



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,

At Eastlake, our coaches remain committed to providing an incredible experience for students in the pool, on the course or between the lines on the court. Our club advisors also commit themselves to providing an amazing experience for students, allowing them to learn while pursuing their passions. These activities also educate, teaching life lessons about effort, teamwork and perseverance, important concepts in our Eastlake Values.

This week we will wrap up the Winter sports season and transition to Spring sports on March 2.

Wolf Strong, Pack Strong

Chris Bede, Principal

News From The Den

Daily Schedule

Schedule for the week of [February 24th](#).

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

Semester 2 Class Fees:

Please note that your student may have new classes now in Semester 2, and might need to pay class fees. Semester 2 class fees are due 3/4/20. Please login to the LWSD Payment Portal <https://payments.lwsd.org/> Select your student's name, and if

there are fees or fines due- you will see a red letter message appear. Just click that message to see what is due. You can pay online, or send in payment cash or check made out to EHS.

Youth Eastside Services

It's Allyse from Youth Eastside Services Drug/Alcohol department. I wanted to share some ideas to keep in mind when it comes to prevention/intervention around drugs/alcohol and your teens.

- Pay attention to unexplained [changes in your child's behavior](#) including school/work performance, general mood, sleeping patterns, etc. These changes may be signs of substance use.
- Pay attention to what is happening on computers in your home. Check browsing history regularly and do not ignore unexplained software on your computer. Check for deleted browsing histories and ask questions.
- If you discover your child is experimenting with drugs, consider [consulting a professional](#) as opposed to trying to figure out the problem yourself.
- The most significant thing a parent can do to help kids is to spend time with them. This is just as true with adolescents and young adults as it is for young children. Communicating with your kids and being clear about expectations are a parent's best tools for guiding kids to make healthier choices.

Here is a blog to check out with more information: <https://drugfree.org/parent-blog/what-are-the-current-drug-trends-among-teens-and-young-adults/>

Feel free to contact [Allyse Dire-Day](#) with any questions and/or concerns.

Athletics



Game Recaps for the of week of 17th. For post season playoff and bracket information please visit KINGCOATHLETICS.COM.

Spring Sports Begin on March 2nd! Must be CLEARED by February 28th!

For complete registration instructions please visit the Eastlake website - Athletics [here](#).

Spring Sports offered:

- Badminton-girls (non cut)
- Baseball*
- Fastpitch*
- Golf (girls)*
- Soccer (boys)*
- Tennis-girls (non-cut)
- Track & Field (non-cut)

* indicate try-out sports

All SPRING athletes need to be fully cleared by February 28th to be fully eligible for the first day of try-outs/practice.

What does it mean to be cleared?

- [Final Forms](#) completed.
- Current Physical on file in the Athletic office, valid for 2 years from exam date.
- LWSD participation fee [payment](#) if you are registered for a non-cut sport (badminton, girls tennis, track & field) Cut sport athletes will have the LWSD participation fee assigned to their account after-try-outs.
- If you are a Running Start student participating in a spring sport you need to contact Amy Hill for [extra clearance steps](#) required by the WIAA which must take

place by February 28th.

- A grade check using Semester 1 grades will be done for each athlete.

Individual & Family Cap Sports Fees-

Before you pay for Spring Sports, please make sure that you have not reached the individual cap of \$400 or the same-school family cap of \$725. Please contact Karen Guinasso kguinasso@lwsd.org so we can make sure your payments do not exceed the cap.

Counseling, College & Career News

Lake Washington Institute of Technology Open House

Thursday, March 5, 2020, 5-8 pm, Kirkland, WA

It's [LW Tech Open House](#) time! Explore more than 40 professional/technical programs, including 100 certificates and degrees, including transfer and Applied Bachelor's degrees.



WANIC Open House

Tuesday, March 10, 2020, 5-7 pm, Lake Washington Institute of Technology Commons
Learn more about [WANIC's full year 2020-21 Skill Center programs](#).

Eastlake College and Post High School Planning Night

Wednesday, March 11, 2020, 7-8:30 pm EHS Theater

EHS staff + a panel of college admissions experts [share tips](#) on building a list, applying, academic foundation, activities, essays, SAT/ACT, recommendations, money matters, timelines, and Eastlake resources. All families are welcome.

EHS College and Military Visits

Click [here](#) for upcoming visits by the US Military.

Area College and Career Events

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

Scholarships

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

Seniors Class of 2020

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.

[WEBSITE](#)

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[ACADEMICS](#)

[ACTIVITIES](#)

[ATHLETICS](#)



Calendar

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

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