



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 Thursday, students started the registration process for the 2020-2021 school year. As you support students in this process, please reiterate one of our Eastlake values: "Balancing competition and ambition with gratitude and wellness." Too often for our students, ambition and competition is at the expense of their mental health. Knowing each student has unique strengths and circumstances, we don't necessarily feel comfortable providing specific guidance on what balance means for their specific situation. However, as parents you do know your kids best. Please remember that when you discuss registration for next year with your student, that one intent of the 7-period schedule is to allow them more opportunities to explore their interests and follow their passions. Please remind them that even the most selective colleges want well-rounded, centered students who take rigorous courses, but that does not mean they need to take AP everything. There are lots of classes that challenge students to learn and grow, but simultaneously do not add a lot of outside homework, and these classes can also decrease stress and anxiety by allowing students to decompress during the school day.

AP Classes

A recent article from Inside High Ed reviewed a study from The Journal on College Admissions Counseling: "That research examined college performance by first-year students at the University of North Carolina at Chapel Hill, a highly competitive flagship university. The study found a strong correlation between students taking up to five college-level courses in high school and their first-year grade point average. More college-level courses -- up to five -- yielded higher academic performance in college. For students taking six or more college-level courses, gains in first-year GPA were marginal or even negative. The average grades for students who had taken 10 college-level courses in high school were the same as those who had taken only five such courses."

Although some students will continue to take many more than five AP/UW courses

during high school, research suggests that it does not necessarily correlate with improved college performance, and college admissions officers tell us they don't necessarily make distinctions between students who take a lot more than five AP classes. Given this research, Eastlake Counselors will note on the Common Application that students took the more rigorous course load available, if students take at least five AP/UW classes in high school.

Next year Eastlake will begin a two-year process of incorporating AP Seminar and AP Research. With the addition of these courses, EHS will also offer the AP Capstone Diploma to students who successfully complete those two classes and any other four AP courses offered at EHS. These new courses can be accessed by any students in Grades 10-12 and taken either in conjunction with the Capstone Diploma or as stand-alone electives. AP Seminar (offered next year) is a project-based class that is not content specific, instead it focuses on the important college skills of research and collaboration. We believe that this new option still supports our focus on balance, as students can now earn the most distinguished diploma at Eastlake by completing six AP courses.

Fine Arts

As a comprehensive high school, Eastlake prides itself on offering incredible experiences in core academics, as well as other important areas such as Fine Arts and Physical Education. We have a thriving Art program that encompasses 2D, 3D and Digital Art options, ranging from Advanced Placement to introductory classes that demystify the notion that artistic ability is simply innate. Our Digital Art classes encompass Photography and Video Productions, which produces our weekly broadcast of Pack News. We also have a thriving Music program, with over 200 students in numerous levels of Band, over 100 students in multiple levels of Orchestra, two levels of Choir, as well as introductory courses in Music Technology, Piano and Guitar. Our amazing Theater program extends beyond Drama Club and our fantastic productions where students can earn credit, to include classes during the day in Drama, Introduction to Theatre and Writing for Stage and Screen.

Physical Education

Our Physical Education classes offer a lot of experiences from Grade 9 Health and Fitness to Walking and Yoga. Health and Fitness helps students develop the knowledge and skills to successfully navigate life in high school and beyond. Students explore topics such healthy relationships and stress management. We currently have over 1000 students at Eastlake taking Physical Education, and they return to electives such as Net Sports, Team Sports, Lifetime Sports, Outdoor Adventures, Fitness and Conditioning and Golf because of the incredible staff and rewarding experience. All these classes serve as a welcome reprieve from the pressures of adolescents, and teach valuable attributes around teamwork, perseverance and creativity, as well as the importance of continuously learning new skills.

Career and Technical Education

We want all students to consider classes in Career and Technical Education. Our CTE classes offer dual credit, and we have pathways in Business, Computer Science, Engineering, Material Science and Leadership. These classes not only teach skills in technical fields, but focus on personal development, leadership and teamwork. Classes that are important in preparing students for their future are Principles of Leadership and Personal Finance. Our Personal Finance class builds skills in financial responsibilities and decision-making, while helping students understand assets and liabilities. Our Principles of Leadership class focuses on character development, whereby students build personal and interpersonal habits that can catapult them to success in the future. Although, Principles of Leadership is only an elective credit, it serves as the foundation for our CTE Leadership course.

For information on all classes at Eastlake, please consult our [Course Catalog](#).

Wolf Strong, Pack Strong

Chris Bede, Principal

News From The Den

Daily Schedule

[Next week](#) we have an alternate schedule to balance out the periods from this week. Monday and Tuesday will be 1,3,5,7 period days.

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

AP and College in the High School Parent Information Night

Parents, thank you for your questions at our information night. You can find the PowerPoint file we used in the presentation [here](#). Please refer to it for information about our AP program and also our UW and CWU courses.

