



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,

Over the next several weeks, I will share more information about course offerings and pathways at Eastlake High School, but I want to first 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, I 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 (i.e. Walking and Yoga and 2D Art) that challenge students to learn and grow, but simultaneously do not add a lot of outside homework, and these classes can actually decrease stress and anxiety.

Chris Bede, Principal

News From The Den

Eastlake Daily Bell Schedule

Click [here](#) for the daily schedule for the week of January 28th.

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

1st Semester Report Cards

1st Semester report cards will be mailed out the week of February 7th. As a reminder current grades can be found at LWSD website under the [Parent Access tab](#).

International Parent Night - February 6th

Parents, did you attend high school in another country? Do you have any questions about high schools in the United States? We try to keep parents informed, but we're wondering if international parents have questions we're not answering. We'd like to help you make informed decisions as your children attend Eastlake. If you have questions, please come to our school's library on Wednesday, February 6th, at 6:00 pm. We will not have a prepared presentation because we don't know what questions you might have. This will be a casual conversation.

Possible topics might include registration for next year, graduation requirements and electives, the PTSA, school discipline, English Language Learners, special education and IEPs, SAT and ACT for college testing, our high school guidance counselors, our supports for students who struggle with drugs or alcohol or mental health challenges.

If you have questions about these or any other topics, then please come to our library on February 6th at 6:00 pm. We will have an administrator, a counselor, a teacher, and a PTSA representative to have a conversation with and to answer any questions.

If you need an interpreter or transportation, please contact [Todd Apple](#).

Eastlake Drama Presents - Sleepwalk

EHS Drama presents Sleepwalk February 11th and 12th at 6:30 pm. This show is free for all audience members. Written by Emmy-winning Broadway playwright William Mastrosimone, the show aims to "debunk, de-mystify and de-romanticize teen suicide, by opening up dialogue on the hidden epidemic of teen suicide." With input from mental health professionals, Sleepwalk was written to foster open dialogue about depression and suicide and to remove the stigma associated with seeking professional help. There will be a talk back immediately following the show. Sleepwalk poster [here](#).

Sammamish Rotary Student of the Month - Music

The EHS Music Faculty unanimously chose Julia Woolsey as the Rotary Student of the Month for Music because of her accomplishments and service to our music department and our community. Julia is a founding member of the EHS Chamber Orchestra, the Eastlake Philharmonic (Symphony Club), and the EHS string quartet. In addition she has regularly performed with the choir and for events throughout the community. Julia will be soloing with orchestra this upcoming March 9th at our annual Evening of Concertos fundraising concert. We are privileged to have taught Julia for the past four years and to award her Rotary Music Student of the Month. Photo [here](#).

Eastlake Student Store

The Eastlake Student Store has received a new shipment of hoodies in black and grey. We also have more paw print sweatpants in small sizes! Stop in and grab a pair now before we sell out. Also, just in time for spring sports, we have a new shipment of sports bags that you can get customized with your students name to keep their sports stuff organized. Don't forget to keep your kids hydrated with our new black Eastlake Water Bottles. The Student Store is open from 7am-1pm Mon-Fri. Cash or check only. If you have any questions please contact [Teresa Lewis](#).

EHS Library News

EHS Library Book Valentines

Is there a book you love in the EHS Library? Stop by and fill out a heart card for us to feature the book in a Book Valentine book display before mid winter break!

EHS January [newsletter](#).

Athletics

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



Good Luck to our winter athletes that are completing in post season games and tournaments this weekend Including:

- Boys Basketball - Kingco Tournament
- Girls Basketball - Kingco Tournament
- CHEER - WIAA State Tournament - [online viewing option](#)
- Wrestling - Kingco Tournament, Boys - Sub Regional - Girls
- Boys Swim & Dive - Kingco Meet

NCAA Spring Signing Ceremony

Eastlake will be hosting a second NCAA signing ceremony Wednesday February 6th at 12:30 in the main gym. Join us as we celebrate Eastlake athletes that will be playing their sport in college.

Weekly Sports Recap

Two weeks of recaps catch up on! [Week of January 21st - Week of January 28th](#).

Spring Sports Registration is Open!

