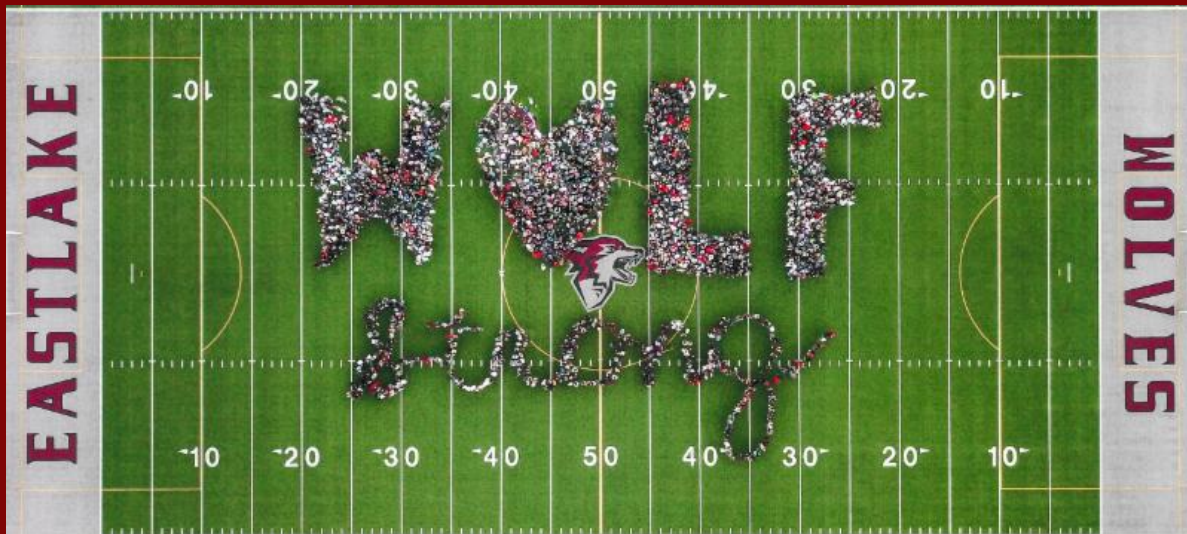




Lake Washington School District

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,

We have an eventful week planned at Eastlake with the excitement of Homecoming. We will have the Homecoming football game versus Newport on Friday, October 18 and the Homecoming Dance on Saturday, October 19. Our Homecoming will focus on the theme of "What's in the Woods", a celebration of what makes Eastlake unique. We will have themed spirit days, and then at the end of the week we will honor our Homecoming Heroes, students from every grade that best represent the essence of Eastlake. Part of this experience includes making positive choices both inside and outside of the classroom. As Homecoming week approaches, we need to work together to ensure a fun but safe experience for our kids.

Wolf Strong, Pack Strong

Chris Bede , Principal

News From The Den

Daily Schedule

Week of October 14th daily schedule [here](#). Friday October 18th is a LEAP day, no school for students. For a list of all Eastlake daily bell schedules for the 2019-2020 school year [here](#).

BECU Reality Fair:

Seniors! This coming Monday, October 14th, you will be participating in a Financial Reality Fair, put on by BECU, during both Wolf Times A and B. The BECU Reality Fair is a fun, interactive activity that will teach you how to budget and manage your finances as an adult.

Homecoming Week:

Theme for the week - *Into the Woods*. Check out the themes of the day, get creative and have fun!

- **Monday, Oct 14-** Meteorological Monday (crazy weather, rainy day, thunderstorms)
- **Tuesday, Oct 15-** Into The Prowl (animal print/camo). After school come play Dodgeball in the main gym. Movie Night in the gym 8:00-9:30PM
- **Wednesday, Oct 16-** Show Your Roots (wear something that represent EHS or any team/club you're a part of). All school BBQ after school.
- **Thursday, Oct 17-** Wolves in the Woods (class colors). Come join us for Game Night from 7:00PM-8:00PM in the Upper Commons
- **Friday, Oct. 18** - Want to have a fun, relaxing start to your day with your friends? Come to the dance setup, which will be starting at 10:00 am. Football game vs Newport: Special tailgate prior to the game. Come watch band, dance, cheer, and our very own Wolfie race against representatives of our clubs in what will certainly be an exciting halftime show.
- **Saturday October 19th.** Homecoming Dance. Tickets are \$20 per person in advance, \$30 at the door.

Why buy a HC ticket? Money raised will be given to each Class: Seniors, Juniors, Sophomores & Freshmen. This money is saved each year by each class and is crucial in Senior Year for hosting an off-site Prom. The more students who attend HC each year, the easier it is to plan Prom! Plus HC is a blast! WHAT'S IN THE WOODS? Come find out....

National Merit Semifinalist - Commended Scholars:

Eastlake is proud to announce its thirteen National Merit Semifinalists and twenty-seven Commended Scholars. Click [here](#) for a complete list.

AP Testing Registration:

The window for AP Test Registration is October 14 thru October 25th. For complete details on how you register please visit the Eastlake website [here](#).

Attendance Office Tips:

Parents & students: please be advised that handwritten notes FROM STUDENTS are never accepted for excusing an absence. A parent or legal guardian must pen the note, or call us directly at (425)936-1500, or email attendance at ehsattend@lwsd.org

EHS offers the PSAT on Wednesday, October 16th

The exam starts promptly at 7:30AM. 10th and 11th graders need to be on time. See below for additional information.

EHS Modified Schedule - Oct. 16th

- PSAT 7:30AM -11:30AM
- 1st period 11:35AM -12:25PM

Who's Going Where?

