



EDMOND HIGH SCHOOL

WEEKLY STUDENT BULLETIN

January 15, 2021

**REVISED BELL SCHEDULE FOR JANUARY 19 - 22**

## **Martin Luther King, Jr. Day**

**No school Monday, January 18**

Scroll down.

Tuesday	Wednesday	Thursday	Friday
Period 1 9:00 – 9:30	Asynchronous Learning & Support 9:00 – 12:00	Period 1 9:00 – 10:00	Period 2 9:00 – 10:00
Period 2 9:40 – 10:10			
Period 3 10:20 – 10:50		Period 3 10:10 – 11:10	Intervention/Homeroom 10:10 – 11:10
Period 4 11:00 – 11:30			
Lunch 11:30 – 12:00	Lunch 12:00 – 12:25	Lunch 11:10 – 11:40	Lunch 11:10 – 11:40
Period 5 12:10 – 12:40		Period 5 11:45 – 12:45	Period 4 11:45 – 12:45
Period 6 12:50 – 1:20	Student Work Time* 12:25 – 1:55	Period 7 12:55 – 1:55	Period 6 12:55 – 1:55
Period 7 1:25 – 1:55			
Period 0 2:05 – 2:35		Period 0 2:05 – 3:05	Period 8 2:05 – 3:05
Period 8 2:45 – 3:15			
Asynchronous Learning & Support 1:55 – 3:50		Asynchronous Learning & Support 1:55 – 3:50	Asynchronous Learning & Support 1:55 – 3:50

## 2021-22 COURSE SCHEDULE

**Online Registration**

**Open now:**

**Online registration information for the 2021-2022 school year.**

Students will need to log into their Skyward account from home and input their course requests.

The last day to enter course requests in Skyward will be on **Tuesday, January 26 by 3:00 pm.**

*If you have questions, please contact your counselor.*

## WORLD LANGUAGE TESTING



**New: World Language Proficiency Test**

Registration for LWSD World Language Proficiency Test will close on Friday January 29th.

The World Language Proficiency Test sponsored by the district will be held at RHS on **Wednesday, February 24th**. Students who wish to pursue competency/proficiency credit must be signed up to participate in the assessment.

All information, including registration, is on the LWSD website [here](#).

## FITNESS PLAN FOR PE CREDIT



**Last chance to submit a Fitness Plan!** Students who plan on turning in a Fitness Plan for PE Credit will have until 11:59pm February 17th.

A friendly reminder of the process:

- Students need to complete the [Appendix E form](#)
- The Fitness Plan is due by 11:59pm on February 17th.
- Students need to submit to turnitin.com. Class IDs and passwords are located on the website.

- The [LWSD PE Credit website](#) has links to the plan, study guide, other materials, and Turnitin.com Class ID and Password.

## LWSD CULINARY COMPETITION!



### ***New:*** LWSD Culinary Competition 2021 - *Sweet and Savory Categories*

- WHO: Any High School Student in LWSD
- WHAT: Culinary Competition
- WHERE: Remotely
- WHEN: Submissions due February 20, winners announced February 24
- WHY: It's fun! Prizes too!

Contact the RHS Culinary Arts Teacher, Chef Jane Hitchcock, for details. [jhitchcock@lwsd.org](mailto:jhitchcock@lwsd.org)

## RHS SPORTS CONDITIONING



***Update:*** RHS started sports conditioning on January 11! The steps below are for students interested in this optional opportunity.

- All students will sign up for SPORTS CONDITIONING in [Final Forms](#) (this is SEPARATE from signing up for a particular sport which many have already done).
  - Your physical must be up to date.
  - All forms must be signed indicating you will follow all safety protocols.
  - You will need to select a 1st sport AND a 2nd sport in case your first choice does not have enough participants. You will be allowed to train with ONE sport only (one hour, two times per week).

- Any sign ups after January 7th won't be able to participate the first week but will be eligible to participate in subsequent weeks.
- Sessions will be held Monday & Wednesday OR Tuesday & Thursday. Your session will be 4:15pm to 5:15pm OR 5:30pm to 6:30pm.
- Students-athletes will be temperature checked and will attest to being symptom free prior to entering the facility.
- All workouts will take place on campus and OUTDOORS.
- Students and coaches will be required to wear masks before, during, and after workouts.
- Students will be assigned into pods of six (6). Coaches will communicate with pods by the evening of January 10, 2021 via Final Forms and/or e-mail.
- There is no fee for these work-outs.
- No spectators. In order to reduce the risk of exposure non-participants are not allowed at these workouts.
- Transportation will be offered from local elementary schools if needed. This will be a choice when filling out your form.