Thank you to all the athletes that have signed up for spring sports so far! Great numbers for the first week of registration.

Try-outs for cut sports and practices for non cut sports begin on Monday February 25th.

All athletes registering for a spring sport need:

- a current PHYSICAL (good through 6/1/19)
- MEDICAL HISTORY on file in the Athletics office
- complete 3 online registration forms through Parent Access (opens 1/28/19)
- See the Eastlake Athletics [webpage](#) for more information.

See Mrs. Hill to verify if you have a valid physical on file.

Spring Sports -Badminton (no cut), Baseball (cut sport), Fastpitch (cut sport), Girls Golf (cut sport), Boys Soccer (cut sport), Girls Tennis (no cut), Track & Field (no cut). Information regarding try-out times will be updated on the Athletics website soon.

GO WOLVES!

Counseling, College & Career News



Transcript requests are currently unavailable while first semester grades are being completed.

Please check back after February 5th. Once grades are posted counselors will upload mid-year reports to Common App and Coalition for seniors.

Interested in Running Start?

There will be an information meeting Wednesday February 6th at 12:30 in the Theater. If you are unable to attend, counselors will hold a follow up session Friday, February 8th during Wolf Time A.

Interested in Running Start?

Information meeting Wednesday, February 6, 2019 12:30 pm EHS Theater.
For students who miss the information session, Friday, February 8, 2019, Wolf Time A.

WANIC Open House

Tuesday, February 12, 2019, 5:00-7:00 pm, Lake Washington Institute of technology
WANIC (Washington Network for Innovative Careers) registration opens next week. Interested in learning more about WANIC's academic year programs? Check out their 2/12 [Open House](#).

Application Essay Prompts for 2019-20

Application essay prompts for the 2019-20 admissions cycle are out. [Common Application](#).
[Coalition Application](#).

Journey to Bellevue College: Scholarship and Resources Workshop

Tuesday, February 5, 2019 at 5:00-7:30 pm (drop-in anytime), Bellevue College, Building B, Room 250

Learn more about filing the FAFSA/WASFA, applying for scholarships, planning classes, and receiving financial aid.

EHS Military Visits

Click [here](#) for upcoming Military visits to EHS.

Area College and Career Events

Click [here](#) for Area Events happening soon.

Scholarships

This week's spotlight is the [Sammamish Rotary Scholarship Program](#).
Find other [scholarships on our radar](#) on the College and Career Center PowerSchool page.

Seniors

Senior Send Off - Graduation Night

Senior Send Off is a fun-filled celebration artfully organized by professional event planners from Grad Nights. Graduation night is a special, once-in-a-lifetime celebration and we want to make this joyous occasion a unique, memorable and safe event for all seniors. While it is a few months away, you can sign up anytime from now until May 1. If you have made a payment, make sure you have completed all the paperwork (including any specific paperwork for life threatening illnesses). The paperwork can be returned to the main office. If you have turned in paperwork, but not paid yet, please make a payment by check or online payment. All checks can be brought to the main office. The cost of the event is \$175 and includes chartered bus transportation, food, drinks, games, prizes, and fun events planned at two different locations. Please check out all the details on the PTSA web site and email Renee Baker if you have any questions: sso@ehsptsa.org.

Senior Send Off Call for Volunteers!

Senior Send Off is an incredible event held each year the night of graduation and parents like you make it possible! **We need volunteers** for the night of the event: at the event as chaperones OR helping at the school during check-in. For check-in, you would need to be available from 9-10 pm on Monday, June 17th. To chaperone the event, you will need to be able to pull an awesome all-nighter! You will be on the buses with the students and at the amazing venues having a good time and supervising the good time! Chaperones need to be at Eastlake at 9 pm, June 17 and will be back by 6 am the following morning, June 18. Having chaperoned the past two years, I can tell you that it really is fun. Any parent can volunteer. In fact, it is probably best if parents of sophomores and juniors chaperone. Please contact Renee Baker for more information: sso@ehsptsa.org

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.

[WEBSITE](#)

[ABOUT US](#)

[ACADEMICS](#)

[ACTIVITIES](#)

[ATHLETICS](#)



[Calendar](#)

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