



April 02, 2021

School News from ICS Counseling Department

All counseling newsletters can be found in student LWSD email and the ICS website under "Counseling." Your counselors are connected and here for you. We are only an email away.

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Students:

Along with the ICS website, please check your school email regularly for updates and opportunities. This is the main way to communicate directly with our school community members, and we want to be sure you are receiving all the information.

Grades 6-9 Counselor

Lis Christiansen

lichristiansen@lwsd.org

Grades 10-12 Counselor

Molly Schwarz

mschwarz@lwsd.org

YES Behavioral Health Specialist

Cora Goss-Grubbs

c-goss-grubbs@lwsd.org

Counseling Booking Links

Online Counseling Appointments for All Students

Your school counselors are excited to share our Microsoft Bookings link with you all! Ms. Christiansen and Ms. Schwarz will now be accepting virtual appointments with students via Microsoft Teams. Please utilize our [ICS Counseling](#) Microsoft Bookings link to find our up to date individual availability. We look forward to meeting with you!

Parents and guardians are requested to email their student's counselor to setup an appointment for any of the following:

- Discuss their student's academic progress
- College and career planning
- Social/Emotional/Mental concerns

Please note that we have had a recent shift in caseloads:

Ms. Christiansen – 6th-9th grade

Ms. Schwarz – 10th-12th grade



AAPI Support Resources

The Opportunity, Equity and Inclusion Department at the Lake Washington School District condemns the nationwide racist and xenophobic actions targeting our Asian and Asian-American communities. Since the wake of the coronavirus pandemic, [over 2800 attacks](#), were reported against Asian and Asian-American people, communities, and businesses. These anti-Asian sentiments and violence have been fueled by political rhetoric and misplaced blame when the coronavirus started to spread across the country. Nearing the year-long anniversary of the battle in this pandemic, [there has been an unnerving wave and rise of anti-Asian hate crimes, attacks and murders.](#)

We full heartedly support our Asian and Asian-American families, students, and staff in LWSD. We stand up courageously against all forms of racism, and we must fight it with solidarity. Most importantly, we advocate, acknowledge, and appreciate the strength and diversity that our Asian communities bring to our schools.

To learn more about ways we can stand up for our LWSD community, the OEI department recommends the following [resources](#) in response and support of our Asian and Asian-American students and families.

Additional AAPI Support Resources

For AAPI Families Conversations at home regarding racism and promoting positive racial identity have been found to build resilience in youth. An [infographic guide](#) to empower Asian American parents in talking to their children about anti-Asian racism. It includes information about historical discrimination as well as examples of Asian Americans standing up against injustice. The guide is available in multiple languages [here](#).

For Bystanders How to intervene as a bystander witness to racism ([infographic from Hollaback](#)).

For Teachers and Other Helpers

Compiled [resources](#) to address anti-Asian violence.

[Learning for Justice teaching tools](#) and [We Are Teachers Resources/Tips](#) to address anti-Asian racism in the classroom.

Additional AAPI Support Resources

For Teachers and Other Helpers

Click [here](#) for activities, videos, and resources that connect you with AAPI voices and stories.

For Younger Students

Story book: [The Eyes that Kiss in the Corner](#). Young, Proud, and Sung-Jee: a children's book on fighting against anti-Asian racism during Covid-19.

Here are some links related to reporting anti-Asian hate crimes

- Reports of hate crimes can be made here: [Stop AAPI Hate](#), [AAPI Hate Crimes](#) and [Stand Against Hatred](#).
- Education on reporting hate crimes can be found at these links: [COVID-19 Toolkit](#), [Responding to Hate Crimes Community Action Guide](#), and [Hate Incident Reporting Website: Asian Americans Advancing Justice](#); [Asian American Legal Defense Fund](#).



Tips and Helpful Reads

- [16 ways to help children become thoughtful, informed and BRAVE about race](#)
- [Tricks, tips, and habits that might help when you're feeling anxious, stressed, or overwhelmed](#)
- [Can't sleep because of anxiety? Try these 5 relaxing techniques.](#)

Events

Stop Asian Hate: Virtual Anti-Asian Racism Events

[Collection by Eventbrite.](#) We stand in support of the Asian-American and Pacific Islander (AAPI) community. We've curated these events so you can take action and take a stand against racism, hate, and violence directed toward AAPI communities. Eventbrite is home to a number of events, workshops, and discussions that aim to educate about the discrimination and bias the AAPI community faces, offer resources for being a better ally, or raise funds for anti-Asian racism groups. Learn how you can stop Asian hate by attending one of these curated events, and join us in standing in solidarity with the AAPI community.

