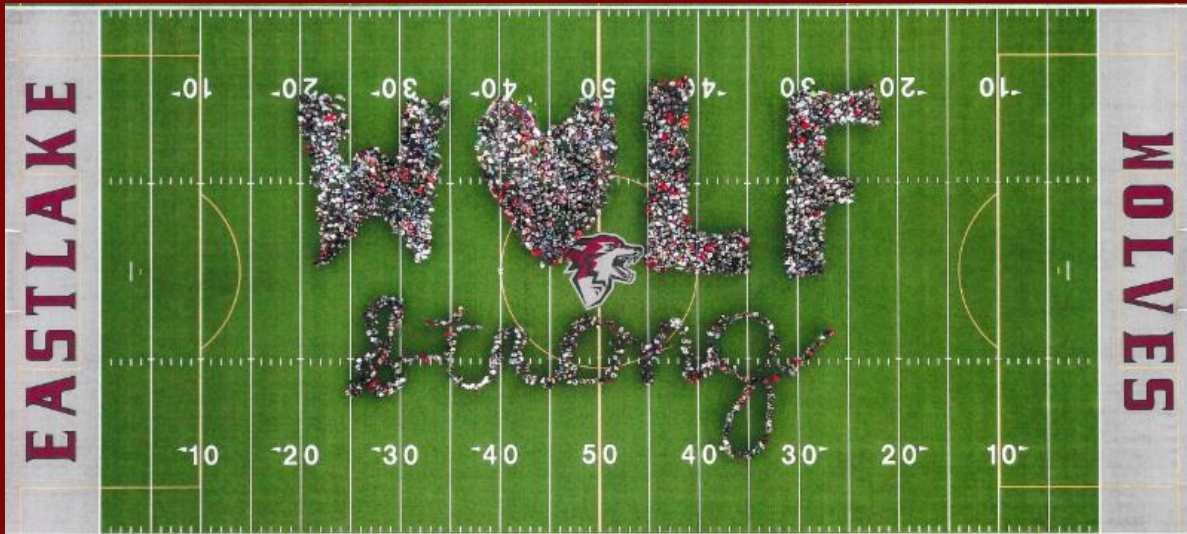




Lake Washington School District

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,

This week our community grieves with our neighbors at Skyline, who tragically lost one of their students. We have reached out to them to offer our love and support. Please read this [message](#) from their Principal, Keith Hennig. It is a letter from the parents of Lucas Beirer, the student who tragically passed away.

The King County Police Department also had a press conference this week about the potential dangers of counterfeit drugs in our community.

<https://www.king5.com/>

Please continue to talk with your students about the dangers of illicit drugs, as keeping our kids safe take a community effort.

WSPS

Chris Bede , Principal

News From The Den

Daily Schedule

Week of October 7th daily schedule [here](#). For a list of all Eastlake daily bell for the 2019-2020 school year [here](#).

Did You Know: Warning Signs of Teen Drug Abuse

Allyse Dire-Day is our school's Drug and Alcohol Prevention and Intervention Specialist. As part of her work she will include occasional Do You Know messages for our Eastlake Community. Here is her first message, on the warning signs of teen drug

abuse:

While experimenting with drugs doesn't automatically lead to drug abuse, early use is a risk factor for developing more serious drug abuse and addiction. The challenge for parents is to distinguish between the normal, often volatile, ups and downs of the teen years and the red flags of substance abuse. These include:

- Skipping class; declining grades; suddenly getting into trouble at school
- Having bloodshot eyes or dilated pupils; using eye drops to try to mask these signs
- Missing money, valuables, or prescriptions
- Acting uncharacteristically isolated, withdrawn, angry, or depressed
- Dropping one group of friends for another; being secretive about the new peer group
- Loss of interest in old hobbies; lying about new interests and activities
- Demanding more privacy; locking doors; avoiding eye contact; sneaking around

If you are seeing some of these signs in your child and are concerned about possible alcohol or other drug abuse you can contact me by [email](#), call me at Eastlake (425 936-1500) on Tues/Friday.

Attendance Office Tips:

Does your student need to be dismissed during the school day?

Have your student BRING A NOTE to the attendance window before school/class to get a release slip to show the teacher and use as a pass to leave campus.

Or, CALL IN. Call the main number (425) 936-1500 and ask for Attendance. Talk to a person to ensure we get the release slip to your student in time. Please do not leave a message on the absence line to call in an early release from school. The absence line is for reporting all day absences only. While it is checked throughout the day, it may not be checked in time for when your student needs to leave if called in during the day. Please allow enough time for your student to be located and have a release slip delivered.

If you receive an automated call, it is because your child has missed a class. If the absent mark is a mistake, please have your child talk to their teacher to get the mistake fixed. If this is an excused absence, we need to hear from a parent/guardian within 48 hours/2 school days in order to get the missed class excused.

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 – 9th grade activities start in the theater. 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

Sammamish Transportation Update

Community Ride is a reservation-based service that travels within a specific service area instead of staying on a set bus route or schedule. A professional driver picks you up and takes you exactly where you want to go within a set service area. [Connect Sammamish](#) is the City's two-way engagement platform which allows you to stay informed on projects the City's working on as well as participate in the development of projects by answering polls, surveys, asking questions, and other online exercises. More details can be found [here](#).