## INFORMATION SESSION

# Running Start

***New:* Interested in learning more about Running Start for the 2021-22 school year?**

Attend our upcoming information session on **Wednesday, February 24 from 12-1pm**. Representatives from Bellevue College, Lake Washington Institute of Technology, Cascadia College, and Central Washington University will be available to share information about their Running Start programs and answer questions.

This will be a live Teams event (link found [here](#)) open to all interested students and families.

## UPDATES FOR SENIORS

**CLASS**  
*of*  
**2021**

***Your name on your RHS diploma:***

Seniors, you were sent an email asking you to verify (or make changes to) the way your name will appear on your graduation diploma. Deadline to reply to the email is **January 22**.

***Cap & Gown order due Jan 31:***

Be sure and fill out the information on the contact card. Once you submit your contact card, you will be directed to the National Achiever/Herff Jones ordering website to order your cap and gown.

[Contact card for ordering cap & gown](#)

***Cap & Gown Questions?*** Call National Achiever/Herff Jones at 425-357-1338. Or email [support@nationalachiever.com](mailto:support@nationalachiever.com)

If students cannot afford their gowns please reach out to Mrs. Zambrowsky-Huls for assistance through *RHS Help*.

***New:*** We know that your senior's presence in the yearbook is important! **All senior yearbook photos and ads are due February 1st!** Here is the information you need so you can get those pictures and senior ads in before it is too late!

***Senior photos for the yearbook due February 1st!*** Please take a photo of your senior to be used as their yearbook portrait. Photos should clearly show the students face and not include any other people. Students must follow dress code and no words should be added to the image. The photo must be in portrait format. Please keep in mind that the image will be fairly small so a close up of the student is best. Please check image size before uploading. Our program will not allow large scale photos – 5"x7" photos are preferable with a resolution between 75 PPI and 300 PPI.

***To submit a photo,*** please use the link (It works best when copied into google chrome). Select the image you want to share and fill in the student's information as the name, grade, and email. If guidelines are not followed, we will use the seniors school ID photo in the yearbook. If students have not taken a school photo and their photo does not meet the requirements they will not be pictured.

<https://images.jostens.com/415463991>

***Senior Ads for the yearbook due February 1st!***

Senior Ads/Dedications can be purchased through the Jostens website below. This is where you can share family photos and messages to your students. Please keep all messages and images school appropriate.

<https://www.jostens.com/apps/jcom/router.mvc?affiliateId=1118603>

***Graduation date***

Redmond High School's graduation is scheduled for **Monday, June 14, 2021 at 5:00pm at the UW Alaska Airlines Arena**. Please note that this is still subject to change depending on safety/pandemic parameters this spring.

## ELECTRONIC REPORT CARDS



**Report cards:** Families now have the option to *opt out* of paper report cards and only receive them electronically. Instructions to do so and also how to retrieve the electronic version of report cards are attached.

Click [here](#) for instructions.

## STUDENT MENTAL HEALTH & SUICIDE PREVENTION



For families of students:

### ***Student mental health & suicide prevention***

School breaks can open up a whirlwind of different emotions for students. The change in structure or loss of traditions, in an already odd year, can be tough for some students that may be already struggling. We want to share the follow resources from the UW Forefront project. Here are some tips specific for parents/guardians, should you find that your student is struggling with mental health or thoughts of suicide.

[Safety steps to keep your family healthy](#)

More local resources can be found here:

[Resources from Evergreen](#)

[Mental health resources](#)

*RHS Counseling team*

## COMMUNITY FEEDBACK

**We want  
your input!**

## RHS Equity Team Parent Outreach Survey

**Thank you** to the parents who responded so far. We really appreciate your input! We would love to see a higher participation rate. Please feel free to share this survey with other RHS parents in the community.

