, protections provided by the Bill of Rights and challenges faced by our democracy in the 21st Century.

## EHS PTSA Page

### **Eastlake Crowned Raptor Run Champs**

On a very rainy January 11th over 1,100 combined Eastlake and Skyline runners competed in the Semester 1 Raptor Run 5K. We are happy to report that Eastlake won the trophy with top 20 overall times beating our Skyline rivals. Our very own Owen Bloom placed first overall! Top five finishers for girls and boys are:

Haley Huard	Owen Bloom
Azita Balasara	Lawrence Ro
Alysha Lee	Riley D. Thomas
Sarah Fisher	Jared Johnson
Tara Sutter	Jackson Edward

### **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](#) for a list of competitions and the available information. If you have any questions please email Krista Bjorge at [kbjorge@lwsd.org](mailto:kbjorge@lwsd.org).

**Eastlake Library Newsletter** click [here](#).

### **Aw Snap Improv:**

Come see Aw Snap Improv Team perform at 7pm on January 18th. Tickets are only \$5 at the Eastlake High School Theater!

### **Class Highlight - Whats Going on in Personal Finance?**

This week, the students in Personal Finance are focusing in on how to balance a budget. Students Jessica Knapick, Sofie Layton, and Rosie Allwright seem to be enjoying this class, which they have described as "really fast-moving" and "useful later in life." Sofie Layton thinks that the class is always keeping her busy in addition to teaching her useful information. "There's always a next project," she explained. During the class period of January 10th, the Finance class was learning about how to find a car that will fit in one's budget. Keep it up, Finance students, and WSPS!

## College, Counseling and Career News:

### Eastlake Information Sessions

#### Post-High School Planning Night

Wednesday, January 17, 2017, 7 pm, EHS Theater

Join us as we review post high school options, including college and non-college pathways. We'll cover "right fit" strategies, the college application process, timelines, and important resources. This event is **designed for the 11th grade students and their families but all are welcome.**



#### Incoming 9th Graders Information Night

Wednesday, January 24, 2017, 6-7 pm Sports and Clubs, 7-8 pm 9th Grade Overview, EHS Theater

Information will be presented on graduation requirements for the Class of 2022, course pathways, and opportunities for students to get involved in clubs and sports at Eastlake. The Eastlake Store will be open from 6:30-8 pm to purchase Eastlake Swag!

#### Running Start Information Session

Wednesday, February 7, 2017, 12:30-1:30 pm EHS Theater

Are you interested in learning more about Running Start? Representatives from Bellevue College, Central Washington University, and Lake Washington Institute of Technology will be at Eastlake to provide information about Running Start. Come learn more about student eligibility, expectations, benefits and challenges to the program, costs, admission steps and more. Parents are welcome.

CWU Sammamish - Running Start Informational Sessions - click [here](#).

### Wolf Time Workshops

#### Running Start

Thursday, February 8, 2018 Wolf Time

Hear a recap of the 2/7 Running Start Information Session by one of our counselors.

### Career Exploration

#### Women in Tech Majors Panel

Saturday, January 27, 2018, University of Washington, 12-2 pm

Are you interested in technology but aren't sure what major to pursue? Or maybe you're just looking to learn more about different tech majors in general? Come join the University of Washington's Society of Women in Science and Engineering (SWE) for the 2018 Women in Tech Majors Panel! Panelists include current students in Computer Science, Human Centered Design and Engineering, Informatics, and Electrical. [RSVP](#)

#### Ocean Career Day

Saturday, January 27, 2018, 9 am-2 pm, Seattle Aquarium

Learn about educational, volunteer, internship and career opportunities at a variety of colleges, nonprofits and government institutions. [Register](#).

#### 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.

### Scholarship Bulletin

#### EHS Scholarship Bulletin -

click [here](#) to see scholarships on our radar.

### Area Events

[Women in Tech Majors Panel](#)

January 27, 2018

[Ocean Career Day](#)

January 27, 2018

[Find Your Fit Planning for Success After High School](#)

Wednesday, January 31, 2018

[College Bound Resource Fair for Students with Disabilities](#)

February 3, 2018

[WANIC Open House](#)

February 8, 2017

[Gap Year Fair](#)

Thursday, February 15, 2018

[Lake Washington Institute of Technology Open House](#)

March 1, 2018

## Eastlake Athletics



Eastlake Sports Update for the week click [here](#).

**COME WATCH US PLAY!** We are mid season of Winter Athletics and Eastlakes teams are doing great!

Visit [Kingcoathletics.com](http://Kingcoathletics.com) for complete schedules and standings!

**Spring Sports Registration opens January 29th! First day of try-outs/practice is February 26th.**

## 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, 2018

## SENIOR SEND OFF 2018

Sign up now to be a part of this wonderful EHS tradition. Senior Send Off 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. **Students board buses the evening of the graduation ceremony from Key Arena and return to EHS around 6:00 am the following morning.** Bus sign ups will be March 28 and 29. In order to choose a bus, signed permission form and payment must be received prior to March 28. Last day to register will be May 1 (turn in payment and signed permission form and a bus will be assigned to you on space availability). NOTE: All tickets sales are non-refundable. Should a paid senior decide not to attend, the cost of the ticket will be considered a donation for a student in need to attend.

Please see below to register and pay online. This event is solely sponsored by EHS PTSA.

\* Download, print, and sign the Permission/Release [Form](#). Please return to the office or mail to EHS PTSA, 400 228th Ave NE, Sammamish, WA 98074.

\* Purchase tickets (\$165) [online](#), or send a check payable to the EHS PTSA with the signed Release Form.

\* if your graduate has [life-threatening allergies](#), please fill out and turn in this additional form.

\* Questions? Check our [FAQ](#) page or contact [srsendoff@ehspts.org](mailto:srsendoff@ehspts.org)



