



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,

It was a difficult week, trying to make sense of the events across our country. The assault on Congress left many shaken, and then sadly, unsurprised given the current rhetoric in our country. Our teachers have worked to create safe spaces for students to process these events, and help them understand both what happened, why it happened, and how we can be better than this in the future. We have also heard parallels to the recent movement for racial equality, and the nagging feeling that the outcome would have been dramatically different if this was a BLM protest.

This week also marked new milestones in the number of Covid deaths. As of this morning, our country has lost 367,662 lives. One of those lives is an Eastlake custodian, Por Chheng. We have included more information about Por's life below. His death serves as a reminder why we have transferred to a remote setting since March.

This week we received more information about vaccine distribution and plans to start the process of reopening. We also started bringing some students back to school on Wednesdays, starting with those who have struggled the most in this remote setting.

Registration

Next week, students started the registration process for the 2021-2022 school year. As you support students in this process, please 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, 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. 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 that challenge students to

learn and grow, but simultaneously do not add a lot of outside homework, and these classes can also decrease stress and anxiety by allowing students to decompress during the school day.

New Eastlake Classes

Next year, Eastlake will start a Broadcast Communications class that focuses on journalistic writing for broadcast, including collaboration on Pack News and other Eastlake publications. This course teaches the fundamentals of creatively and effectively communicating written and visual stories through the lens of various social and digital media tools, including web publication, video production, audio podcasts and on air-talent.

Eastlake is also implementing a Peer Tutor program, where students in Grades 11 and 12 will work directly with teachers to support introductory classes in Math, Science, Humanities and World Language. This class provides an opportunity for students to give back to the Eastlake community by serving as a mentor to younger students. It would also fulfill community service hours and provide a meaningful experience without adding to a student's workload. Students can also register for our Peer Tutor – Transition class, where they will work directly with transition students.

Advanced Placement Classes

An article from Inside High Ed reviewed a study from The Journal on College Admissions Counseling: "That research examined college performance by first-year students at the University of North Carolina at Chapel Hill, a highly competitive flagship university. The study found a strong correlation between students taking up to five college-level courses in high school and their first- year grade point average. More college-level courses -- up to five -- yielded higher academic performance in college. For students taking six or more college-level courses, gains in first-year GPA were marginal or even negative. The average grades for students who had taken 10 college level courses in high school were the same as those who had taken only five such courses."

Although some students will continue to take many more than five AP/UW courses during high school, research suggests that it does not necessarily correlate with improved college performance, and college admissions officers tell us they don't necessarily make distinctions between students who take a lot more than five AP classes. Given this research, Eastlake Counselors will note on the Common Application that students took the more rigorous course load available, if students take at least five AP/UW classes in high school.

Next year, Eastlake will begin a two-year process of incorporating AP Seminar and AP Research. With the addition of these courses, EHS will also offer the AP Capstone Diploma to students who successfully complete those two classes and any other four AP courses offered at EHS. These new courses can be accessed by any students in Grades 10-12 and taken either in conjunction with the Capstone Diploma or as standalone electives. AP Seminar (offered next year) is a project-based class that is not content specific, instead it focuses on the important college skills of research and collaboration. We believe that this new option still supports our focus on balance, as students can now earn the most distinguished diploma at Eastlake by completing six AP courses.

Fine Arts Classes

As a comprehensive high school, Eastlake prides itself on offering incredible experiences in core academics, as well as other important areas such as Fine Arts and Physical Education. We have a thriving Art program that encompasses 2D, 3D and Digital Art options, ranging from Advanced Placement to introductory classes that demystify the notion that artistic ability is simply innate. Our Digital Art classes encompass Photography and Video Productions, which produces our weekly broadcast of Pack News. We also have a thriving Music program, with over 200 students in numerous levels of Band, over 100 students in multiple levels of Orchestra, two levels of Choir, as well as introductory courses in Music Technology, Piano and

Guitar. Our amazing Theater program extends beyond Drama Club and our fantastic productions where students can earn credit, to include classes during the day in Drama, Introduction to Theatre and Writing for Stage and Screen.

Wellness Classes

Our Physical Education classes offer a lot of experiences from Grade 9 Health and Fitness to Walking and Yoga. Health and Fitness helps students develop the knowledge and skills to successfully navigate life in high school and beyond. Students explore topics such healthy relationships and stress management. We currently have over 1000 students at Eastlake taking Physical Education, and they return to electives such as Net Sports, Team Sports, Lifetime Sports, Outdoor Adventures, Fitness and Conditioning and Golf because of the incredible staff and rewarding experience. All these classes serve as a welcome reprieve from the pressures of adolescents, and teach valuable attributes around teamwork, perseverance and creativity, as well as the importance of continuously learning new skills.

