



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**.

Principal Message

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.

On Tuesday, February 7 we will have a Parent Wolf Chat from 4:00-5:00 PM in the Eastlake Library. During this time parents can ask questions about the move to a 7-period schedule or any other facets about registration for next year.

District News

For two years, the College and Career Readiness Task Force, consisting of staff and parents studied ways to expand options for high school students, to help them meet the state's new 24 credit graduation requirements. Students in the class of 2019 and beyond will need 24 credits to earn a high school diploma. The Task force reviewed several scheduling options and models, all with the aim of increasing flexibility for every student. In April 2017, having taken staff, student, and parent survey feedback into consideration, the Task force recommended adding instructional time to the high school day to create a seven-period high school schedule.

Our high schools are planning for the transition to seven-period schedules to take effect with the start of the 2018-19 school year.

The seven-period high school day offers equity and opportunity for all students. Students have more opportunities for:

- Exploration - taking different or additional elective courses
- Acceleration - taking courses such as Advanced Placement (AP), dual credit opportunities like Running Start, or College in the High School
- Remediation - getting additional support or making up credit

To learn more about the seven-period high school schedule, including a video and FAQ, visit the Seven Period High School Schedule [webpage](#).

WSPS

Chris Bede, Principal

Quick Links

1st Semester Grades:

[Eastlake Website](#)

1st Semester Grading: Report cards for 1st semester will be mailed home. Please look out for them in your mailboxes the 2nd week in February. You can always check grades online on [Parent Access](#).

For students currently taking an AP course:

AP Exam Registration is February 21 to March 7. You will receive an AP Exam Registration packet from your AP teacher by February 20th or you can pick one up from the Counseling Center starting at that time.

[Daily Bell Schedule](#)

Things to remember:

1. AP exam registration is \$96 per exam this year.
2. You can pay online or by cash/check to the bookkeeper. The directions will be in your registration packets. If you register online, you must print out a copy of your receipt and turn it in to the bookkeeper along with your registration envelope in order to guarantee that your test will be ordered.
3. You must register and pay for your AP test by 1 p.m. on March 7. The lines will get long, so save yourself the stress and register early.
4. Make sure you use the full name of your AP Class - for example, AP Language and Composition rather than AP English.
5. If you have any questions, please see Mrs. Harrison in Counseling.

[Flexisched](#)

World Language Competency Testing -

[Attendance](#)

Per state law, district policy allows students who can demonstrate proficiency in a language other than English to earn credits by taking a World Language Competency test. Students can earn up to four high school credits, depending on their level of proficiency. The third date for 2017-18 is March 7th here at Eastlake High School. It is a fantastic opportunity! Click [here](#) for more information. Register for the test [here](#).

[EHS PTSA Page](#)

Wolf of the Month - February

Congratulations to the Wolf of the Month [nominees](#) for the month of February.

VAPE 101

Vaping has become a VERY common and easy way for youth to participate in substance use.

- How it works - The cartridge of a vape pen is filled with vape juice which contains artificial flavorings, preservatives, carcinogens, solvents, formaldehyde, other toxic chemicals and usually nicotine (nicotine comes in 0, 3, 6, 12, and 18mg/mL strengths and can be as high as 52% nicotine). Vape pens can also be used with liquid THC

(psychoactive chemical from the marijuana plant, also known as hash oil).

Vape pens work by heating a device in the pen which converts the liquid into a vapor, and is then inhaled.

- Unregulated by the FDA - manufacturers do not list the ingredients on their packaging so there is no way of knowing what exactly is in the liquid or what the long-term consequences might be.
- Marketed towards a younger population and serve as an introduction to other nicotine products. Youth who smoke vape pens are more than 2x as likely to use traditional cigarettes in their lifetime.

Note: Using any substance at a young age negatively effects the developing brain and increases the likelihood of dependency.

- Easy to use - they do not require flame or produce a burning smell. After using a pen, the vapor (sometimes can look like a smoke cloud sometime not) produces an artificial smell, typically a very sweet, candy like smell. If vape pen is used to smoke THC juice, there is a slight marijuana smell.
- Vape pens look like writing pens and USB thumb drives (see pictures below)
- Vape pens and juice can be purchased online and sent to the house without any regulation and can be charged via USB ports.
- Electronic cigarettes have become big business in recent years, with sales reaching an estimated \$3.7 billion in the US in 2015.

JUUL vape pens are the "designer" vape pens and are VERY common with Eastside youth. The following website is filled with interesting information:

<https://www.juulvapor.com/>

Another helpful, more thorough: <https://e-cigarettes.surgeongeneral.gov/default.htm>

Contact [Cathleen Leader](#)

if you have questions regarding vaping and the dangers that surround it.



JUUL vaper pens

Counseling, College and Career News

Eastlake College visits

Students sign-up [here](#)

SCHOOL	DATE	TIME
Savannah College of Art and Design	February 6	9:10 am Wolf Time
University of Oregon (Admitted Eastlake Seniors)	March 23	12:30 pm



Eastlake Information Sessions

Running Start Information Session

Wednesday, February 7, 2017, 12:30-1:30 pm EHS Theater

Are you interested in learning more about Running Start? Representatives from Bellevue College, Central Washington University, and Lake Washington Institute of Technology will be at Eastlake to provide information about Running Start. Come learn more about student eligibility, expectations, benefits and challenges to the program, costs, admission steps and more. Parents are welcome.

