



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,

On Tuesday, students will finish finals and their grades will start anew for second semester. With every fresh start, we should remind ourselves of the actions that led to past successes and decide what we will do differently in the future to improve. Often when I speak with students about strategies for school success, I remind them of the importance of attendance and attentiveness. Consistent attendance remains highly predictive of student success, and with our block schedules, missed days can have even more of an impact. Please work with your students to minimize missed days and remind them that healthy habits such as sleep, exercise and stress management can ensure they consistently show up to school ready to learn.

Consistent attentiveness in class also leads to success. Each class period through their learning targets, teachers share with students what they need to know or be able to do. If in each period, students made sure they learned that content, skill or concept and asked questions or followed up if they did not understand, it would minimize the need to cram for tests or finals. It will also prevent students from falling behind in a cumulative curriculum, where previous knowledge is foundational to understanding new content.

I understand that it's not always that simple but combining consistent attendance and attentiveness with other learning strategies such as goal setting and effective organization will lead to more success with less stress. Please ask your students what they will continue to do and do differently during the second semester. Perhaps even help your students set goals and develop action plans to implement new habits and monitor progress over time.

Wolf Strong, Pack Strong

Chris Bede, Principal

News From The Den

Daily Schedule

Please take note of next week (1/27/20) and the following week (2/3/20) updated schedules, linked [here](#). Our 2nd Semester will begin on Wednesday January 29th with periods 2,4,6. Monday February 3rd schedule will be a 1,3,5,7 period day instead of a 1-7 period day.

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

Wolf Time:

All students should sign up for three registration support sessions that will take place on 1/31. They will be able to do this starting after noon on Tuesday 1/28. Seniors will be in the theater during this to complete required elements of their High School and Beyond plans.

Finals Week & Early Dismissal:

Parents, please be advised that the Attendance office cannot run Early Dismissal passes to classes during FINALS. This is very disruptive during the tests.

If you need your student to leave Eastlake early, please send in a handwritten note and I will exchange it for a pass. Another option is to call 425 936-1500 and ask for Attendance and then have your student come to the front office to get the pass. Thank you for understanding!

AP/UW Information Night Jan 29 at 7:00 PM

It's almost time to register for next year's courses. Eastlake High School offers a broad selection of rigorous Advanced Placement and University of Washington opportunities. Please join us in the theater on January 29th to learn about them.

We'll start with a general overview including the testing process, fees, and how students can earn college credit from these courses. You will also be able to meet with individual teachers, learn homework expectations and possible summer requirements, and you can ask questions about specific courses. Students will have additional opportunities to learn about specific classes so this is a time for parents to be informed too.

New for next year: we are adding an Intro to Theater course through Central Washington University.

Youth Eastside Services

Youth Eastside Services will be holding another Youth Mental Health First Aid Course on Feb. 3rd and 10th. This course is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help a youth who is experiencing a mental health or an addiction challenge or crisis.

Click [here](#) for more information and directions to register. Feel free to contact [Allyse DiRe-Day](#) if you have any questions.

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 which are located on the

Eastlake website. If your student is interested in participating, please email [Michelle Okroy](#) to receive your competition waiver.

Wolf of the Month - December

Wolf of the Month is a tradition at Eastlake, recognizing excellence in students. This may include excellence in academics, effort, and citizenship. Every month students are nominated per category by their teachers/department. Photos are displayed of each nominee in the Commons. Wolves of the Month also receive a recognition certificate presented by their teacher who nominated them. Here are the Wolf of the Month Nominees for [December 2019](#).

Sammamish Rotary Student of the Month - January



Congratulations to Archie Carman, who is the January Rotary Student of the Month for the Performing Arts Department! Over his time at Eastlake, Archie has participated in both music and drama. His contributions to the department are many from serving as trumpet section leader, performing with the orchestra when asked, and performing a lead role in our fall musical *My Fair Lady*. Archie is a wonderful role model to our younger students. His positive attitude, strong work ethic, self-determination, and kindness set a wonderful example. We wish Archie the best of luck as he pursues a path in the performing arts when he leaves Eastlake!

News From the Library

Time to Change Student Passwords

Students must change their passwords soon or you will have to go to the library and start from scratch. It's easy. Do control-alt-delete in your laptop and choose CHANGE PASSWORD. Your new password has to be ten characters long, one number, one symbol, one upper case, one lower case, and no part of your name or previous password. Do this now and you won't have to get interrupted with doing it later. Even if you can still get on to your laptop you won't be able to connect to any WI-fi so do it NOW!!!

EHS Library Powerschool Page

Students can use the EHS Library Power School Page for reminders and tips that will help them help themselves. First, they must use the COPYRIGHT DISCLAIMER at the beginning of all multimedia presentations for school. They can copy and paste it to the beginning of their Power Point, Sway, or Video.

They can also check their own library and textbook account to see what is checked out to them. Directions for this are also on the EHS Library Power School page at the very top. Some classes are only for a semester so any textbooks associated with a semester class should be turned in to the EHS Library.

Books or equipment they are no longer using should also be turned in. If they check their account and notice something still checked out that they think they turned in please tell them to go to the library or e-mail [Kathleen Story](#).

Athletics



Game Recaps for the week of January 13th [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

Individual & Family Cap Sports Fees-

Before you pay for Spring Sports, please make sure that you have not reached the individual cap of \$400 or the same-school family cap of \$725. Please contact Karen Guinasso kguinasso@lwsd.org so we can make sure your payments do not exceed the cap.

Eastlake Cheer is Heading to STATE!

Congratulations to the Eastlake Cheer team on their first place in the Wintercheer Classic held at Skyline January 11th. They will be representing Eastlake in two divisions at STATE which will be held February 7th and 8th in Battle Ground WA.

Girls Tennis Interest Meeting

Interested in playing tennis this spring? Come the girls Tennis Interest/Informational meeting Wednesday February 5th @ 12:30PM in Mr. Peterson's room D213.

For a complete list of schedules, scores and standings for Eastlake sports visit Kingcoathletics.com

Counseling, College & Career News

EHS Military Visits

Click [here](#) for upcoming visits by the US Military.



Area College and Career Events

Click [here](#) for Area Events happening soon.

Gap Year Exploration Month

View the calendar of dozens of virtual and in-person Gap Year Exploration Month events, including gap year fairs, webinars and Instagram live events.

Scholarships

Find [scholarships on our radar](#) on the College and Career Center PowerSchool page. This week's spotlight is the [LWPTSA scholarships](#).

Seniors Class of 2020

Senior Ads:

Don't miss the chance to recognize your Senior in the 2019-20 EHS Yearbook! Use the link below to create your Senior Ad with Jostens. Prices are \$30 for Business Card size, \$60 for ¼ page, \$120 for ½ page and \$240 for a full page Ad. Just click the link, select Recognition Ads, create your account and select the layout and personalized with your favorite photos and text.

<https://www.jostens.com/apps/store/customer/1015382/Eastlake-High-School/>

Deadline is February 7th!

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.

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 if you are interested.

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[ATHLETICS](#)



[Calendar](#)

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