



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,

Stay safe but enjoy the long Thanksgiving weekend with your family!

Wolf Strong, Pack Strong

-Chris Bede, Principal



## News From The Den

### Eastlake Daily Schedule and Open Building Hours

Week of [November 30th-December 4th](#)

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

Reminder that the EHS building will be closed Friday November 27th

### Parent/Student Access Into Eastlake During Open Hours

Hours and directions [here](#). Reminder that the EHS building will be closed Friday November 27th

Technology Support While School is Remote - link [here](#)

### Reminder: LWSD Fields Remain Closed

Tennis courts and tracks are open to public on evenings and weekends  
All LWSD tracks and tennis courts will be closed to the public during the school day from 7:30 a.m. - 4:00 p.m. All LWSD fields remain closed 7 days a week/24 hours per day. This is in accordance with city, county and state guidance. At Eastlake our tennis courts and track are open to the public during evenings and weekends. Just a reminder that large, organized activities are not allowed even on the tennis courts or track. Play is limited to groups of 5 or fewer. Face coverings and 6 feet physical distancing are required. Hands should be washed afterwards.

-[Todd Apple](#)



### Student Wolf Chats with Mr. Bede

Starting on Friday, December 4th, Mr. Bede will begin holding student Wolf Chats during Wolf Time. These Wolf Chats will give students the opportunity to share their opinions and ideas with

Eastlake administration. Participants will be selected at random and students and parents will be informed ahead of time.

### Save the Date! American History Traveling Museum Unspoken Truths

Please join us virtually for a special cross school and community event funded by the PTSA Thursday December 3rd from 2:00pm to 3:00pm. Eastlake's Black Student Union and 11th grade team presents *Delbert Richardson's award winning American History Traveling Museum: Unspoken Truths*.

**About the Museum:** "The founder of The Unspoken Truths has passionately collected and amassed an admirable assortment of artifacts that symbolizes the African experience in the Americas and Europe. They are joyful relics of family moments, and everyday products invented or patented by African Americans – the ironing board, cell phone technology, golf tees, and a pencil sharpener. They are also the crude reminders of a painful past: A runaway slave collar – circa 1800. Branding irons. Shackles. A shotgun. All are equally displayed in The Unspoken Truths African American Museum.

The "Unspoken" Truths American History Traveling Museum chronicles the rich history of Africans in Africa prior to American Chattel Slavery, the experiences and impact of American Chattel Slavery, Jim Crow Era, and the many contributions African Americans have had on scientific, cultural, and technological (inventions) innovations in the U.S. and the world."

This is Eastlakes 4th year participating in the Museum and we are excited to host the event in this new virtual format. For more information about the Museum please visit the website: <https://www.theunspokentruths.com/>

To access the Live event please click on the following link: [The Virtual Traveling American History Museum](#)

If you have questions before the event please contact Rachelle Horner at [rhorne@lwsd.org](mailto:rhorne@lwsd.org)

### The Hour of Code is coming Dec 7th-11th!

Computer Science Education Week is coming the week of December 7, and we are planning to host several [Hour of Code](#) activities (fun hour-long activities that introduce

students to CS or provide enrichment) that students across the district can participate in.

If your high school student or middle school siblings in the district would like to check out what this CS thing is about or learn about a CS topic, we would love to see them!

Activity schedule is currently being planned and will be available for sign up on December 2 at [tinyurl.com/lwcsweek](https://tinyurl.com/lwcsweek).

Check out this [promotional video](#) to get your kids excited about Hour of Code!

Email [Eilene Klaka](#) for more information!

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### Eastlake Spirit Wear - New Online Store Closes Dec. 11th



Show your Eastlake spirit with new designs in sweatshirts, t-shirts, baseball hats, shorts, sweats, Nike items and more!

Please note - \*Due to Covid-19 delays we cannot guarantee items will be shipped in time for the Holidays, but print your receipt and use that as a Holiday gift!

Shop [here](#)

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### Equity at Eastlake

“Gender roles in Western society have generally been strictly binary—there are men and there are women, and what they are expected and permitted to do follows from the moment the doctor says, ‘It’s a boy!’ or ‘It’s a girl!’ Why is it so upsetting for some to consider that sometimes, maybe, ‘It’s neither!’ or ‘It’s both!’ might also be true? ([PBS](#)).”