Career and Technical Education

We want all students to consider classes in Career and Technical Education. Our CTE classes offer dual credit, and we have pathways in Business, Computer Science, Engineering, Material Science and Leadership. These classes not only teach skills in technical fields, but focus on personal development, leadership and teamwork. Classes that are important in preparing students for their future are Principles of Leadership and Personal Finance. Our Personal Finance class builds skills in financial responsibilities and decision-making, while helping students understand assets and liabilities. Our Principles of Leadership class focuses on character development, whereby students build personal and interpersonal habits that can catapult them to success in the future. Although, Principles of Leadership is only an elective credit, it serves as the foundation for our CTE Leadership course.

For information on all classes at Eastlake, please consult our [Course Catalog](#) and videos on the various courses at Eastlake.

-Chris Bede, Principal

Por Chheng

Por was a valued staff member at Eastlake for the past two years. On December 18th he lost his battle with Covid-19 after being hospitalized for two weeks. He had only mild symptoms at first, then later developed pneumonia. He was a dedicated worker with a wonderful personality and will be greatly missed on our custodial team and throughout our school.



Por has lived in Washington State for 40 years after coming to the US in 1981 as a Khmer Rouge refugee. Por was always positive and energetic and enthusiastic. He was curious and knowledgeable. He worked as an engineer for many years at Boeing and also used to own a donut shop in the University District. His family includes his wife, two daughters, one sister, and two brothers.

Por's family has appreciated the cards and notes sent by our staff and have requested that no gifts be sent.

News From The Den

Eastlake Daily Schedule and Open Building Hours

Daily Schedule - [Week of January 11th - 15th](#)

Daily schedules for Semester 2 are now posted on the Eastlake website [here](#).

Parent/Student Access Into Eastlake During Open Hours - Hours and directions [here](#). Building will not be open during winter break for parents/student access.

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

Weather Events & Internet/Service Outages – What to Expect

We know that our Pacific Northwest weather can be unpredictable. Please take a few minutes to review the information [here](#) so you know what to expect when there is a weather event or power outage during a school day.

Course Registration - 2021-2022 School Year

EHS Course Registration for the 2021-2022 school year is being presented in Pack Time on Friday, January 8th and Tuesday, January 12th. Students will be able to begin inputting their course requests into Skyward after the Pack Time Presentation January 12th. We would like to encourage students to review the Teacher/Department Course Videos that will be emailed out to Students and Parents the afternoon of January 8th along with a review of Day 1 Registration.

After reviewing these Course Videos, students will have the opportunity on January 13th to join Q & A sessions with their teachers to ask any questions they might have about these courses. In addition, Counselors will be available for Registration Drop-In Sessions between January 13th-15th. All Registration information can be found by going to the [Course Registration 2021-2022](#) page on the EHS website

Registration will close Monday, January 18th @ 6pm.

Incoming Freshman Class of 2025 Registration

- Registration for Incoming Freshman begins Monday, January 11th, 2021.
- Parents - Link for Incoming Freshman Parent Night (virtual) will go live Monday, January 11th. Join us for a live Teams Q & A session on Wednesday January 13th at 6:30PM. Robert Johnson and Shawna Beresford will answer your questions in the chat.
- Incoming Freshman - Class of 2025 webpage [here](#)

AP/UW/CWU Parent Night

We will be posting an informational PowerPoint/Video presentation on the EHS website on Monday, January 11th. Todd Apple, Associate Principal, and Shawna Beresford, Counselor, will then host a Teams session to answer any questions on Wednesday, January 13th from 7:30 – 8:30. This link will also be posted on the EHS website on Monday.

Please view our informational video first so you can learn more about how high school students can earn college credit by taking Advanced Placement courses, and by taking College in the High School courses through the University of Washington and Central Washington University. Then bring any questions you might have to our Q&A session on Wednesday, January 13th.

-[Todd Apple](#)

Social Worker Available to Meet in Person or on Teams

Hello Everyone! My name is Suzanne Campiche. I wanted to reintroduce myself as the

social worker for Eastlake this year. I am here to provide emotional support, mental health resources and referrals to you during the school year. I can also provide referrals to things such as primary care and help signing up for health insurance. Before coming to Eastlake, I worked in a hospital emergency room. I am a Seattle local and like to travel and hike in my free time.

I am available on Microsoft Teams (**Mon-Fri, 9am-4pm**) and you may email me for an appointment slot (c-scampiche@lwsd.org). The social workers of LWSd high schools are also offering several online groups regarding various mental health topics that are starting this week (more details to come!). **Starting January 6th, 2021**, I am available to you in-person by appointment every Wednesday at the school. You can find me in the counseling center from **9am-2pm**, and if you happen to stop by and I am not there, you can check my office (C236), or call me at 425-361-3380.

Equity at Eastlake

New Year's Celebrations Around the World (2020)

As we all know, this year was less than ideal for most of us. The usual celebratory spirit and joy of being able to spend the new years with friends and family was put on hold. However, all around the world, people found ways to make the best of the current state of the world, and welcome in 2021 with open arms.