For more information regarding EHS course registration visit the Eastlake website [here](#).

Eastlake Wolfpack Association Needs You!

The Eastlake Wolfpack Association is an umbrella organization for Eastlake High School booster clubs and provides education and a forum for clubs to communicate and coordinate efforts. Come join the board! It is a great way to give back, be involved, and support Eastlake sports and activities!

They are seeking to fill the following board positions for the 2020-2021 school year:

- Treasurer
- Concessions Manager

For more information, email: eastlakewolfpackassociation@gmail.com

Youth Eastside Services

Youth can POSITIVELY influence and encourage each other to stay mentally and emotionally grounded to deal with the pressures to use alcohol or other drugs in their community.

While the majority of students don't abuse drugs/alcohol, almost every student is confronted with a choice at some time during their school years. How can students best communicate ways to resist the temptation, or to promote mental wellness to their peers? Influence the Choice is sponsoring our 8th video contest to inspire youth to POSITIVELY influence each other by producing 2 minutes public service announcements.

Visit our website for details.

<https://www.influencethechoice.org/2020-influence-the-choice-video-contest.html>

Feel free to contact [Allyse DiRe-Day](#) with 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.

Eastlake Drama - The Tempest

EHS Drama presents William Shakespeare's The Tempest. It will perform in the EHS Auditorium February 11th and 12th at 5:30 and 7:00 pm. This production is aimed towards helping people of all ages and backgrounds understand and connect with this classic comedy. With magic, puppetry, and a few extra surprises, this is a show you definitely won't want to miss! The show's run time is only 40 minutes and tickets are \$5 for students and \$7 for general admission at the door.

News From the Library

EHS Library

February Newsletter [here](#).

Club News:

Investing Club: Investing Club is hosting an interactive presentation on the 12 Best Practices for Life-Long Investment Success, presented by former Eastlake parent and experienced investor Christian Cary. This event will take place on Tuesday, February 4th in room C210 from 2:30 - 4:00. Krispy Kreme Donuts and Capri Suns will be provided. If you have any questions or are looking for more information, email investingclubehs@gmail.com.

Athletics



Game Recaps for the week of January 27th [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.

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

Running Start Information Session

Friday February 7th during Wolf Time A - EHS Theater

Please sign up for this [informational session](#) if you are



considering Running Start for next year and would like to hear more about the Running Start process, eligibility, and whether this would be a good fit for you.

You can find information on Running Start Counseling Powerschool page and the Eastlake website [here](#).

WANIC Registration for 2020-21 Academic Year is Open

[WANIC](#) offers tuition-free technical and professional training at their Lake Washington Institute of Technology (Kirkland) Skill Center, DigiPen (Redmond) campus, and area high schools.

Academic Year Courses: See the [list](#) including DigiPen Art and Animation, DigiPen Music and Sound Design, DigiPen Video Game Programming, Cisco Networking Academy, Culinary Arts, Dental Careers, Health Science Careers (Nursing), Medical Careers, Fire and EMS, Foundations of Manufacturing, Sports Medicine, and Auto Technology. All classes earn Occupational Education high school credits and often offer course equivalencies in subjects such as science, art, PE, and others. Many offer CTE Dual high school and college credit.

Registration: Eastlake students interested in academic year WANIC will register for a full 7-period Eastlake schedule and [apply on WANIC's website](#). In June after Eastlake's master schedule for the 2020-21 year is built, Eastlake counselors work with students to modify Eastlake course selections and build a schedule with enough time to travel to WANIC Questions? Please [email](#).

Summer: Course descriptions and applications for summer 2020 WANIC will be available in mid-April.

WANIC Field Trip

Tuesday, February 25, 2020, 9:30 am-1:30 pm

Is your student interested in taking a WANIC class in the 2020-2021 school year? Or summer 2020? This free 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, Health Science Careers, and Auto Technology. Space is limited. Stop by the College and Career Center or [email](#) for a permission slip.

College and Military Visits

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

Area College and Career Events

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

Scholarship Spotlight

Sammamish Rotary Scholarship due March 6, 2020

Open to seniors from the Sammamish high schools including affiliated home-schooled students. [Learn more](#) .

LWSD PTSA Scholarships due April 2, 2020

For graduating seniors in the Lake Washington School District. [Learn more](#).

Ben Cushing Future Cougar Scholarship due April 2, 2020

Available to Eastlake seniors heading to Washington State University in honor of former EHS student, Ben Cushing. Learn more about Ben's story and the [Ben Cushing Future Cougar scholarship](#).

Find [Other 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

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.

[WEBSITE](#)

[ABOUT US](#)

[ACADEMICS](#)

[ACTIVITIES](#)

[ATHLETICS](#)



Calendar

400 228th Ave N.E.,
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Tel (425) 936-1500
Attendance (425) 936-1539