



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:

In a remote setting, we think it's important to continue to engage students in extra-curricular activities. The Virtual Club Fair is taking place Friday, October 2nd! With over 50 clubs confirmed for 20-21 school year, there are plenty of opportunities to get involved and connect with other students who have similar interests. Students be sure to tune in on [Friday during Pack Time](#) to see how you can become a part of our clubs and community service opportunities.

If you have any questions please contact [Brett Muskavage](#).

Wolf Strong, Pack Strong

-Chris Bede, Principal

## News From The Den

### Eastlake Daily Schedule

[Week of September 28th](#) - Virtual Club Fair Friday, October 2nd

### Curriculum Night September 30th

Our teachers are ready to welcome you into their classrooms. For this year, our Curriculum Night will be an online event. Starting September 30th at 4:00 pm (or any time after that) parents will be able to access recorded presentations made by each of your student's teachers. They will share information such as who they are, the best way to communicate, what the course is like and what to expect for schoolwork. This is an opportunity to meet each of your student's teachers and to learn more about each

course's curriculum and expectations. We will send more information on September 30th so you can access these presentations.

## Parent/Student Access Into Eastlake During Open Hours

Our building is only open the following days & times:

- Mondays 8:00AM - 9:00AM,
- Wednesdays 9:00AM – 3:00PM
- Fridays 2:00PM – 4:00PM

Enter on the side of the school by tennis court/buses, go up the stairs to the entry door. We will have staff that can help students and will have a student attestation station (for Covid19) during these specific times. Masks are required.

The EHS main office is open from 7:00AM-3:00PM for phone calls Monday - Friday (425) 936-1500.

## Office 365 Profile Picture for Students

Students, we need all of you to do this: [Here are the instructions for updating your profile picture in Office365](#). If you don't turn on your camera during class meetings this image is what others will see. This will help your teachers and classmates learn who everyone else is. Tip: make it a close up of your face, or your face and shoulders, similar to a regular yearbook photo. Don't use a whole body picture because it's harder to see your face when it's so small on the screen.

-Todd Apple

## Time to Order Your 2020-2021 Yearbook!

We are now taking orders for the 2020-2021 yearbook! We can only accept online purchases at this time. To order your copy follow these instructions:

- [Online payments](#)
- Select students name
- select shop: Items at students school
- select YEARBOOK

The cost of the yearbook is \$65. Email [Karen Guinasso](#) if you need help purchasing a yearbook or need financial assistance. Visit the [Yearbook page](#) on the Eastlake website for more information about this year yearbook..

## AP Test Registration & Payments

We hope all AP students have worked with their teachers to get connected to the AP Classroom. If this step hasn't happened for your student yet, please have them contact their AP Teacher & get connected before the end of October. Once students are connected to their AP classroom, they have access to valuable tools. If you have any questions about AP Classroom registration or the AP Test process please contact Jessica Strange at [jstrange@lwsd.org](mailto:jstrange@lwsd.org). If students wish to take the AP Test in May of 2021 you will also need to pay before October 30, 2020.

AP Test Payments: Please pay online at <https://payments.lwsd.org/> between Oct 1 and Oct 30, 2020. Your printed receipt is your payment confirmation. If you need help with online payments, need other payment options or financial assistance please contact Karen Guinasso at [kguinasso@lwsd.org](mailto:kguinasso@lwsd.org) or call 425-936-1504.

## PSAT

The PSAT/NMSQT that is typically held in October will now be scheduled for Tuesday, January 26. Sign-ups will occur later in the fall and priority will be given to current 11th graders. Options for 10th graders will be evaluated later in the fall and could include an

opportunity to take the PSAT/NMSQT in January or the PSAT 10 (which provides the same level of reporting) in later winter or early spring. Conditions will continue to be re-evaluated as we get closer to the January test date to determine what we are able to offer.

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## Equity at Eastlake

"The people who put food on our table do not get to telecommute." ([United Farm Workers](#))

As we continue to honor National Hispanic and Latino Heritage month, take time to consider where your food comes from. Apples, cherries, lettuce, and chicken are among the foods that continue to show up on our plates despite a global pandemic, smoke from the wildfires in California, Oregon and Washington and extreme temperatures. [#WeFeedYou and the United Farmworkers](#).

-Alicia Egashira

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## EHS Library

### World History Textbooks 9th Grade Return

This year 9th grade teachers are not using the blue World History textbook and we need them back for 10th grade students. If you are a 9th grader and have checked out this book please bring it to the school during Eastlake Open Office hours listed above. If you don't have any other business in the school when you drop it off, you don't even need to enter the building. There will be a bin to place it in at the top of the stairs outside the main gym. Thank you!

### Student Access LWSD and KCLS

We are so fortunate to live and work in King County, a place with one of the best public library systems in the country, known as the King County Library System (KCLS). KCLS works very closely with the Lake Washington School District (LWSD) Librarians so that students can access a variety of resources that best fit their academic and personal interests. You can meet all the local KCLS Librarians and learn how to access their online collection by watching this fun video at <https://www.wevideo.com/view/1843537803>. If you have any questions or need any help with resources at EHS (book talks, research, digital citizenship) please contact Kathleen Story [kastory@lwsd.org](mailto:kastory@lwsd.org).

### Technology Help

Visit our new [Technology page](#) on the EHS website to get help with frequently asked questions about access and troubleshooting from home.

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## Athletics

Check the status of our programs by visiting the EHS [athletics website](#). Please also check sport specific websites for updates.



