



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,

Eastlake has a Value to “Balance competition and ambition with gratitude and wellness.” We want our students to work hard and achieve, but competition and ambition should not be at the expense of others, or your own mental health. Our kid’s level of happiness matters, and we want them to enjoy the process of high school instead of just grinding towards some nebulous next step.

Our kids have busy and complex lives, trying to balance the demands of seven classes and extra-curricular activities with teenage pressures around identity, friends and the future. As we move into the holiday season, we need to remind ourselves that quality relationships can mitigate this stress. We also need to remind ourselves that kids need time to rest and rejuvenate. When we return from break, classes will be ramping up towards finals, but we will continue to support students in maintaining a healthy perspective, and this healthy perspective in turn improves performance

Wolf Strong, Pack Strong

Chris Bede, Principal

News From The Den

Daily Schedule

Week of December 9th daily schedule [here](#). Reminder that Wednesday, November 27th school dismisses at 10:30AM - Buses depart at 11:00AM.

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

Eastlake Parking Lot:

This is a reminder that students need to display a parking permit (hang tag) to park on campus, and only juniors and seniors are eligible to request a parking permit. Sophomores are not eligible. Students who park without displaying an authorized permit may receive fines and progressive school discipline. Our student parking lot is pretty full, and we only have enough room for students who have permits to park. Please let [Todd Apple](#) know if you have any questions or concerns.

Last chance to buy a Yearbook!

If you did not purchase a yearbook at the beginning of the year, now is your last chance. Cost is \$65, yearbooks can be bought online by clicking [HERE](#) to login to the LWSD payment portal. Or send in payment- cash or check made out to EHS. Last day to purchase a Yearbook will be January 8, 2020. If you need assistance paying for a yearbook there may be some scholarship funds available this year from PTSA Angels. Please turn this [form](#) in to Mrs. Guinasso by 1/8/20.

Teens and Underage Drinking-

Allyse DiRe-Day is the Eastlake Drug/Alcohol Education Specialist

Here are some facts about teenage drinking to keep in mind:

- Teen brains are more vulnerable to alcohol than adult brains. Research shows that the teen brain doesn't fully develop until 25. Alcohol can alter this development, potentially affecting brain structure and function.
- Underage drinking increases the risk of alcohol problems later in life. Research shows that people who start drinking before the age of 15 are four times more likely to meet the criteria for alcohol dependence at some point in their lives.
- Mixing alcohol and marijuana is dangerous and can significantly impair judgment. The level of intoxication and secondary effects experienced can be unpredictable.
- Mixing alcohol and prescription medicine is especially dangerous. It can cause nausea and vomiting, headaches, drowsiness, fainting and loss of coordination and puts you at risk for internal bleeding, heart problems and breathing difficulties.

Please read this article on How to Address Underage Drinking with Your Son or Daughter by Partnership for Drug-Free Kids [here](#).

Feel free to contact Ms. DiRe-Day anytime by email: c-adore-day@lwsd.org if you have questions or need support.

Wolf of the Month:

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 [October](#) and [November](#) 2019.

Science Competitions

Visit the Eastlake website [here](#) to find up to date science competition information.

Drama

Congratulations to the following students for achieving International Thespian Awards at Regionals December 7th at Olympia HS. These students will compete at State in March!

For Monologue – Ian Frank, Marno Bosch, and Samantha Simperman

For Group Acting – Katherine McGhee and Eric McClary

Group Acting and Solo Musical – Celine Athan and Ana Hiciano

Solo Musical – Sarah Fitzgerald, Michael Martin, Sophie Kashman, Tenille Manson, Ava Berkau Sara Wifall, Andreas Johnson, Archie Carman, Maisy Wagner, Maria Jimena Portillo, and Sapphire Maguigad.

For Stage Management – Caitlin Savage.

Eastlake Drama Presents Almost Maine

Come support EHS Drama students on December 17th and 18th at 7pm by seeing Almost, Maine. Almost, Maine is comprised of nine short feel-good plays, just in time for the holidays. Tickets can be purchased online [here](#).

Upcoming Auditions:

Audition sign ups for The Tempest and Puffs, 7 Increasingly Eventful Years at a Certain School of Magic and Magic are posted in B103. Students can sign up for an audition slot before or after school. Auditions for both shows will take place on January 8th after school. Students need to have a one minute comedic monologue and a Shakespearean monologue prepared. Email kawold@lwsd.org if you have any questions!

Library

Are you traveling out of the US for the holidays? Pick up a book in a language other than English to donate to the EHS Multilingual Library! We need books written in any of the following languages; Mandarin, Hebrew, Hindi, Japanese, Korean, Marathi, Russian, Spanish, Tamil, and Telugu. Books will be collected March 23 – 27 outside the EHS Library before school, during lunches, and after school. Please contact the Librarian [Mrs. Story](#) for more details.

Eastlake Club News

Students, club information on the EHS website has recently been updated. To see the detailed list of the wide variety of clubs that you can join here at Eastlake click [here](#). The club list does change so check it often.

Indian Student Association

Like movies? Like food? Come to ISA's Bollywood Movie Night on Friday, December 20th to watch the "OG Student of the Year" with subtitles of course! Bring your friends, blankets, and food for our potluck and movie night and the last ISA event for 2019! Can't wait to see you all there. Free Admission!

Athletics

Come support your WOLVES! For a complete list of schedules, scores and standings visit Kingcoathletics.com



Counseling, College & Career News

Coffee With The Counselors

Our next Coffee with Counselors is **December 16th at 9:00 am** in the Counseling Conference Room. Have questions regarding registration for next year? Counselors provide a lot of resources, videos, FAQ for students during registration but cannot have 1:1 appointments with students and parents at that time. 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.

NROTC Information Session 12/20 Wolf Time A

Learn more about Naval and Marine ROTC (Reserve Officer Training Corps) scholarship opportunities in this 25-minute Wolf Time. ROTC prepares young adults to become officers in the United States Military with scholarship recipients receiving tuition, books, stipend, educational fees and other financial benefits at many of the country's colleges and universities.

SAT/ACT Planning 1/10 Wolf Time A

Are you trying to figure out when to take the SAT/ACT and the differences between the two? This Wolf Time will review these important tests, preparation and testing timelines.

Area College and Career Events

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

Career Exploration Opportunities

Learn [more](#) including The National Youth Science Camp, Teens in Public Service, Washington World Fellows Program, Ocean Career Day-Seattle Aquarium.

Washington State University Admitted Student Events

Attention seniors who have been admitted to WSU! Experience WSU and Future Cougars Embracing Diversity are great opportunities to visit campus and receive onetime \$1000 visit awards. Learn more [here](#). Space is limited--registering early is recommended.

Scholarships

Find [scholarships on our radar](#) on the College and Career Center PowerSchool page.

Seniors Class of 2020

Seniors - Time to Order Graduation Items:

Seniors, if you missed the Jostens visit Tuesday and Wednesday, you still have time to order your graduation items; the cap and gown package, class rings, senior apparel, announcements etc. If you do not have a packet you can pick one up in the main office. You can place your order online by going to [Jostens.com](#), phone it in by calling 1-800-567-8367, or by mailing it in to the address on the order page in your packet. Deadline before the price increase is December 16.

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.

Senior Yearbook Deadlines - New Deadlines!

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

- Senior Photo - deadline December 13th, 2019
 - Senior Quotes - deadline December 13th, 2019
 - Senior Ads - deadline February 7th 2020
-
-

[WEBSITE](#)

[ABOUT US](#)

[ACADEMICS](#)

[ACTIVITIES](#)

[ATHLETICS](#)



[Calendar](#)

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

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