



EDMOND HIGH SCHOOL

WEEKLY STUDENT BULLETIN

May 14, 2021

AVAILABLE AT LWSD SCHOOLS

Covid-19 Vaccine Clinics

New: Lake Washington School District is partnering with Seattle Visiting Nurse's Association to offer free COVID-19 Vaccine Clinics. Vaccinations now available to all students age 12+. Information was emailed to LWSD families on May 13. See link below for registration and scheduling.

When:

Saturday, May 22, 2021

Juanita High School

10601 NE 132nd Street, Kirkland

Redmond High School

17272 NE 104th St, Redmond

Sunday, May 23, 2021

Eastlake High School

400 228th Ave NE, Sammamish

Lake Washington High School

12033 NE 80th St., Kirkland

Register in advance: <http://bit.ly/SVNAREg>.

RHS SHORT WEEK BELL SCHEDULES

May 31, June 1 - No School.

June 2 - Asynchronous Learning

June 3 and 4 - Regular Thursday and Friday
Schedule.

NEWS FOR SENIORS

CLASS
of
2021

Senior Sunrise Celebration!

Mark your calendars! We are excited to announce our Senior Sunset event on **Saturday, June 5** from 6:30 pm-9:30 pm at RHS. Come spend an evening of fun activities and good food with your classmates as you head into your graduation week! More details coming your way soon 😊.

Awards listed in Commencement program: If your senior is receiving an award, honors, or scholarship to an institution (that they will be attending) and you would like it printed in the graduation commencement program, please submit a copy to Cheryl Ferry (cferry@lwsd.org) by **May 17**.

End of year dates:

June 5: Senior Sunset Event at RHS, 6:30-9:30 pm

June 8: Last day of school for Seniors

June 9: Student fees/fines due before seniors walk at graduation

June 10: Graduation at T-Mobile Park, 9:00 am

NEW CLUB UPDATE

Black Gems History Club

New: LWSD is excited to share an upcoming opportunity for a new and free after-school club for K-12 students who identify as Black (African/African Descendent, Afro Latino/a/x, Afro Asian, Afro Indigenous, Caribbean, [etc.](#)). Introducing the **Black Gems History Club.**
[Black Gems Informational Poster](#)

The Black Gems History Club will provide students with:

- A safe and supportive space for shared lived experiences and build rapport with other students within the district who are of Black/African descent.
- An opportunity to celebrate their culture, learn about the richness of Black history and how Black people have impacted the world.
- An opportunity to see themselves reflected in the curriculum.
- An opportunity to form mentorship relationships with instructors.

See above poster for registration information. For questions, email nawebb@lwsd.org or call or text our program management line at 425-900-7398.

AP EXAMS SCHEDULE



We want to wish all AP students the best of luck with the upcoming AP exam session. **STUDENTS - Please check your College Board Account for your specific exam dates.**

AP Exam Schedule

Below you will find the AP Exam schedule, in the right column the exam **format** is listed.

- **In-Person exams** will be held at RHS or the LWSD Resource Center (RC).
- **Remote/Digital exams** will be taken by students at home.

If you are currently receiving in-person instruction as part of our Hybrid Model, please plan to stay home on the day of your exam – absences will be pre-arranged and excused, there is no need to contact attendance.

If you have any questions about your AP exam, please contact Nikole Lalas
nlalas@lwsd.org