FREE Educational Resource for Parents/Caregivers and Students, brought to you by Youth Eastside Services

Held on one Saturday of each month from 9:30am-12:30pm is our virtual Alcohol Drug Education Class. This is a great way for parents and students (12-19 y.o.) to attend together to gain information on the dangers of current substance abuse trends, effects of substances on the developing body and brain (including the dangers of mixing substances), along with where to turn for help with substance abuse & mental health issues. Students will also gain tools and skills to make more informed decisions for their futures. Click [here](#) to register for this **FREE** educational opportunity for parents and students to attend together. **Next class dates are April 24, May 22 & June 19.** Questions? Contact Andrea Frost at 425-747-4937 x2721 or andreaf@youtheastsideservices.org.

Events

Boys & Girls Clubs of King County | YouthForce

You are officially invited to attend this year's virtual Youth Resource Fair taking place on **April 14th from 3:30-5:00!** This event is limited to those ages 14-21 and will be held virtually due to COVID-19 regulations. We intend to have 20-30 companies and organizations participate and speak to teens about jobs and local opportunities! If you have any questions, please feel free to reach out to yfcoordinator@positiveplace.org. Sign up [Now!](#)

NSHSS (National Society of High School Scholars)

Did you know, NSHSS and its partners provide over \$2,000,000 in scholarships every year? Join our panel of experts for an exciting and informative event on **Wednesday, April 14 at 7:00 PM ET**. This 90-minute event will highlight five panelists who will provide valuable information on their organization's scholarships, how to access, apply and ultimately win the scholarship dollars. We will end this event with live Q&A from the audience. [Webinar Registration](#).

Superposition V

[Superposition](#) is hosting [Superposition V](#), the **Bay Area's largest all female & non-binary hackathon**, from April 9-11. Join us for 2 immersive days of workshops, networking, projects, and #BreakingBoundaries. No prior experience? Superposition V is open to individuals of all skill levels - **77% of our past attendees were first time hackers and 35% were first-time programmers**. With inspiring panels, guided team-forming events, and supportive mentors, this is your chance to explore technology! Email info@superposition.tech with any questions. Register [here](#).



College and Career Exploration

College Board's BigFuture Days Virtual College Fairs

Sophomores and Juniors are invited to attend. Whether you've already started your college search or have no idea where to begin, we want to connect you with colleges that might be a good fit for you. BigFuture Days gives you a chance to get information about multiple colleges from college admissions officers and current college students. Register [here](#). The events will be held on the following dates:

- BigFuture Day Midwest: Sunday, April 18, 4–8 p.m. ET
- BigFuture Day Southeast: Thursday, April 29, 5–9 p.m. ET

Additional College Visitation Resources

Many students appreciate the opportunity to visit a college campus and attend an information session or take a tour during the summer before their senior year, but if this cannot be arranged due to closures or other concerns there are other options. In addition to exploring campuses in person, you and your teen can learn about colleges and take a virtual tour online. Try these free online tools: [College Raptor](#), [College Confidential](#) and [Campus Tours](#).

Academy of Interactive Entertainment

We have a great [Open House](#) event planned that you can join from home on your computer, phone or any internet-connected device. The event will be held on **Saturday, April 17th at 10:00 am**. Discover the courses designed to get you started in game development, 3D animation and visual effects for film at AIE's. The live stream will include presentations on different areas of industry as well as information about AIE courses and entry requirements. The event will run for around an hour. We will be covering all the same information, including course overviews, showcasing student work and pathways into industry. Watch informational video [here](#).



College and Career Exploration

University of Rochester Pre-College Online Program

The University of Rochester has something new in store for your high school students. We're pleased to announce a new [pre-college online program](#) for students ages 13 and up to explore subjects they may wish to pursue in college, all while gaining exposure to one of the world's leading research universities. The University of Rochester Pre-College Online program features courses taught by some of our most popular and renowned professors. Our format is flexible—students learn from dynamic videos, allowing them to tune in anywhere, anytime, that fits their schedule. High schoolers will be supported by mentors—Rochester students and alumni who answer questions about related majors and careers and help with brainstorming and assignments. Students meet with mentors regularly in live, group sessions online. The Program currently offers three online courses—with more on the way. Each captures the excitement of a University of Rochester education. Click [here](#) to apply.

Announcements

Free and Reduced Lunch

High school families that qualify for free and reduced meals can have extracurricular fees automatically waived, such as ASB cards and athletic participation, as part of House Bill 1660. Information was sent to families via school messenger on February 25 about how to waive fees when Online Payments was made available to pay for sports. Families must provide their consent to share their student's free and reduced eligibility status by completing the "consent to share" form in Family Access in order to be eligible to waive fees. Once this form is completed families can login to [Online Payments](#) and select the activity/fee for their student and the amount due will be \$0. Families must complete the \$0 purchase transaction for their student to be registered for the activity. Information and instructions about how to waive extra-curricular fees for high school students can be found [here](#) under the "button" titled, ["High School Fee Waiver"](#).

Unofficial transcripts

Unofficial transcripts are now available for grades 9-12 in Student Access and Family Access. They can be found in Attachments under Portfolio and will be updated again after year-end grades are posted.

