



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,

Last week, we reviewed effective strategies in preparation for finals. These strategies include a focus on mental and physical health as well smart study strategies.

In the past, I have also shared the work of John Medina, a developmental molecular biologist at University of Washington and Seattle Pacific University. He wrote one of my favorite books: *Brain Rules: 12 Principles for Surviving at Work, Home and School*. His research has helped shape my philosophy of how we should design our schools, whereby we align our structures and instruction to the brain research on attention spans and retention.

However, his work also informs what we need to emphasize to students, especially during finals. He explores the positive impact of exercise and sleep on cognitive function, and the negative impact of stress.

Below I have included some interesting passages from *Brain Rules: 12 Principles for Surviving at Work, Home and School*.

"Exercise improves children. Physically fit children identify visual stimuli much faster than sedentary ones. They appear to concentrate better. Brain-activation studies show that children and adolescents who are fit allocate more cognitive resources to a task and do so for longer periods of time."

"The bottom line is that sleep loss means mind loss too. Sleep loss cripples thinking, in just about every way you can measure thinking."

"If the stress is too severe or too prolonged, however, stress begins to harm learning."

This research also supports the importance of our integrated Health and Fitness class in Grade 9 and our push for students to continue taking Physical Education.

WSPS

Chris Bede, Principal

## Quick Links

## Finals Week is Here:

[Eastlake Website](#)

The end of Semester 1 is here and its time for finals week. Click [here](#) for the Eastlakes schedule the week of January 22nd.

[Daily Bell Schedule](#)

### Eastlake Student Artists Compete at Regional Art Show

It's time for the annual Regional High School Art Show, featuring high school student artwork from around Puget Sound. EHS Art and Photography students in Mrs. Chamberlin, Ms. Flagg, Ms. Jay, and Mr. Staples' classes were invited to submit artwork for consideration. From the outstanding collection of entries, the ten artworks seen here were selected for submission to the Regional Show. The show is open for public viewing February 12 - March 21, 2017 (7:00 am - 4:30 pm, daily) at the Puget Sound Educational Service District office, located at 800 Oakesdale Avenue SW, Renton, WA 98057. The Reception and Awards Presentation is March 21, 2017 from 6pm - 8pm at the PSESD office. Artwork with the highest scores at the Regional Art Show will have the opportunity to advance to the State Art Show in Olympia this May. Click [here](#) to see the nominated work.

[Flexisched](#)

### Congratulations Eastlake Musicians

Congratulations to all students who recently auditioned for the Eastlake Annual Evening of Concertos and Silent Auction.

The following winners will play their solo pieces at the event:

[Attendance](#)

Rosie Allwright, Trumpet, Neruda: Trumpet Concerto in Eb  
Craig Deng, Violin, Paganini: Concerto No. 1  
Julian Frank, Piano, Beethoven: Concerto No. 3  
Ava Gaylord, Violin, Kreisler: Tambourin Chinois  
Janani Iyer, Clarinet, Rossini: Introduction, Theme, and Variations

The Eastlake Annual Evening of Concertos and Silent Auction is set for March 10th.

[EHS PTSA Page](#)

### Class Highlight

#### Whats Going on in Writing for Screen & Stage?

Writing for Stage and Screen students are working on screenplays and their current assignment is to write a plot twist that we see so often in movies and television. Some twists include revealing a secret identity, realizing their world is not what they thought it was, realizing their friend had manipulative motives the whole time, or finding out their road trip has lead them to Canada!

This class has many prompts like this that the students work on throughout the quarter. You can see some of the plays that were written in class at Dramafest on January 31st and February 1st at 7pm.

#### Dramafest January 31 and February 1-

Dramafest is the one-act festival that showcases student actors, directors and some writers from the Writing for Stage and Screen class. This festival will be January 31st and February 1st at 7pm. "Yes" directed by Galen Eames and written by Stacie Keck, "Love Stings directed by Kyla Tiedeman and written by Lauren Drake, "Roommates" directed by Grace Mitchell and written by Olivia Baughman, "Why Can't I" directed by Jess Dankberg and written by Galen Eames. Tickets are \$5 and will sell at the door of the EHS Theatre half an hour before showtime. Come support student artists!

**Eastlake Information Sessions**

**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.

**WANIC (Washington Network for Innovative Careers) Open House**

**Wednesday, February 8, 2018 6:00-8:00 pm, Lake Washington Institute of Technology East Mall Commons**

As EHS registration approaches, learn more about full year [WANIC](#) classes such as Auto Technology, Cisco Networking, Culinary Arts, Dental Careers, DigiPen Art & Animation, DigiPen Music & Sound Design, DigiPen Video Game Programming, Fire & EMS, Health Science Careers (Nursing), Medical Careers. See the WANIC Open House [flyer](#) for more information

**Wolf Time Workshops**

**Running Start**

Thursday, February 8, 2018 Wolf Time

Students, come hear a recap of the 2/7 Running Start Information Session by one of our counselors.

**Scholarship Bulletin**

**EHS Scholarship Bulletin -**

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

**Area Events:**

**UW Society for Women Engineers STEM Majors Speed Dating**

**Monday, January 22, 6:00-7:30 pm, University of Washington Electrical Engineering Building (EEB) 037**

Deciding on a program of study can be confusing and stressful, Learn more about 13 potential majors from UW students.

**Find Your Fit Planning for Success After High School**

**Wednesday, January 31, 2018, 6:30-8:00 pm, Lake Washington Institute of Technology**

Hosted by the Lake Washington Schools Foundation, this LWIT presentation and [Q&A](#) is followed by a tour of the LWIT Campus. Learn about programs, degrees and certificates that get students work-force ready at an affordable cost. [RSVP](#).

**CWU Sammamish Running Start Information Sessions**

**Every Wednesday January 31-March 14th at 3:00 pm and 6:30 pm and two Saturdays: February 3rd and March 10th at 11:00 am and 12:30 pm.**

Interested in applying to the Running Start program in CWU Sammamish? [CWU](#) will host a series of one-hour information sessions.

**College Bound Resource Fair for Students with Disabilities**

**Saturday, February 3, 2018, 9 a.m. to 2 p.m., Bellevue College Main Campus**

Morning Breakout Sessions from 9 a.m.-12 p.m. will include topics such as applying to college, preparing for college life, college programs for people with disabilities, and preparation for parents. Booths and resource tables in the afternoon from 12 p.m.-2 p.m. will feature college programs, disability services, independent living coaches, and more. Check it out [here](#).

## Gap Year Fair

Thursday, February 15, 2018, Roosevelt High School, Seattle, 6:00-8:00 pm

Learn about [gap year programs](#) from around the world.

## Eastlake Athletics

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

COME WATCH US PLAY HOME & AWAY!

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. Spring athletes please come by, call or email Mrs. Hill to check your physical expiration date. All physicals must expire after May 26th to be used for spring sports registration. Check the EHS [website](#) for registration information, team websites and try-out information.

## 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@ehsptsa.org](mailto:srsendoff@ehsptsa.org)

