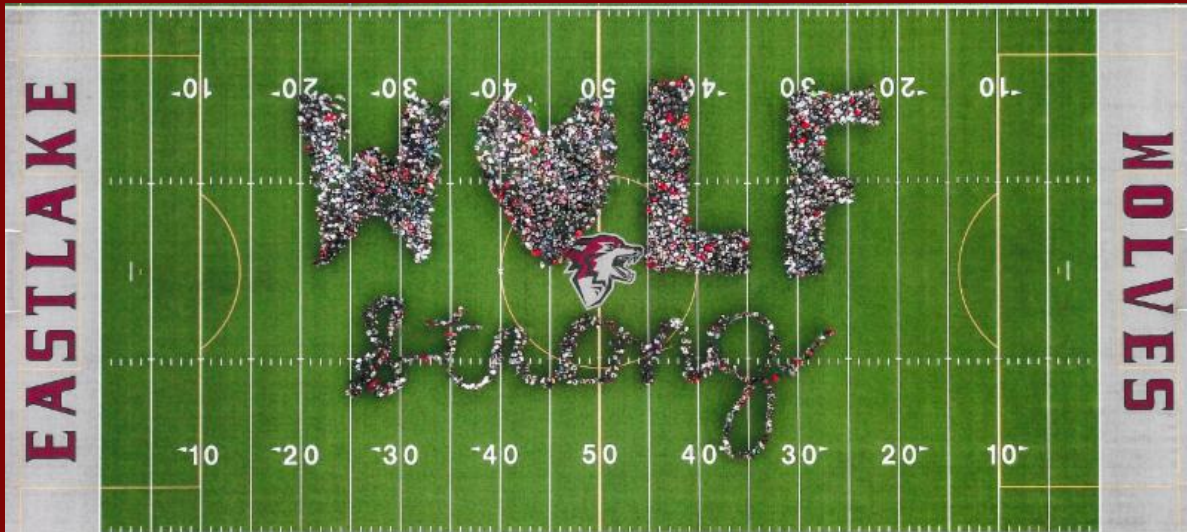




Lake Washington School District

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 kids, level of happiness matters, and we want them to enjoy the process of high school. They 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.

I love Shawn Achor and he explores a lot of these ideas in this [TED talk](#) on happiness.

Wolf Strong, Pack Strong

Chris Bede, Principal

News From The Den

Eastlake Daily Bell Schedule

Bell schedule week of [December 17th](#).

The [Daily Bell schedule](#) varies often week to week, so please bookmark the Bell schedule from the Eastlake website so you know the schedule!

Yearbooks - Last Call!

Last chance to purchase a yearbook- the final sales period will be 12/10/18 through 1/10/19. Make sure you have not already purchased a book. Your student can check the list outside the Bookkeeping Window at school, or you can look at a history report of all your purchases by logging

into your Parent Access account. Please email [Karen Guinasso](mailto:Karen.Guinasso) if you have any questions. Yearbooks are \$65 and can be purchased online at www.lwsd.org - through Parent Access during the sales period, or students can bring in cash or check made out to EHS.

Eastlake Drama Club Presents - Holiday Radio Show

Come see EHS Drama Club's Holiday Radio Show! It's a Sherlock Holmes story from the 1940s and directed by EHS Drama Club students. Tickets are only \$5 per person. The show starts at 7:00 pm and you can buy your tickets half an hour before the show starts. Show times are December 19th and 20th in the EHS Theatre.

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. Each one must be registered and paid for by the student. Click [here](#) to see an updated list of competitions and the available information for those. If you have any questions please email [Michelle Okroy](mailto:Michelle.Okroy).

Pawprint Sweats Are Back in the Student Store

Hey Eastlake, We heard you LOUD and CLEAR!! You wanted the ever popular PAWPRINT SWEATS back, so we listened and got them just in time for the HOLIDAYS!!!! We have a limited supply of all sizes at this time in both grey and black, so don't wait too long or they will be GONE! The Student Store also has a variety of Spirit Gear for you or your students. We have hoodies, lanyards, WSPS stickers, sweats, t-shirts and our extra durable sports bags.

We have something for everyone, so come on in and shop away! Don't forget we only accept cash or check and we are open from 7:00am-1pm Monday through Friday. Make sure you check in at the main office before you shop!

Eastlake Library

December newsletter [here](#).

Athletics

Please visit KINGCOATHLETICS.COM for all game schedules and standing for Eastlake winter sports. **Go Wolves!**



Weekly Sports Recap

Read about how the WOLVES did in the [third week of Winter season here](#).

GO WOLVES!

Counseling, College & Career News

Sophomore Presentation

Today, December 14th, there was a presentation for sophomores. The presentation focused on PSAT scores, SAT and ACT planning, GPA and interpreting True Colors from freshmen year. The presentation is available [here!](#)



SAT/ACT Planning 1/11/19 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.

Yale Information Session 1/11/19 Wolf Time B

Learn about student life and the admissions process with a current Yale student.

College and Military Visits

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

Area College and Career Events

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

Scholarships

Find scholarships on our radar on the College and Career Center PowerSchool page.

Winter break is around the corner

Click [here](#) for some tips and resources to have a stress free break.

PowerSchool is worth a look!

Check out the [Counseling](#) and [College and Career Center](#) PowerSchool pages. Students may sign-up to see a member of our team, access counseling, college and career resources, see our full calendar of EHS and area events, find a student job, volunteer opportunities and more. Can't remember how to sign into PSL? [Check out these instructions.](#)

Seniors

Senior Yearbook Ads

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 on how to create your advertisement [here](#).

The deadline for ad creation is February 15, 2019.

Submit Your Senior Photo for the Yearbook!

Senior photos need to be submitted digitally. **Deadline is January 4, 2019!**

For instructions on submitting your senior photo visit the [Eastlake website](#).

If you have any questions, concerns, or issues regarding senior photos, please contact the Yearbook adviser, [Meghan Delaney](#).

[WEBSITE](#)

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[ACADEMICS](#)

[ACTIVITIES](#)

[ATHLETICS](#)



[Calendar](#)

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

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Attendance (425) 936-1539