### Physical to Update?

Did you know that you can check your student's physical expiration date? Login to your [FinalForms](#) account, the date of expiration is listed on the left side just under your student's name.

If you need to update your student's physical you can scan it to [Amy Hill](#) or drop it off

during office hours. Please make sure the physical is signed, dated and stamped by the clinic.

You still register for sports for this school year through [FinalForms](#), no payment will be made for any sport until it is verified that a season will occur.

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## Counseling, College & Career News

### News from the Counseling Department



#### Message from YES Counselor Allyse DiRe-Day

My name is Allyse DiRe-Day and I am your Prevention Interventionist from Youth Eastside Services.

Students, If you are experiencing symptoms of stress, anxiety, sadness, or maybe would just like to check in with someone, we encourage you to reach out! If you have questions around drug/alcohol use or general questions around drugs and alcohol, reach out as well. Check out your options [here](#) and decide what might be right for you. You may contact me at [allysed@youtheastideservices.org](mailto:allysed@youtheastideservices.org)

#### The Importance of Sleep

Sleep is one of the most important factors that we have some control over in regards to our mental health. Getting an adequate amount can help you feel better during the day. As you start online learning this quarter, be sure to pay attention to getting enough regular sleep and having a routine. Click [here](#) for some sleep hygiene tips.

-[Suzanne Campiche](#) - EHS Social Worker

### News from the College and Career Center

#### Live Wednesday 9/30 Hot Topics

Connect with college admissions and other post-secondary speakers through a series of live virtual events. The Wednesday, 9/30, lineup features Dartmouth in the morning followed by an afternoon of tips and insights from a panel of college admission representatives.

##### [Dartmouth College at 9 am](#)

[College Search and Connections in a COVID-19 Era 9/30 at 12 pm](#): Overwhelmed by the college search process? Wondering how to choose your best fit without being able to visit campus? Attend this virtual session to learn tangible ways to build a good-fit college list and connect with colleges during a global pandemic

[How College Admission Decisions are Made at 1:30 pm](#): While no college makes decisions exactly the same way, there are some significant similarities that can help you understand what colleges are looking for once an application is submitted. This session will give you a better understanding of what this process looks like on the college side.

[How to Write the College Essay at 3 pm](#): How to Write the College Essay will cover just that: how to write your essay from the perspective of 3 seasoned college admissions representatives and readers. Presenters will include examples of do's and don'ts and help you learn how to stand out during this portion of your application.

##### [See the Full Live Wednesday Schedule](#)

#### Virtual Area Events and Registration Deadlines

\*Some events require registration, always check\*

[PNACAC Virtual Fairs-Montana College Fairs](#)-September 21-25  
[UC Application & Personal Insight Question Webinar](#) September 24, 2020  
[Air Force ROTC Q&A Session](#) September 26, 2020  
[CTCL-Strive Virtual College Exploration](#) September 27-30, 2020  
[The Bill & Melinda Gates Foundation-In Community We Flourish: Education & Equity](#)  
September 30, 2020  
[UC Application & Personal Insight Question Webinar](#) October 1, 2020  
[Northeast Public Universities Virtual Event](#) October 2, 2020  
[PNACAC Virtual Fairs- Oregon Student Week](#)-October 5-8, 2020  
[National Performing Arts College Fairs Virtual Event](#) October 8, 2020  
[UC Application & Personal Insight Question Webinar](#) October 8, 2020  
[UCLA Virtual Fall Open House](#) October 5-10, 2020  
[NACAC Virtual College Fair](#) October 12, 2020  
[UC Application & Personal Insight Question Webinar](#) October 15, 2020  
[NACAC Virtual College Fair](#) October 18, 2020  
[PNACAC Virtual Fairs- Washington Student Week](#)-October 19-23, 2020  
[UC Application & Personal Insight Question Webinar](#) October 22, 2020  
[National Performing Arts College Fairs Virtual Event](#) October 25, 2020  
[PNACAC Virtual Fairs- Alaska/Idaho Student Week](#)-October 26-29, 2020  
[The Bill & Melinda Gates Foundation-In Community We Flourish: Art & Creativity Now](#)  
October 28, 2020  
[UC Application & Personal Insight Question Webinar](#) October 29, 2020  
[UC Application & Personal Insight Question Webinar](#) November 5, 2020  
[NACAC Virtual College Fair](#) November 8, 2020  
[UC Application & Personal Insight Question Webinar](#) November 12, 2020  
[National Performing Arts College Fairs Virtual Event](#) November 12, 2020  
[National Performing Arts College Fairs Virtual Event](#) November 23, 2020

### FAFSA and WASFA Opens 10/1

Seniors, the Free Application for Federal Student Aid (FAFSA) will open on Thursday, 10/1. To start an application and get more information, please visit [Federal Student Aid](#). Students not eligible for federal aid should complete the [WASFA](#). Not sure if you should complete the FAFSA or WASFA? [Start here](#).

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### Seniors - Class of 2021

#### It's Time to Submit your Senior Photos to the Yearbook

- Click [here](#) for details on uploading your photo
- Deadline is Jan. 31, 2021.



#### It's Senior Ad Ordering Time!

Click [here](#) for details about creating and submitting an ad for your senior to be included in the yearbook.

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[WEBSITE](#)

[ABOUT US](#)

[ACADEMICS](#)

[ACTIVITIES](#)

[ATHLETICS](#)



Calendar

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

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