In honor of National Native American Heritage Month and Transgender Day of Remembrance, we celebrate the tradition of Two-Spirit Peoples in Indigenous tribes. Two-Spirit peoples embody both the male and female spirits within them and hold an alternative gender status. Historically, Two-Spirit peoples had various roles or functions depending on their nation. These roles included mediator, social worker, peacemaker, and doctor/medicine person. They are sacred, resilient, and “[n]ot unnatural, not evil, or perverse, just all things in balance, and everything in divine order ([Indian Country Today](#)).” Transgender Day of Remembrance, observed annually on November 20, “seeks to highlight the losses we face due to anti-transgender bigotry and violence ([GLAAD](#)).” Two-Spirit peoples were subjected to similar trauma as White settlers disrupted the traditions of Native communities by forcing their beliefs upon Native people. As a result, Two-Spirit peoples were forced to keep their identities for their own protection. As LGBTQ natives revive Two-Spirit traditions and work through historical trauma, they continue to face discrimination and violence. To learn more about the Two-Spirit community, read [8 Things You Should Know About Two Spirit People](#).

Learn more about [transgender people](#), learn [tips for being an ally of transgender people](#) and find [support resources for transgender people](#).

-Alicia Egashira

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### Sammamish Rotary Student of the Month - November 2020

The EHS Humanities Department is proud to announce the

November Rotary Student of the Month – Bozheng Zhang. Boz is a sophomore, a distinguished scholar and classmate. Mr. Sheffield says Boz requests challenging roles on projects and is sensitive to the emotional and mental well-being of his classmates. Given our current environment, it has motivated him to initiate the Mental Health Club at EHS. This will be a safe space for everyone who just needs some support. In addition, he enjoys volunteering at Raven Rock Ranch, Special Olympics and teaches skiing. Boz would like to pursue studies in Psychology or Criminal Justice.



Congratulations Boz. We are thrilled to have you in the Pack!



### Audition for Edges

Auditions for Production Workshop Spring 2021 is now open until January 12, 2021. The musical will be Edges and all EHS students are encouraged to apply, no matter their performance experience. Auditions are accepted on Flipgrid with the following link <https://flipgrid.com/bff8d642>. If you have any questions, please email [kawold@lwsd.org](mailto:kawold@lwsd.org)

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## Counseling, College & Career News

### Eastlake's Counseling Center News

#### Bookings for Counselors:

Counselors are now using Bookings for meetings! To schedule a time to meet with your counselor, please visit our website to book a time to meet!

<https://ehs.lwsd.org/counseling>

#### NAMI

During the **December 8th Wolf Time**, the National Alliance on Mental Health (NAMI) will host their annual mental health presentation for all 10th graders through a Teams Live Event. This organization will educate students on the importance of mental health and provide tools and resources to utilize if they are struggling. All 10th graders are expected attend this NAMI presentation. Please note: Students who wish to opt-out due to the sensitive nature of some mental health topics can email [mconroy@lwsd.org](mailto:mconroy@lwsd.org).

### College & Career Center News

#### College and Career Events, Contests and Scholarships

Find the latest on area college and career events, contests and scholarships on the [College and Career Center calendar](#).

#### College Application Wolf Time 12/1

Seniors, drop in with your questions during our Wolf Time College Application Office Hours. Find the link on the College and Career Classroom Team.

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## Run With The Pack 5K & 10K

Thanks to all those that joined in our virtual Run With The Pack 5k/10k. It was fun to see people from all over getting outside and racing! We had many people accomplish personal bests. Go Wolves!



WSPS,

-Eastlake Wellness Department

## Seniors - Class of 2021



EHS Graduation ceremony will be held on Monday, June 14th 8PM  
@ UW Alaska Arena (if its in person)

Visit the [Eastlake Yearbook page](#) on the EHS website for:

- How to Submit your Senior Photos to the Yearbook
- Submitting your Senior Quote!
- Honoring your Senior by ordering a Senior Ad!

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## PTSA - Parent Education Event

The Eastlake PTSA is pleased to host Dr. Amy Mezulis, PHD for a parent education event titled **"Is This Normal? Recognizing Mental Health Symptoms in Teens"** on **December 2, at 7pm** [link](#).

We all worry about our children's mental health, especially when we hear about an 'anxiety epidemic'. But when are our kids just being kids? When should we be concerned and seek help? Dr. Mezulis, a clinical psychologist with years of experience in the field of adolescence mental health, will answer these questions and more. Dr. Mezulis is a licensed clinical psychologist, a professor and chair in the department of Clinical Psychology at SPU and the co-founder and chief psychologist at [UpLift](#).

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[Calendar](#)

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