



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:

Throughout the remote learning process we have tried to balance the student well-being with academic progress. However, I think this balance varies among students. Knowing each student has unique strengths and circumstances, we 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.

We implemented a survey to students the first week of school on the [Skills and Attributes of an Effective Remote Learner](#). This may help diagnose some of your student's struggles, if they are spending an inordinate amount of time on schoolwork. Please review this information with your student and ask them where they need to improve. Perhaps they need to be consistently more attentive in class. Perhaps they need to be more strategic or organized in their learning. Or perhaps we have just assigned too much work. If this is the case, please reach out to teachers about your concerns. If the struggles continue, I am available to help as well.

As a staff, we have explored the following questions with teachers:

- What strategies have you used to limit screen time and assign asynchronous work that can be done away from the computer?
- What process have you used to ensure your total synchronous and asynchronous time is reasonable for student, given a remote setting with six other classes?

Students also have flexibility on their asynchronous learning time as long as they complete the work prior to next class. For example, they should have until Thursday to complete work from period 1-3-5-7 on Monday.

If your student needs additional support beyond academics, please contact their Eastlake Counselor. We also have a Mental Health Social Worker from Evergreen Health and a Drug and Alcohol Prevention and Intervention Specialist from Youth

Eastside Services. More information below.

During this time, we need to reach out and take care of each other more than ever.

Wolf Strong, Pack Strong

-Chris Bede, Principal

News From The Den

Eastlake Daily Schedule

[Week of October 12th-16th](#). Leap Day Friday October 16th - no school for students.

Semester 1 daily schedules are posted on the Eastlake website [here](#).

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.

Assignments in the Guardian Digest

The Guardian Digest is intended to inform parents about upcoming assignments and previously submitted ones. It populates from the Assignments tab in Teams and can give parents a gauge of assignments.

Student work will still be scored and reported through Skyward, however, so parents should continue to look at Skyward as the most accurate reflection of their student's progress.

If a student clicks Submit on an assignment in Teams, it is the same as turning in a paper copy and the electronic copy is now in the teacher's possession instead of the student's possession. If a student submitted an assignment without actually completing it, the assignment will look complete in the Guardian Digest but will remain a 0 in Skyward. Teachers may reassign work and push the assignment back out to students through Teams if it is incomplete.

Some assignments do not necessarily need to be turned in and will be more task-oriented – examples might include reading a chapter in their novel or preparing for an exam, but teachers may still make it an entry in Teams and assign 0 points.

You can find more information about Teams on the LWSD website under [Classroom Teams Support](#). Chapter 3 specifically talks about the Guardian Digest if you have additional related questions.

Panorama Survey

As you are aware, growing our students' social-emotional ("SEL") skills is an important goal for our school. As part of these activities, we survey students and ask them to reflect on their own mindsets and approaches to learning. The data we get back helps

us continue to identify opportunities for growth and development with our students.

We partner with a leader in the SEL space, Panorama Education. Panorama develops tools to empower schools and districts to learn about students' self-perceptions, better understand student experiences in their learning environment, and identify opportunities to enhance support of teachers and counselors as they implement SEL programs.

Panorama's SEL survey is grouped into three categories:

- Student competencies
- Student supports and environment
- Teacher skills and perspectives

These surveys will help shape the Lake Washington School District's approach to supporting teachers' work in service of the whole student.

The survey will take place during Pack Time on Tuesday, October 13th . If you have any questions about the survey administration, please contact [Devin Barrett](#).

We appreciate your partnership!

Mental Health Supports

More resources listed on the Eastlake website - [Family Resources tab](#)

Drug and Alcohol Prevention and Intervention: [Allyse DiRe-Day](#)

Allyse and the Youth Eastside Services (YES) partner with LWSD to offer a range of supports for our students and parents:

- Zoom office hours after school for **quick assessments** and to make student plans for skills or resources (Tuesday and Thursday 3:30 – 5:00). These office hours are for students or for parents.
- Weekly meetings with individual students to work on a specific goal.