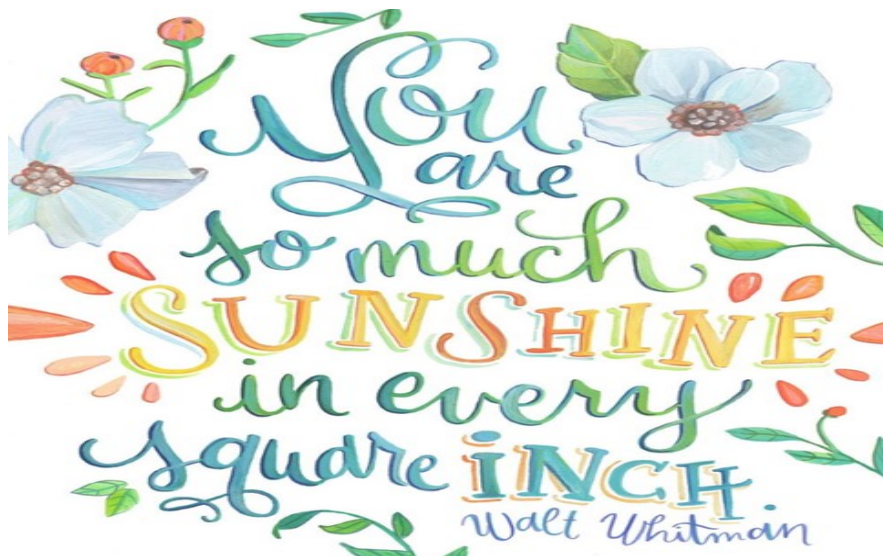
Announcements

From the Washington Student Achievement Council

SAT & ACT Testing Is Now Optional at Many Colleges. Most Washington colleges are not requiring high school seniors to take standardized tests like the SAT or ACT for fall 2021 admission. While [COVID-19 has led to this increased flexibility](#), many colleges are making their test-optional policies permanent. Some colleges require an alternative in place of test scores, such as a letter of recommendation, participation in dual credit courses, or success in certain high school classes. Requirements vary by campus but are generally similar by type:

- None of Washington's [public four-year colleges](#) will require SAT or ACT scores for fall 2021 freshman admission, and most will remain test-optional in future years.
- Washington's [private, not-for-profit four-year colleges](#) offer test-optional pathways, although a few require test scores for students who were home-schooled or received non-standard grades.
- Public two-year [community and technical colleges](#) are open access, so anyone with a high school diploma or GED can apply and attend. Test scores are not considered.

So, should students still take the SAT or ACT? There are [private scholarships](#) that take test scores into account. And while some test-optional colleges won't look at test scores, others will consider them if submitted. In that case, not testing won't hurt, but good scores could help. Always check with each college directly for the latest admissions information. It's not too late to decide on education after high school. Learn more and plan your future on the [Washington Student Achievement Council website](#).



Scholarships

College Board

April Scholarship Drawings for the Class of 2022:

- **Build Your College List:** A \$500 scholarship will be awarded to 100 students for building a college list of six or more colleges on [BigFuture](#).
- **Practice for the SAT:** A \$500 scholarship will be awarded to 100 students for completing a Diagnostic Quiz or Timed Mini Section on [Official SAT Practice on Khan Academy®](#).

Finn Hill Middle School PTSA: Class of 2021

The purpose of the Finn Hill Middle School PTSA scholarship program is to help graduating seniors further their education at the college, university, trade school, technical school, or junior college of their choice. The Finn Hill Middle School PTSA is pleased to recognize graduating seniors who exemplify excellence in academics, school pride, and involvement in the community by offering 3 different \$500 scholarships. Scholarships will be awarded to graduating seniors who best meet the scholarship criteria. **Application Due Date: Tuesday, April 27, 2021 at 3:00pm PST.** Click [here](#) for eligibility and more. Connect with Ms. Schwarz for additional details at mschwarz@lwsd.org.

Employment Opportunity

**NOW HIRING
CREW MEMBERS**



**\$13.69 - \$18 PER HOUR
FLEXIBLE SCHEDULE
FREE EMPLOYEE SHIFT MEALS
EMPLOYEE DISCOUNT**

APPLY AT WWW.TACOTIMENW.COM/CAREERS

**Ellie Hoekman
Taco Time Northwest
Recruiting Specialist
O: 425-988-2419
Home Office
3401 Lind Avenue SW
Renton, WA 98057**



Summer Opportunity

UW STARTALK Russian Student Program Summer 2021 – International Education Washington

The [STARTALK Student Program](#), “Russian in the Sky and in Outer Space,” aims to enroll 20 high school Russian heritage language students in a four-week intensive language program. The program will combine the history of the most important events of space exploration with that of aircraft design and the language of science and technology. A content-based component [STEM \(Science, Technology, Engineering and Mathematics\)](#) will be woven into this program through a partnership with the [Museum of Flight](#). Students’ various interests will be further addressed by a range of projects above and beyond the STEM topics; such as language, culture and translation, lego robotics, and biology. For more information, email: startalk@uw.edu.