The RHS equity team is comprised of 29 certificated and classified staff members from every department in the school. Centering our work is the goal to make our school more equitable—a place where students, no matter their race, ethnicity, gender, sexual orientation, or ability, are able to access what they need to be successful. Specifically, this year one of our vehicles for this will be to engage the community more in our equity efforts. This survey is for info gathering purposes only.

Click [here](#) for survey.

## PLAYGROUNDS, TRACKS, FIELDS



**All LWSD playgrounds, tennis courts and tracks** are open to the public on evenings and weekends. These will be closed to the public during the school day from 7:30 am - 4:00 pm.

All LWSD fields remain closed 7 days a week / 24 hours a day.

This is in accordance with city, county and state guidance.

### **Reminders:**

- Large, organized activities are not allowed.
- Play is limited to groups of 5 or fewer.
- Face coverings and 6 feet physical distancing are required.
- Hands should be washed after play.
- Please note that some elementary schools have childcare on site until 6:00 pm. so play structures may be in use until that time.

LWSD will update our communities as more facilities become open to the public. Thank you for your cooperation in helping to slow the transmission of Covid-19.

## WEATHER EVENTS & SERVICE OUTAGES





### **What to expect: Weather events & internet/service Outages**

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

#### **Power and internet outages:**

##### **If a student/teacher experiences a power or internet outage:**

- Contact your teacher or school to report the outage.
- If you lose power or connection during a Microsoft Teams class session and you are unable to connect, you should attempt to connect as soon as a connection is available.
- If your teacher is suddenly absent without notification from a Microsoft Teams class, you should leave the session and re-enter after 15 minutes. If the teacher is still absent from Microsoft Teams you may end class.
- The teacher will follow up with individual students or the class as soon as possible.
- You should take note of asynchronous activities you could do without an internet connection.
- You can also continue to work on previously assigned classwork.

#### **Weather events (snow days)**

Snow days during remote learning will work differently than a normal school year. If snow or inclement weather affects a school day, remote instruction will continue and in-person students receiving special services will shift to all remote learning for that day. There will not be late starts due to snow or weather events.

Announcements will be made to staff and families via our SchoolMessenger system (by phone, email, and by text messaging for those signed up), district website posting, and social media postings. We will also use FlashAlert.net, which reports directly to local media and provides text alerts to anyone who signs up.

## **COUNSELING NEWS**



**Want to make an appointment?** RHS counselors want to let you know that **our appointment book is now up and running**. Need to talk to your counselor? Book a virtual appointment with your counselor! The process is all online and very simple.

- Go to our website, [RHS Counseling Center](#)
- Click on the BOOK HERE link at the top of the page, right hand side
- Find your counselor, fill in the questions, make an appointment that is convenient for you.

All meetings will be conducted through Microsoft Teams. Once you make an appointment, you will get an email invite for the meeting with the appropriate link to the Teams meeting. Questions? Reach out to your counselor.

**Kimberly Herring (A—Ch')**

[kiherring@lwsd.org](mailto:kiherring@lwsd.org)

**Lindsey Hanson (Cha—Fot)**

[lihanson@lwsd.org](mailto:lihanson@lwsd.org)

**Sarah Gray (Fou—Jo)**

[sgray@lwsd.org](mailto:sgray@lwsd.org)

**Molly Schwarz (Ju—Ku)**

[mschwarz@lwsd.org](mailto:mschwarz@lwsd.org)

**Katie Bunyard (Kw—Mane)**

[kbunyard@lwsd.org](mailto:kbunyard@lwsd.org)

**Ellen Zambrowsky-Huls (Mani—Pre)**

[ezambrowsky-huls@lwsd.org](mailto:ezambrowsky-huls@lwsd.org)

**Derik Detweiler (Pri—Step)** January—June sub for Justine Oshiro

[ddetweiler@lwsd.org](mailto:ddetweiler@lwsd.org)

**Alisa Zemke (Ster—Z)**

[azemke@lwsd.org](mailto:azemke@lwsd.org)

## ATTENDANCE UPDATE

### How to report an Absence

**Reporting an Absence:**

School attendance has always been important. Research has shown a correlation between student attendance and student graduation.

