



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,

Students just finished finals and now their grades 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. Whenever 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 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. 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.

WSPS

Chris Bede, Principal

Quick Links

[Eastlake Website](#)

1st Semester Grades:

1st Semester Grading: Report cards for 1st semester will be mailed home. Please look out for them in your mailboxes the 2nd week in February. You can always check grades online on [Parent Access](#).

Semester 2 Begins Monday January 29:

Click [here](#) for the schedule for the week.

Daily Bell Schedule

For students currently taking an AP course:

AP Exam Registration is February 21 to March 7. You will receive an AP Exam Registration packet from your AP teacher by February 20th or you can pick one up from the Counseling Center starting at that time.

Important Info:

Flexisched

1. AP registration is \$96 per test this year.
2. You can register online or by cash/check to the Bookkeeper. The directions will be in your registration packets. All students must turn in their registration envelopes to the Bookkeeper before the deadline. If you pay online, your student will only need to drop off the envelope- so less time in line!
3. You must register for your AP test by 1 p.m. on March 7. The lines will get long, so save yourself stress and register early- or complete registration online to save time in line!

Attendance

4. Make sure you write the full name of your AP Class on your registration envelope - for example, AP Language and Composition. rather than AP English.
5. If you have any questions, please see Mrs. Harrison in Counseling.

Kirkland Town Hall: Youth Mental Health

Facing the Facts * Breaking the Stigma * Identifying the Resources
Kirkland Performance Center - January 30, 2018 6-8:30PM

EHS PTSA Page

Join community leaders, parents, physicians, students, and teachers as we come together to learn more about the challenges our youth are facing. We will examine the responses that may lead to mental health breakdowns, substance abuse/addiction, and resources that provide a community network to create a pathway to resiliency, including Youth Mental Health First Aid Training.

Doors open to the public at 6 p.m., with a resource fair in the lobby. Refreshments and snacks will be available for purchase. The panel discussion will begin at 7 p.m., featuring five panelists and facilitator Roberta Romero. A community dialogue will follow the facilitated panel discussion.

There is no cost to attend, however a suggested donation of \$10 is encouraged.

Presented by: EvergreenHealth, Residence XII, and Kirkland Chamber of Commerce

"Coming to the aid of an individual in the midst of a mental health crisis can be frightening and often unsuccessful when relying on skills based on limited understanding and preconceived attitudes. Mental Health First Aid provides the listening skills and comprehensive insight for each of us to develop the ability to connect with those in crisis, utilizing evidence-based, positive communication skills. In short, the course is a life saver." - Todd and Laura Crooks, Founders of Chad's Legacy Project.

Less Smartphone Time Equals Happier Teens, Study Says:

This article ran in the LA Times and was shared by Chris DiPaul, Eastlake School Psychologist, which highlights that a "...precipitous drop in the happiness, self-esteem and life satisfaction of American teens came as their ownership of smartphones rocketed from zero to 73% and they devoted an increasing share of their time online. Coincidence? New research suggests it is not". Click [here](#) for the LA Times article.

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!

Counseling, College and Career News

College visits

SCHOOL	DATE	TIME
Savannah College of Art and Design	February 6	9:10 am Wolf Time. Students sign-up here and on Flexi-Sched.



Eastlake Information Sessions

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 Spotlight

Inglewood Middle School PTSA Student Scholarship

Thursday, March 29, 2018 Deadline

This \$1000 scholarship is awarded to a former student of Inglewood Middle School based on extracurricular/community service activities, character references, essay, academic diligence, and motivation. Minimum GPA of 2.5. [Application on PowerSchool.](#)

Marty O'Connor Foundation Scholarship

Tuesday, April 10, 2018 Deadline

Marty O'Connor was involved in EHS Cross Country, Track and Basketball to support not only his children but all athletes. 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. This \$1000 scholarship is awarded to a past participant of cross country, track, or basketball with a GPA of 3.0+, essay and references required. [Application on PowerSchool.](#)

Lake Washington School District PTSA Scholarships

Wednesday, April 18, 2018 Deadline

[Multiple student scholarship opportunities](#)

EHS Scholarship Bulletin

View the [EHS Scholarship Bulletin](#) on PowerSchool for scholarships on our radar.

Area Events:

[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.

[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](#)

February 15, 2018

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

March 1, 2018

[Northern Arizona Comes to You](#)

March 11 (Seniors) and April 22 (Juniors/Sophomores), 2018

Eastlake Athletics



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

COME WATCH US PLAY HOME & AWAY!

Visit Kingcoathletics.com for complete schedules and standings!

Spring Sports Registration opens Monday January 29th! Plan ahead and get registered!

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

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

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