Allyse and the other LWSD drug and alcohol prevention/interventionists offer weekly Support Groups for students. Since these are currently online with remote learning, all groups are open to all high school students in LWSD. Please contact Allyse for more information:

- **Affected Others** for students who are close to someone who is impacted by drug or alcohol abuse. This is a confidential space to explore feelings, build community, and reduce feelings of isolation.
- **Positive Choices** for students wanting to avoid substance abuse. Learn to recognize situations that can lead to risky choices.
- **Recovery** for students working toward or in recover from substance abuse. Students learn healthy coping skills and tools, along with mindfulness strategies on how to support present and future goals of not using substances.
- **Quit Vaping Now** for students who are wanting to work towards not using nicotine products of any kind. Build motivation to quit by recognizing triggers, learning mindfulness strategies to reduce stress, and creating steps for success with realistic goals.

Mental Health: [Suzanne Campiche](#)

Suzanne is a social worker from EvergreenHealth who supports Eastlake students through a partnership with LWSD. She provides crisis intervention, psychosocial and risk assessments, safety planning and brief interventions. Suzanne provides ongoing behavioral health support until she can connect students with an outside referral.

Staff and parents are also able to consult with Suzanne regarding interventions,

psychoeducation and community resources. She can assist with referrals to primary care, specialty care and mental health providers. She works with students or parents who contact her directly, and students who are referred to her by our school counselors.

Suzanne and the other LWSD social workers also lead [student support groups](#) during asynchronous time. Any LWSD high school student can join any group.

- Coping with Anxiety and Depression on Tuesdays from 3:00- 4:00 pm (taught by Suzanne)
- Mid-Week Mindfulness on Wednesdays from 10:00 – 10:30 am
- Self-Care and Coping with Covid 19 on Thursdays from 2:30 – 3:30 pm

New this year: Evergreen Health also started [drop in support groups for LWSD parents](#). For questions about parent support groups please contact Suzanne or [T. Crandall](#).

- Healthy Youth Development for Parents on Mondays at 6:30-7:30 pm
- Parent Support Group on Fridays at 6:30 – 7:30 pm

Math Lab on Wednesdays from 4:30 – 5:30 P.M

Want some additional math support with a math teacher? Join Math Lab on Wednesdays! Click the meeting link below for your math course between 4:30 and 5:30. You can pop in with a quick question or stay for the entire hour.

- For students in **Algebra 1, Geometry, Algebra 2, Honors Algebra 2, or Math Analysis**: [Join Microsoft Teams Meeting](#)
- For students in **UW Precalculus, AP Calculus AB, or AP Calculus BC**: Join [Microsoft Teams Meeting](#)

Run With The Pack 5K & 10K

We invite the entire Eastlake Community (students, families, staff) to join us in a virtual 5k or 10k walk/run. The virtual race will be held on Nov. 21 or 22. We want to work together towards a common goal, challenge ourselves, feel connected, and have some fun! All ages and abilities are encouraged to join.

The race is free to participate in, but by signing up, you will be receive training schedules/tips and other information about this event. sign up [here](#).

We hope to see you out training!

-Eastlake Wellness Department

Applications for National Honor Society Now Open

Applications for National Honor Society are now open! If you have any questions please contact [Ms.Ruge](#).

Click [here](#) for requirements for new and returning members and information about becoming an officer.

Join the Eastlake NHS Remind text [@nhsruge](#) to 81010 for more updates!

Eastlake Wolfpack Needs YOU!

The Eastlake Wolfpack Association is an umbrella organization for Eastlake High

School booster clubs and provides education and a forum for clubs to communicate and coordinate efforts. Come join the board! It is a great way to give back, be involved, and support Eastlake sports and activities!

The Eastlake Wolfpack Association is actively seeking nominations to fill the following board positions:

- Treasurer
- Concessions Manager
- Vice President
- Secretary
- Insurance Liaison

A virtual Q&A/informational meeting will take place on Wednesday, Oct 14th at 6:00 pm. Instructions for joining the meeting [here](#).