WANIC (Washington Network for Innovative Careers) Open House

Wednesday, February 8, 2018 6:00-8:00 pm, Lake Washington Institute of Technology East Mall Commons

As EHS registration approaches, learn more about full year [WANIC](#) classes such as Auto Technology, Cisco Networking, Culinary Arts, Dental Careers, DigiPen Art & Animation, DigiPen Music & Sound Design, DigiPen Video Game Programming, Fire & EMS, Health Science Careers (Nursing), Medical Careers. See the WANIC Open House [flyer](#) for more information

Wolf Time Workshops

Running Start

Thursday, February 8, 2018 Wolf Time

Students, come hear a recap of the 2/7 Running Start Information Session by one of our counselors.

Opportunity Spotlight

Institute for Systems Biology, Baliga Laboratory Internship

Application deadline Monday, March 19, 2018

Competitive, paid summer [internship opportunity](#) for current high school juniors. Students gain useful experience in microbiology techniques, systems biology, web page development curriculum design and in many areas of science and the professional world.

Scholarship Spotlight

EHS Scholarship Bulletin

View the [EHS Scholarship Bulletin](#) for scholarships on our radar.

Area Events:

[CWU Sammamish Running Start Information Sessions](#)

Every Wednesday January 31-March 14th at 3:00 pm and 6:30 pm and two Saturdays: February 3rd and March 10th at 11:00 am and 12:30 pm.

[College Bound Resource Fair for Students with Disabilities](#)

February 3, 2018

[WANIC Open House](#)

February 8, 2017

[Gap Year Fair](#)

February 15, 2018

[Lake Washington Institute of Technology Open House](#)

March 1, 2018

[Northern Arizona Comes to You](#)

March 11 (Seniors) and April 22 (Juniors/Sophomores), 2018

Eastlake Athletics

Eastlake Sports Update for the week click [here](#).

COME WATCH US PLAY HOME & AWAY!

Visit [Kingcoathletics.com](#) for complete schedules and standings!



Spring Sports Registration opens Monday January 29th! Plan ahead and get registered!

First day of try-outs/practice is February 26th. Spring athletes please come by, call or email Mrs. Hill to check your physical expiration date. All physicals must expire after May 26th to be used for spring sports registration. Check the EHS [website](#) for registration information, team websites and try-out information.

Club News

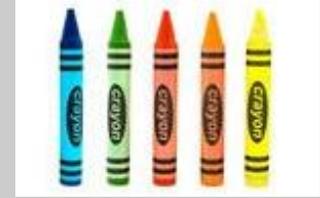
Science National Honor Society

Science National Honor Society is selling Science Grams this year the week before Valentine's day

(February 5th to 9th)! There will be heat sensitive pencils, prismatic glasses, sizzler magnets, hydrophilic balls, and hydrophobic sand attached with a note to that special someone. A booth will be set up during lunch and science-related volunteer opportunities will be available! Gifts range from \$1-7, and all proceeds will be used for SNHS community service and competitions.

Junior Orthopedic Guild (JOG) Crayon Drive

This drive is for children at the Seattle Children's hospital who can't share used crayons due to their severe conditions. Here's how your homeroom students can help:



- * Buy NEW Crayola brand crayons in any quantity.
- * Bring in the crayons to your homeroom teacher during the entire month of February.
- * Remind other students support the cause and donate- The homeroom with the most crayons will win a Krispy Kreme doughnut party!

Bags for you to store your students donated crayons should have been donated on Thursday, February 1st. If you did not get a bag or need another one because your kids are so generous, please email Allison Snetselaar (asnetselaar@lwsd.org). We are really looking forward to this drive and the impact it will have on the patients at children's hospital. Thanks in advance for encouraging students to donate!

Senior Ads for the Yearbook



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 at: www.jostens.com/yearbookads

The deadline for ad creation is February 15, 2018

SENIOR SEND OFF 2018

Sign up now to be a part of this wonderful EHS tradition. 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. Students board buses the evening of the graduation ceremony from Key Arena and return to EHS around 6:00 am the following morning. Bus sign ups will be March 28 and 29. In order to choose a bus, signed permission form and payment must be received prior to March 28. Last day to register will be May 1 (turn in payment and signed permission form and a bus will be assigned to you on space availability). NOTE: All tickets sales are non-refundable. Should a paid senior decide not to attend, the cost of the ticket will be considered a donation for a student in need to attend.

Please see below to register and pay online. This event is solely sponsored by EHS PTSA.

- * Download, print, and sign the Permission/Release [Form](#). Please return to the office or mail to EHS PTSA, 400 228th Ave NE, Sammamish, WA 98074.
- * Purchase tickets (\$165) [online](#), or send a check payable to the EHS PTSA with the signed Release Form.
- * if your graduate has [life-threatening allergies](#), please fill out and turn in this additional form.
- * Questions? Check our [FAQ](#) page or contact rsendoff@ehsptsa.org