Date	Morning Exams (8 AM in-Person, 9 AM Digital)	Afternoon Exams (12 PM in-Person, 1 PM Digital)	Format
Tuesday, May 11	Spanish	X	In-Person
Friday, May 21	Japanese (RC)	German (RC), Chinese, French, Music Theory (RC)	In-Person
Monday, May 24	Calc AB & BC - Seniors Only	Physics C - Mechanics, Physics 1	In-Person
Tuesday, May 25	Physics C – Electricity & Magnetism, Chemistry	Physics 2, Statistics	In-Person
Tuesday, June 1	English Literature and Composition	Computer Science A	Remote/Digital
Wednesday, June 2	European History, US History	Art History, Macroeconomics	Remote/Digital
Thursday, June 3	US Government and Politics, World History - Modern	Psychology	Remote/Digital
Friday, June 4 (Make up only limited spots)	Japanese (RC), Spanish (RC)	German (RC), Chinese (RC), French (RC)	In-Person
Monday, June 7	English Language and Composition	Computer Science Principles	Remote/Digital
Tuesday, June 8	Comparative Government and Politics, Human Geography	Microeconomics	Remote/Digital
Wednesday, June 9	Calculus AB & BC - 9-11th and 12th Alt Exam	Physics 1 - Alt Exam, Physics C -Mechanics - Alt Exam	Remote/Digital
Thursday, June 10	Chemistry - Alt Exam, Physics – Electricity & Magnetism - Alt Exam	Physics 2 - Alt Exam, Statistics - Alt Exam	Remote/Digital
Friday, June 11	Biology	Environmental Science	Remote/Digital

RHS PHYSICS CLUB NEWS

WAY TO GO!

New: In February, students from *RHS Physics Club* competed against students from across the country in the *F=ma Physics* competition, and students who scored above a certain score were asked to compete in the *USAPhO* (USA Physics Olympiad) in April. Of those students, 30 students were picked from the top 50 in the country to compete in the *USAPhO-Plus* competition. **Medha Venkatapathy**, a sophomore at RHS was one of those 30 students in the

country to be asked to compete in this competition. She competed by taking a 5 hour test this last weekend and we are excited to see her results.
Congratulations Medha for this amazing accomplishment!

GRAB & GO DAILY LUNCHES



Daily: Did you know that in-person students may **pick up a sack lunch** after school? Lunches are available in the courtyard or cafeteria on Monday, Tuesday, Thursday, and Friday from 12:25 - 1:00 pm (not Wednesday).

- No cost
- No sign-up needed
- Available to any student

Just grab a sack lunch and go! Students do not need to stay on campus to eat.

VOLUNTEER OPPORTUNITIES

Get involved!

New: Hello Stangs! Are you looking for ways to get involved in the school community? Do you want or need volunteer experience? Are you interested in expanding your social horizons and meeting new people?

Here are two opportunities:

1. Join Spanish Honor Society and ELL students by participating in our weekly **Language Exchange:** every Wednesday at 1:00 students meet remotely to practice their conversational English, Spanish, and other languages through small-group conversation with other students. Contact Jamie Judahbram ([S-](#)

jajudahbram@lwsd.org), Ruth Schemmel (rschemmel@lwsd.org), or Sandra Hoffmann (sahoffmann@lwsd.org) for more details and to get involved.

2. **ELL Homework Help** takes place every Tuesday and Thursday from 1:00 to 2:00 in E-210. Volunteers needed! No language experience necessary. Contact Ruth Schemmel (rschemmel@lwsd.org).

Thank you! Gracias!

GIRLS SOCCER



***New:* Girls Soccer Parent-Player meeting to discuss the Fall season.**
Thursday, May 27 at 7:30 pm.

The meeting will be online. For those interested, please email Coach Masters at smasters@lwsd.org so she can email you the invite prior to the meeting.

FOR IN-PERSON STUDENTS

Attestation at RHS

Before school Attestation - Students who complete the attestation at home through Skyward do not also need to fill out a paper form. Students need to show the green checkmark on their phone as they enter the school. If students are unable to complete the Attestation online, then they will fill out a paper copy and bring it to school. Blank copies are available at school. All students will have their temperature checked upon entering.

Late arrival Attestation - Students should enter through the main entrance and show a staff member the green checkmark on their phone from completing attestation online through Skyward. If attestation was not

completed online, fill out the paper attestation form. Blank copies are available at school. All students will have their temperature checked upon entering.