For more information, email: eastlakewolfpackassociation@gmail.com

Equity at Eastlake

My name is Rian Alam and I am an Eastlake senior who currently serves as a board member for the Sammamish Youth Board (SYB). Sammamish Youth Board is a local youth government dedicated to bridging the gap between teens and civic engagement. At SYB, we are planning on hosting a virtual Town Hall composed of a board with Washington State Legislative Members including Ingrid Anderson, Mark Mullet, Lisa Wellman, and Roger Goodman. This virtual town hall is meant help teens get more involved with their local community and to ask questions to important legislators about the changes happening in their communities.

We here at SYB are hoping that you could discuss this virtual Town Hall with your students and encourage them to come and participate. The Town Hall will occur on October 23rd at 5 pm. This Town would be a great source of extra credit for your classes and would be a great way for students to ask questions about the legislative process that we have here in Washington. If your students are planning on attending, we highly encourage them to fill out this [google form](#) so that we can get a headcount and a lot time for everyone to speak:

[Link](#) to the Town Hall meeting.

-Alicia Egashira

Counseling, College & Career News

October 9th Counseling Newsletter [HERE](#).

Each week, you can expect to see a newsletter from the Counseling and College & Career department. Some information will be grade specific, other information included will be information every student should know.

This week's content includes:

- Counselor Meetings & Contact Information
- [AP Classroom Enrollment & Payments](#)
- Additional World Language Assessment Dates
- PE Fitness plan (optional)
- Need to talk? Meet Suzanne Campiche!
- FREE Tutoring Services Available!
- Senior College application details
- REMINDER: How to access your Unofficial Transcript



- College & Career -Live Wednesdays, Virtual College Fairs & WA Visits and preview days

College and Career Center News

College Resources

- [Financial Aid Resources](#)
- [College Application Resources](#)

Live Wednesday Virtual College Visits for 10/14

[George Washington University](#)

[Washington State University](#)

[Cal Poly SLO](#)

[San Diego State University](#)

[See the Full Live Wednesday Schedule](#)

Virtual Area College and Career Events

[Some events require registration, always check.](#)

Career Exploration Spotlight

See [career exploration opportunities](#) on our radar, including **Washington Aerospace Scholars, ACE Architecture, Construction and Engineering Mentor Program and University of Idaho High School Design Day.**

Club News

The new club application process is beginning!

To submit a club application, complete the documents below and email them to s-josborn@lwsd.org, between October 26th and November 9th.

Directions on how to complete your club application are in the documents below. The club approval process application will take longer this year, and (as is typical) new clubs may not have access to all the resources offered to returning clubs. If you have any questions about the application process please email s-josborn@lwsd.org.

There are many Eastlake students who are passionate about a specific activity and we encourage you to take advantage of this opportunity.

Clubs are a chance for students to connect in a unique way and thus the ASB (Student Leadership) team is continually committed to working with both active and prospective club leadership to ensure a successful year. We look forward to reading your applications!

[Eastlake Club Application](#)

[New Club Advisors Approval Form](#)

[Current Eastlake Clubs & Advisors](#)

Technology Student Association (TSA) Club

TSA is a nationally-recognized competitive club with 32 separate events on topics like graphics design, model making, engineering, and research. If any of these fields are appealing to you, feel free to fill out this <https://tinyurl.com/eastlakeTSA2020> interest form to get more information.

Athletics

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



FinalForms Registration

Did you know that you can check your student's physical expiration date and to see if they are registered for a sport?

When you login to your [FinalForms](#) account, the expiration date of the physical is shown below your students name on the left. Each school year you must login to your account and provide any updated information and sign all required forms with your electronic signature.

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.**

Order Your 2020-2021 Yearbook- Purchase by October 25th!

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..

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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[ATHLETICS](#)



Calendar

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

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