If your child is unable to attend school on either a synchronous or asynchronous day, please contact the school to report the absence. Each school has an "Attendance Line" phone number or email address for families to use to report the absence as excused. You can reach our school at [rhsattend@lwsd.org](mailto:rhsattend@lwsd.org). Or leave a message by phone at 425-936-1810.

**Informar de una ausencia:**

La asistencia a la escuela siempre ha sido importante. Las investigaciones han demostrado una correlación entre la asistencia de los estudiantes y la graduación de los estudiantes.

Si su hijo no puede asistir a la escuela en un día sincrónico o asincrónico, comuníquese con la escuela para reportar la ausencia. Cada escuela tiene un número de teléfono o una dirección de correo electrónico de "Línea de Asistencia" para que las familias la usen para reportar la ausencia como excusada. Puede comunicarse con nuestra escuela en [rhsattend@lwsd.org](mailto:rhsattend@lwsd.org) o llame al 425-936-1810.

## RHS CALENDAR

### Coming Up....

- Jan 18:** MLK Jr. Day / No school
- Jan 19-22:** Revised bell schedule at RHS this week
- Jan 22:** Last day of 1st Semester
- Jan 22:** Seniors: deadline for verifying your name on your diploma
- Jan 26:** PSAT / NMSQT for 11th graders
- Jan 26:** 2021-22 online registration closes
- Jan 29:** Registration deadline for LWS World Language Proficiency Testing
- Jan 31:** Seniors - Cap & Gown orders due
- Feb 1:** Seniors - Photos and Ads due for the yearbook
- Feb 11-12:** No school - Mid-Winter Break
- Feb 15:** No school - Presidents Day
- Feb 17:** Deadline for turning in Fitness Plans
- Feb 20:** LWS Culinary Competition submissions due
- Feb 24:** Running Start Information Session, 12pm - 1pm on Teams
- Feb 24:** LWS World Language Proficiency Test at Redmond High

## TECH HELP AT RHS



**For software issues,** students should contact [ftaccess@lwsd.org](mailto:ftaccess@lwsd.org) or phone 425-936-1322 for the Family Technology Access support line. This line includes automated call back and/or automated VM options as well as language interpretive services during our 7am - 7pm support 7 days a week.

**For hardware issues**, Redmond High offers in-person tech help. To access this service, use the driveway east of the main entrance labeled *Deliveries and Staff Only*. Park your car next to the sign for the library, and wearing a mask, walk up to the back door of the library. Note: this is an outdoor service, so *come dressed for the weather*. We are open from 2 p.m. to 4 p.m., Monday - Friday.

**If students forget their computer password** – go to the RHS Library Teams page or email the library at [Library-RHS@lwsd.org](mailto:Library-RHS@lwsd.org)  
**If students forget their Skyward password** – go to Skyward and click on “Forgot Password”  
**For help with parent access to district tools** – Email [parentquestions@lwsd.org](mailto:parentquestions@lwsd.org)

## COLLEGE & CAREER CENTER



### Live Wednesdays

***LWSD Career Panels - open to all students and parents!***

Live links to each session can be found in the calendar section of the College & Career Center website:

<https://rhs.lwsd.org/counseling/career-center>

Questions? Contact Mrs. Cothran at [acothran@lwsd.org](mailto:acothran@lwsd.org).

1/27/21 Computer Science @1:30  
2/3/21 Forensics @ 1:30  
2/10/21 Health @ 1:30  
2/17/21 Art @ 1:30  
2/24/21 Psychology/Counseling @ 1:30  
3/3/21 Food Careers @ 1:30  
3/10/21 Engineering @ 1:30  
3/17/21 Business/Consulting @ 1:30  
3/24/21 Law & Politics @ 1:30  
3/31/21 First Responders @ 1:30

## RHS QUICK LINKS

**Did you miss something important?**

Previous newsletters are on the [RHS website](#)

**Useful links for RHS students and parents:**

[RHS website](#)

[RHS Athletics Final Forms](#)

[RHS College & Career Center](#)

[RHS Library - Mr. Lawson's top books of 2020](#) (student access)

[https://youtu.be/LMIBEm\\_RyvI](https://youtu.be/LMIBEm_RyvI) (parents access)

[RHS Counseling appointments](#)

[RHS Student Instagram](#)

[RHS Clubs](#)

[LWSD website](#)

[PTSA website](#)



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