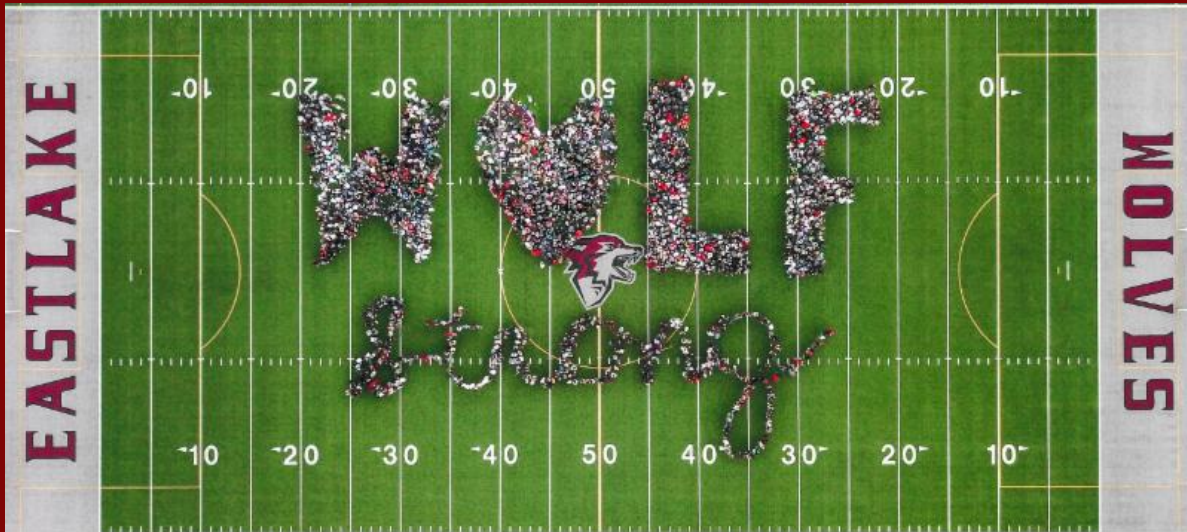




Lake Washington School District

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,

Next year Eastlake will begin a two-year process of incorporating AP Seminar and AP Research. With the addition of these courses, EHS will also offer the AP Capstone Diploma to students who successfully complete those two classes and any other four AP courses offered at EHS. These new courses can be accessed by any students in Grades 10-12 and taken either in conjunction with the Capstone Diploma or as stand-alone electives. AP Seminar (offered next year) is a project-based class that is not content specific, instead it focuses on the important college skills of research and collaboration. Here is more information on [AP Capstone](#).

We believe that this new option still supports our focus on balance, as students can now earn the most distinguished diploma at Eastlake by completing six AP courses. Although some students will continue to take many more than six AP/UW courses during high school, research suggests that it does not necessarily correlate with improved college performance.

A recent [article](#) from Inside High Ed reviewed a study from The Journal on College Admissions Counseling: "That research examined college performance by first-year students at the University of North Carolina at Chapel Hill, a highly competitive flagship university. The study found a strong correlation between students taking up to five college-level courses in high school and their first-year grade point average. More college-level courses -- up to five -- yielded higher academic performance in college. For students taking six or more college-level courses, gains in first-year GPA were marginal or even negative. The average grades for students who had taken 10 college-level courses in high school were the same as those who had taken only five such courses."

Given this research and the requirements for an AP Capstone Diploma, Eastlake Counselors will note on the Common Application that students took the more rigorous course load available, if students take at least five AP/UW classes in high school, regardless of whether they complete the AP Capstone Diploma.

Chris Bede, Principal

News From The Den

Eastlake Daily Bell Schedule

Click [here](#) for the daily schedule for the week of February 11th.

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

AP Exam Registration

AP Exams will be held May 6th to May 17th. The AP Exam registration period is from **February 20 to March 6**. Please complete the following steps to complete your registration by 1:30 PM on Wednesday, March 6. Students will receive registration materials in their AP classes. For more information, visit the College Board AP Central website: bit.ly/2uHyZW5

If you are paying online:

- Pay online at www.lwsd.org using Parent Access. Print the receipt and retain it for your records. Online payment is the quickest and easiest form of payment. There is no need to turn anything in or wait in any line when you register online.