- **Freshmen** – While the sophomores are taking the PSAT, you will be attending specific activities instead of your regularly scheduled classes. These activities are mandatory and part of your High School and Beyond Plan graduation requirements. You will need your laptop, a pen or pencil, and markers or colored pencils. You are expected to be in the theater no later than 7:30AM on Wednesday. It is important to note that no food or drink are allowed in the theatre, so plan accordingly. Period 1 begins at 11:35AM
- **Sophomores** – All 10th grade students take the PSAT. Period 1 begins at

- 11:35AM.
- **Juniors**(taking PSAT) – will be assigned to a room in the C or D wing. Period 1 begins at 11:35AM. (Not taking PSAT) - “Study Hall” (in upstairs commons)
Registration deadline is October 9th. Pay at Bookkeeper’s window with cash or check. No refunds will be issued.
 - **Seniors**- Stay home and work on college applications, High School & Beyond plans, or other Senior Year tasks. Come to period 1 at 11:35AM.

For those taking the PSAT test -

- You will find your room assignment posted in the Commons.
- Show up early to see what room you will test in and make sure you find your way there by 7:30
- Cell phones are not permitted near the test.

Helpful Information about the Test:

The PSAT is essentially a gateway to doing well on the SAT. Your PSAT score can predict your SAT score. The test essentially shows you how well you’d perform on the SAT if you were to take it at that exact moment in time. All juniors who take the PSAT are automatically entered into the National Merit Scholarship Program, which awards annual \$2,500 scholarships to top scorers. You don’t lose points for wrong answers, but you do lose points for skipped answers. Random guessing won’t do much for your score, but if you can make an educated guess (where you eliminate at least one of your answer choices), you can boost your chances of getting the question right. Get a good night’s sleep! Don’t stress about this test... it’s practice!

Accommodations:

If students have accommodations that have been approved through Collegeboard, they will be provided for the PSAT. Students and parents will receive an e-mail to let them know the classroom location in these cases. If you are approved for extra time, please be prepared with food for lunch and for arrangements for a ride home in case the test takes you longer than the 12:50pm dismissal time.

Did You Know: What is Fentanyl?

Hello, it is Allyse from Youth Eastside Services. As you are aware, there has been a recent increase in overdose deaths in King County, driven largely by fentanyl found in illicit pills and powders. According to the Public Health Department of Seattle and King County, these deaths are occurring more frequently among people 18 or younger.

"Fentanyl is a powerful synthetic opioid drug that is approximately 100 times more powerful than other opioids such as heroin. Fentanyl is often added to illicit street drugs such as fake pills and white powder. Fentanyl and other opioids cause overdose by slowing breathing and eventually can cause death." (Public Health - Seattle and King County).

Please click [here](#) for more information about fentanyl and what to look for.

Library News

October library newsletter [here](#).

Health Room News

The Health Room at Eastlake is located on the 2nd floor with the Counseling Offices. Students may access the health room for minor injuries. Please note that the only “treatments” provided are ice packs, band aids, and a brief place to rest with minor headaches and stomach aches. We cannot diagnose or treat beyond comfort measures and will ask that you pick your student up if they have the following symptoms:

- Fever over 100 degrees Fahrenheit
- Vomiting

- Diarrhea
- Severe cough
- Sore throat
- Oozing rashes or sores
- Eye infection

Of course, if your child has any of the above symptoms, please keep them home from school to prevent the spread of illness. It is our goal to reduce the incidence of infectious illnesses and keep our population as healthy as possible.

Eastlake Band

The Eastlake Marching Band performed in the Salmon Day's Grande Parade in Issaquah and placed 2nd for High School Bands! This is the first year they have won a ribbon at the parade! The students had a fun time entertaining the crowds and the judges complemented their school spirit.

Eastlake Club News

HOSA: Future Health Professionals meets every 1st and 3rd Wednesday of the month in room E109 at 12:35 pm. The last day to turn in membership forms is Wednesday, November 6th. For more information about Eastlake HOSA, contact [Maria Garsi](#). For more information about HOSA visit <http://www.hosa.org/>.

Athletics



Eastlake Sports Week of October 6th - this includes game recaps and Freshman of the week [here](#).

Fall Sports schedules and standings - Visit Kingcoathletics.com to view.



Parents: Have questions for the counseling department? We are hosting our first Coffee with Counselors on Monday October 21st at 9:00am in the counseling office. It will be a group setting so if you are in need of discussing specifics about your student you can email your student's counselor directly.

Counseling, College & Career News



Eastlake College and Military Visits

Visiting the week of 10/14-10/17: : [The George Washington University](#), [The University of Arizona](#), [The Evergreen State College](#)
Review the full college visit [calendar](#) and sign-up.
Review the full Military visit [calendar](#).

College and Career Area Events

See area college and career events [happening soon](#).

College Application Help Wolf Times

Wolf Time B November 1, 8, 15, and 22

Students sign-up on FlexiSched under "Counseling McGuigan"

Scholarships

Don't forget to check the [Scholarship Bulletin tab of the College and Career Center PowerSchool page](#) for scholarships on our radar.

Seniors Class of 2020

Senior Yearbook Deadlines

Please visit the [Eastlake website](#) for submission and deadline information for the following:

- Senior Photo - deadline December 6th, 2019
- Senior Quotes - deadline November 25th
- Baby Ads - deadline February 7th 2020

[WEBSITE](#)

[ABOUT US](#)

[ACADEMICS](#)

[ACTIVITIES](#)

[ATHLETICS](#)



[Calendar](#)

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