In Southeast Asia, Singapore celebrated with an unbelievable display of drones, who flew into formations to make a countdown clock, floating boats, stars, and more incredible images. The celebration ended with a barrage of stunning fireworks...truly something that had to be seen to be believed. Moving across the Pacific Ocean to Latin America, where the New Years is all about parties, dancing, and embracing loved ones as the clock strikes 12:00, saw their festivities put on hold. Still, countries like El Salvador, where the love for fireworks, or as they call them "cuetes", still made its way to the communities. Families had dinners together and illuminated the night sky with all sorts of fireworks. Many went to the beautiful beaches the country has and sealed off the year. In Europe, where a lot of the countries are experiencing very strict COVID-19 guidelines like curfews and restriction of contact with others outside the household, the New Years spirit still found its way around. Italians ushered in 2021 with their families and extremely delicious foods, lively music, and of course, a fiery night sky in the city of Rome.

A year to be remembered in the history books for generations to come. 2020 brought along many life changing events, but there is always light at the end of the tunnel. Happiness was expressed in all of its different way around the world this New Years, as everyone found a way to say goodbye to the year and pull in 2021 with nothing but open arms.

-Written By: The Students of the Eastlake Equity Committee

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

Attend Math Lab through Teams on any Wednesday to receive math support from an Eastlake math teacher. 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, Foundations of Calculus, AP Calculus AB, or AP Calculus BC: Join Microsoft Teams Meeting

Science Asynchronous Wednesday Support

- 9:00AM-10:00AM Biology in the Earth's System Support

- 10:00AM-11:00AM Chemistry in the Earth's System Support
- 11:00AM-12:00PM Physics in the Universe Support

[Join Microsoft Teams Meeting](#)

Library

Story Time for January! Visit the [Library website](#) to view, listed under Story time Book Recommendations.

Equity Book Club: "The R-word: Racism. Some tuck tail and run from it. Others say it's no longer a thing. But Dr. Kendi breaks it down, and Jason Reynolds makes it easy to understand. Mark my words: This book will change everything."—Nic Stone, bestselling author of Dear Martin. All students at EHS are invited to join the EHS Equity Book Club. Students will gain awareness and insight into the societal and political constructs of racism in America by reading and discussing the book Stamped: Racism, Antiracism, and You by Jason Reynolds.

Jason Reynolds begins this book:

This is not a history book.

This is a book about the here and now.

A book to help us better understand why we are where we are.

A book about race.

If you are interested in exploring more about why we are where we are, about race in America, join an EHS staff member and other students in the EHS Equity Book Club. This book club will meet about 5 times for one hour per meeting between February and May. Books will be provided by the EHS Library in a variety of formats. If you want to participate, please fill out this Equity Book Club Form no later than Friday January 22nd. If you have any questions, please contact [Kathleen Story](#), [Chris deVidal](#), or [Rachelle Horner](#).

Athletics

Eastlake Athletics [website](#)



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>



College & Career Center News

Live Wednesday

WANIC Information Sessions January 13, 2021

The [Washington Network for Innovative Careers](#) (WANIC) Skill Center offers high quality tuition-free technical and professional training for high school Juniors and Seniors. Learn more about WANIC's Skill Center class options for the 2021-22 school year at our upcoming Virtual Information Sessions. WANIC General Information Session 1/13 at 12 pm—[Join Live Event](#). WANIC DigiPen Information Session 1/13 at 1:30 pm—[Join Live Event](#)

Scholarship Spotlight

Doug Struthers Memorial Scholarship Application Due March 1, 2021

Doug Struthers taught at Alexander Graham Bell Elementary for more than two decades. Four LWSD students are selected every year to receive this \$5000 renewable scholarship. [Apply](#).

Eastside Audubon Society Scholarship Application Due March 31, 2021

Annually Eastside Audubon offers a \$2000 scholarship to two high school students from the Eastside of Lake Washington with a strong interest in the environment/nature. [Apply \(PDF\)](#)

Opportunity Spotlight

YMCA Earth Service Corps Environmental Leaders Summit, January 20, 2021, 1-3:45 pm

Share ideas and learn from others in the environmental community at this [annual summit](#). Topics include: Waste Reduction, Climate Change, Marine Health, Environmental Justice, Plastics and more. [Register](#) by January 15th.

Young, Gifted & Black, February 6, 2020 at 11 am-3 pm, 2021

Join the University of Washington for a virtual day of inspiration. Through workshops and mentoring, UW faculty and staff work to connect students with resources for higher education. [Learn more](#).

2021 National Youth Science Camp Delegates, applications due February 28, 2021

This 3-week summer virtual experience includes daily seminars with scientists, directed studies with STEM professionals, activities in the natural and physical sciences, computer science, and creative arts. Two Washington high school seniors with demonstrated academic achievement and potential for thoughtful scientific leadership will be selected to receive a scholarship and participate at no cost. [Apply](#).

College and Career Calendar

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

Have You Purchased a Yearbook? Deadline January 11th

Last opportunity to purchase a 2021 Yearbook for \$65. You can purchase [online](https://payments.lwsd.org/) <https://payments.lwsd.org/>

Survey for Yearbook

Do you play video games? Survey [here](#)

Senior Photos and Ads - Deadline January 31st

Visit the Yearbook page on the EHS website [here](#) for more information.

Online Student Store

Shop [here](#)

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