Eastlake Travel

Iceland: Mr. Wessels is leading a student trip to Iceland over Spring Break this year. From April 4 to April 10, 2020, we will go on a dog sledding adventure, hike a glacier, see the Northern Lights, and volcanic craters, perform a service project at the Forrest Research Institute of Iceland, and experience a new culture and land. We had a great turn out at the parent meeting this week, but still have a few spots available. If you are interested in more information, email [Mr. Wessels](#).

Mexico: Ms. Egashira and Mrs. Don Chokr travel internationally each year with students. This year, they will be exploring the Yucatán Peninsula in Mexico during Spring Break 2020. This trip is open to ALL current Eastlake students. Trip highlights will include: tours of Mérida and Valladolid, archaeological site visits, and a school visit. There will be an informational meeting for students during Wolf Time B on Friday, October 11 (sign up for Egashira's Wolf Time A) and an informational meeting for parents on Wednesday, October 16 at 6:30 pm in E201. For other questions, please email [Ms. Egashira](#) or have your student stop by E201.

Library News

Students, it is your responsibility to make sure all your computer work is saved in the OneDrive Cloud. If you are not sure how to do this ask a classmate or come to the Library. If your laptop gets damaged externally and/or turned in for any type of repair the technicians will re image your laptop which means anything in the C drive will be lost. It is not the technician's responsibility to save your work.

Did you know your student can access anything in the King County Library System digital collection with their LWSD student ID number regardless of overdue items or fines? Students can visit the [EHS Library Power School Page](#), KCLS Student Accounts for more information. In addition to audiobooks and e-books students can have access to online tutoring, PSAT and ACT practice tests, Mango Languages and more.

Noodle Tools is a cloud based citation program that students can now access through their LWSD Office 365 account. Not only does it allow students to cite sources accurately but it teaches them about research terms and skills that are on the AP Language Test, so using Noodle Tools is like studying for that test by default. Students can also share research notes and sources with others for group research projects, and teachers can grade and comment on students' progress.

If students have trouble accessing their online textbook the student should report the problem to the teacher of the class and the teacher should contact the LWSD Help Desk.

If you have any questions about any of these topic please contact [Kathleen Dunbar](#),

Eastlake Band - Game Day Greeting



Eastlake students were greeted by the band this morning for a game day arrival! The Eastlake Band will be performing Beatles tunes during the halftime show at the Eastlake vs Mt. Si football game tonight. Our band is 192 strong will be up early Saturday morning marching in the Salmon Days parade!

WSPS

Eastlake Club News

DECA

Eastlake's DECA chapter has just started its competitive season! DECA is an international business program that prepares students to become emerging leaders and entrepreneurs in the main categories of marketing, finance, hospitality, and tourism. Eastlake's DECA chapter meets almost every Wednesday from 12:30 to 1:05 in room C110. Members can stay up to date with the club's meetings and announcements by joining the Remind (by texting @20ehsdeca to 81010). For any parents or students with more questions about Eastlake's DECA, please reach out to the team at eastlakedecachapter@gmail.com

Athletics



Eastlake Sports Week of September 30th - recap [here](#).

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

Counseling, College & Career News



Eastlake Angels

Angels is a collaboration between PTSA and Eastlake High School that provides immediate and confidential assistance to students whose families are experiencing financial hardship. Angels can support: Senior apparel, backpacks, groceries, Senior Sendoff tickets, Homecoming/Tolo/Prom tickets, yearbooks, sports gear, Eastlake gear bags, dental hygiene kits, grocery gift cards. Ask your counselor for more information.

World Language Proficiency Test

Registration for the October 23 Language Proficiency Test closes on October 9 (next Wednesday). Find dates and more information [here](#).

Fitness Plan & Assessment

Are you a Junior or senior who still needs PE credits for graduation? Students can take the Fitness Assessment or submit the Fitness plan to waive the remaining PE credits. Please click to access the study guide, sign up document, or plan submission information!

Eastlake College and Military Visits

Visiting the week of 10/7-10/11: [University of California-Irvine](#), [Scripps College](#),

Harvey Mudd College, Texas Christian University, Bentley University, Whitman College, New York Conservatory for Dramatic Arts, Pepperdine University, University of St Andre

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 Wolf Time

Wolf Time B, Friday, October 11, 2019, College and Career Center

Students sign-up on FlexiSched under "Counseling McGuigan"

Eastlake Financial Aid and Scholarship Night Recap

Missed it? No worries. [Read the presentation](#).

FAFSA Now Open

Seniors, the Free Application for [Federal Student Aid](#) (FAFSA) opened this week. To start your application and get more information, please visit Federal Student Aid.

Students not eligible for federal aid should complete the [WAFSA](#). Not sure if you should complete the FAFSA or WAFSA? Start [here](#).

Career Exploration Opportunities

ACE (Architecture, Engineering, and Construction management), Disney Dreamer Academy, Washington State Auto Dealers Association (WSADA) and the Seattle International Auto Show (SIAS) Bright Future Career Fair, Washington Aerospace Scholars. Information [here](#).

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[ACADEMICS](#)

[ACTIVITIES](#)

[ATHLETICS](#)



[Calendar](#)

400 228th Ave N.E.,
Sammamish, WA 98074

Tel (425) 936-1500
Attendance (425) 936-1539