If you are paying by check:

- Fill out the Registration Envelope with the required information. Make the check out to LWSD and write your student's name on the check. Enclose the check in the registration envelope.
- Return the registration envelope with the check enclosed (\$96 per exam) to the bookkeeper at EHS before school or during lunches. Lines will be long, register early to avoid longest lines. Students who wait until the last few days run the risk of not getting registered in time.

Contact the AP Coordinator, [Paula Olson](#), if you have questions or concerns, but particularly if you would like more information on fee reduction eligibility or SSD accommodations or if you would like to request a late exam date.

High School and Beyond Plan - Every Student Future Ready

Our district vision is Every Student Future Ready. Beginning in middle school and continuing throughout high school, as part of our vision, we help all students explore their skills and interests and discover potential future career and educational options. These activities are part of a state graduation requirement called The High School and Beyond Plan.

Please click [here](#) for more information about the High School and Beyond Education plan.

AVID Information Night – March 6

Are you interested in your student getting the best grades possible in high school? Do they need help organizing their materials and taking good notes? Could they do better at managing their time and setting goals? If you or your student answered yes to any of these questions, then come to the AVID Information Night on March 6 at 7:00pm in the EHS Theater. Attending the meeting does not automatically guarantee your student will be in AVID nor does it commit them to signing up for the class; it is merely an interest meeting so both you and they can find out more about AVID and how it can help them be more successful in high school. Please email Sara Norris (snorris@lwsd.org) or Kim Sheely (ksheely@lwsd.org) if you have additional questions.

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. Below is a link to current competitions and the available information for those. If you have any questions please email [Michelle Okroy](#).

- click [here](#) for more information about upcoming competitions.

Fourth Annual Orchestra Concertos and Silent Auction

This event will be held on Saturday March 9th at 7:00pm. For an informational flyer please click [here](#).

Eastlake Students to Perform In LWSD IDOL

The following students will represent EHS at Lake Washington School District Idol! Congratulations to: Sara Wifall, Ellie Unger, Sophie Kashman, and Kareena Naik. These students will compete their performances at Lake Washington High School March 1st at 7pm. Tickets are \$5 and begin selling at the door at 6pm. Come support our EHS Idols!

Eastlake Drama Sleepwalk rescheduled to February 25th & 28th

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](#).

International Feast

All CURRENT WORLD LANGUAGE STUDENTS and their families are invited to the 13th Annual International Feast on Wednesday, February 27 from 5:30-7:00 pm in the EHS Commons. Students have information on their World Language PowerSchool pages that explain the feast and expectations. We look forward to seeing you there!

Multicultural Talent Show

All students and their families are invited to join us for our 2nd Annual Multicultural Talent Show. Please join us to celebrate our students' diverse cultural backgrounds and talents. This free event is on Wednesday, February 28 at 7:00 pm in the EHS Theater.

EHS Library Newsletter

February edition [here](#).

Athletics

Please visit KINGCOATHLETICS.COM for all game schedules, updated tournament brackets and standings for Eastlake winter sports. **Go Wolves!**



Weekly Sports Recap

Click [here](#) for re-caps from last week athletics.

Spring Sports Begin Monday February 25th!

Thank you to the 420 athletes that have signed up for spring sports so far!

Cut sports and non cut sport registration closed Friday February 22nd at 3:00PM . You may submit paperwork but you will not be cleared until day two of try-outs or practice.

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.

Registration will still be accepted for Badminton, Tennis (girls), and Track & Field until March 1st.

GO WOLVES!

Counseling, College & Career News

Lake Washington Institute of Technology Open House
Thursday, February 28, 2019, 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.



EHS Military Visits

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

Area College and Career Events

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

Career exploration, Volunteer, Jobs, Summer, and more opportunities on PSL

This week's Registration and High School and Beyond Plan (Xello) activities have many students thinking about career exploration. For students looking to layer in volunteer, job, internship, summer programs, contests, and other career exploration opportunities, please check out the Eastlake [College and Career Center PowerSchool page](#).

Scholarships

Spotlight: Eastlake PTSA's [Katherine Siddoway](#), [Stan Chapin](#), and [Community Service Awards](#). Find other [scholarships on our radar](#) on the College and Career Center PowerSchool page.

Scholarships

This week's spotlight is the [Inglewood Middle School Scholarship](#) - [here](#).

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

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

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