



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,

Research suggests that performance character such as work ethic and the ability to persevere through challenge are more predictive of long-term success than GPA and SAT. However, many of our students' default to just working harder or persevering longer, when the answer might be simply working smarter. Zaretta Hammond (2015) shares the importance of moving students from dependent to independent learners, where students no longer have an overreliance on the teacher because they learn from mistakes, use effective processes to tackle new tasks, have strategies to get unstuck and have learned successful ways to access information in their long-term memory.

Sometimes our greatest success come not from grinding harder but reflecting and rethinking how we do things. Talk to your student about how they can work smarter this semester.

Wolf Strong, Pack Strong

Chris Bede, Principal

News From The Den

Daily Schedule

Schedule for the week of [February 10th](#) and week of [February 18th](#). Please note that mid-winter break is February 13-17.

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

Youth Eastside Sevices

Hello! Allyse here from Youth Eastside Services. Today I wanted to share with you a new trend that I am seeing pop up more and more, Puff Bars. These are the new "it" thing when it comes to youth who are using vape pens. Along with these being a trend, teens have found that they can still order these with flavors. Puff Bars have found a loop hole to not get rid of their flavors that are marketing towards youth. Please read this [article](#) that talks more about what people are seeing across the nation. See the packaging above so you can keep your eye out. Please let me know if you have any questions and you can reach me anytime at allysed@youtheastsideservices.org.



First Semester Grades:

Report cards for Semester 1 will be mailed home. Please look out for them in your mailboxes the 2nd week in February. You can always check grades online. at www.LWSD.org - For Students and Families- Skyward Student Access/Family Access.

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. Click [here](#) for a complete list of current competitions and the available information for those which are located on the Eastlake website. If your student is interested in participating, please email [Michelle Okroy](mailto:Michelle.Okroy) to receive your competition waiver.

Eastlake Drama - The Tempest

EHS Drama presents William Shakespeare's The Tempest. It will perform in the EHS Auditorium February 11th and 12th at 5:30 and 7:00 pm. This production is aimed towards helping people of all ages and backgrounds understand and connect with this classic comedy. With magic, puppetry, and a few extra surprises, this is a show you definitely won't want to miss! The show's run time is only 40 minutes and tickets are \$5 for students and \$7 for general admission at the door.

Wolf of the Month January

Wolf of the Month is a tradition at Eastlake, recognizing excellence in students. This may include excellence in academics, effort, and citizenship. Every month students are nominated per category by their teachers/department. Photos are displayed of each nominee in the Commons. Wolves of the Month also receive a recognition certificate presented by their teacher who nominated them. Here are the [Wolf of the Month Nominees for January 2020](#).

Rotary Student of the Month

Vicky Raggi, a senior at Eastlake High School, was honored for her work at EHS in Math as the December Rotary Student of the Month. Her teacher, Christine Everson, said "Vicky Raggi consistently engages in thoughtful, high-level mathematics. Vicky shows perseverance with the most challenging topics at hand and presents elegant arguments of her detailed thinking.



She has excelled through the highest math courses that Eastlake offers and has a remarkably bright mathematical future ahead!" Vicky is National Merit Semi-Finalist, National AP Scholar and an officer in the National Honor Society. She is planning to study astrophysics.

Pictures from left: Frederico Ragg (dad), Vicky Raggi, Isabel Bilotte (mom), Leaf Hoyt (friend), Christine Everson (teacher)

Athletics



Game Recaps for the of week of [February 3rd](#). Its Kingco tournament time for all sports beginning today. For up to date information per sport please visit KINGCOATHLETICS.COM.

Spring Sports Begin on March 2nd! All athletes need to be fully cleared by Friday February to be eligible for the first day on March 2nd . Parents please remind your student athletes to login to their LWSD email accounts and look for an email from FinalForms once you have registered them. Electronic student signatures are required.

For 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

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

NCAA Ceremonial Signing Ceremony



Congratulations to the 10 Eastlake Athletes that participated in our ceremonial signing ceremony held at Eastlake February 5th. Pictured from left: **Marly Johnson**-New Hampshire - volleyball, **Camryn Snyder**-UC Santa Barbara-softball, **Sydney Sanford**-Corban University-volleyball, **Belle deOliviera** - Ithaca College-softball, **Axel Isackson**-Football-Central Washington State University, **Garrett Carney**-University of San Diego-football, **Grady Robison**- Western Kentucky-football, **Keeli Burton-Oliver**-Arizona State University-basketball, **Victor Wang**-Yale-golf. Not pictured **Peyton**

Counseling, College & Career News



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.

Career Exploration Opportunities

[Deadlines ahead](#) for National Youth Science Camp, Teens in Public Service, Washington Aerospace Scholars.

Scholarship Spotlight

[Inglewood Middle School Scholarship](#) available to former Inglewood Middle School Student students. [Aunt and Uncle Dream Scholarship](#) available to first generation students. Find other scholarships on our radar on the College and Career Center PowerSchool page.

Seniors Class of 2020

Senior Ads:

Don't miss the chance to recognize your Senior in the 2019-20 EHS Yearbook! Use the link below to create your Senior Ad with Jostens. Prices are \$30 for Business Card size, \$60 for ¼ page, \$120 for ½ page and \$240 for a full page Ad. Just click the link, select Recognition Ads, create your account and select the layout and personalized with your favorite photos and text.

<https://www.jostens.com/apps/store/customer/1015382/Eastlake-High-School/>

Deadline extended to February 13th!

Seniors - Time to Order Graduation Items:

Seniors, if you missed the Jostens visit in December you will need to call them at 1-800-567-8367 or place your order online by going to Jostens.com,

Senior Yearbook Deadlines are listed at the bottom of this newsletter and are also posted on the Eastlake [website](#). This webpage will be continually updated with information ALL graduating seniors need to know. Running Start students, it is your responsibility to check for senior information, so you are informed about upcoming events and deadlines since you are not always in the building.

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.

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