For more information please refer to the district email sent to LWSD families on April 15 titled, "*Pathway Forward - Instructions for Completing Daily Digital Attestation through Skyward Family/Student Access.*"

[Click here](#) for *Pathway Forward* information on the LWSD website.
[Updated Attestation form - Revised April 2021](#)

LWSD ONLINE SCHOOL

Online-only school

***The new online-only school* expanded to grades 11-12; will debut in the 2021-22 school year**

Enrollment for the new online school has expanded to include incoming 11th and 12th grade students. Families of incoming 9th – 12th grade students can access the enrollment application and additional information at <https://www.lwsd.org/schools/online-school-opening-2021-22>

Enrollment is open until May 16.

Currently, this is the only online learning option for Lake Washington School District high school students next year. There are 150 seats available for families who wish to enroll in the online school. The District will evaluate expanding this number based on enrollment needs.

An FAQ document has been created from questions about the online school. That document, which includes a course list, is available at this link: <https://sway.office.com/EqVidCjrDgfg7NH8?ref=Link&loc=mysways>.

NOMINATE NOW!

Humans
of RHS

If you know of a Redmond High School student who is accomplishing some amazing things outside of school, nominate them in the form below and the Leadership 2 class may interview them to be part of the ***Humans of RHS*** series!

Note: only Redmond High School students should be nominating their peers. [Forms for nominating](#)

Y.E.S. NEWS



***New:* FREE Educational Resource from Youth Eastside Services**

Join us on a Saturday for our *virtual* Alcohol Drug Education Class. This is a great way for parents and students (12-19 y.o.) to gain information, education, healthy coping tools & skills. Learn about the dangers of substance abuse trends, effects of substances on the developing body and brain (including the dangers of mixing substances), how to get help and where to turn for help for both substance use & mental health issues.

Thank you for spreading the word about this important resource! Go to youtheastideservices.org/aded to register for this **FREE** educational opportunity for parents and students. Upcoming class dates: May 22 & June 19 from 9:30am-12:30pm on zoom. Questions? Contact Andrea Frost at 425-747-4937 or andrea@youtheastideservices.org

FINAL SALES WINDOW

2020-2021
Yearbook

***The final sales window* for yearbooks opening soon!**

A reminder that the **LAST and FINAL** Yearbook window will be open **May 10 - June 1**. Please be sure and purchase as soon as the window opens as we have a limited supply of Yearbooks. Our Yearbook window may close early if we sell out of our Yearbook supply.

Cost is \$65 per Yearbook. Yearbooks may be purchased online through your student's account, or in person with cash or check at the bookkeeper's office. Checks should be made out to RHS.

MAY IS MENTAL HEALTH AWARENESS MONTH



New: What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices.

A mental illness is a condition that affects a person's thinking, feeling, behavior or mood. These conditions deeply impact day-to-day living and may also affect the ability to relate to others.

Everyone has some risk of developing a mental health illness, no matter their age, sex, income, or ethnicity. Research has shown that 1 in 6 youth (ages 6-17) experience a mental health condition each year.

Signs and symptoms that might be affecting your ability to function:

- Excessive worrying or fear
- Feeling excessively sad or tearful
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs"
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Multiple physical ailments without obvious causes (such as headaches, stomach aches)
- Inability to carry out daily activities or handle daily problems and stress
- Thinking about suicide

Knowing warning signs can help let us know if we need to speak to someone for support. Oftentimes, the stress and struggle will not "go away if you try harder" and it is not a "passing phase". Sometimes we need professional help to get better. Our mental health is as important

as our physical health. Reach out to a trusted adult if you or someone you know is struggling.

Here are a few every-day tips for maintaining our mental health:

- Maintain a daily routine with consistent sleep, activity, and study patterns.
- Stay connected with others, and try to find moments of humor.
- Talk to people you feel comfortable with about your feelings or worries.
- Eat breakfast every morning, plus snacks/meals at regular times throughout the day.
- Limit coffee/energy drinks, as caffeine increases anxiety and makes it difficult to relax.
- Look for patterns or be aware of situations that make you feel particularly worried or anxious. When you're in these situations, try relaxation or distraction techniques.
- Relieve times of high anxiety with physical activity; engage in regular aerobic exercise
- Limit the amount of time you spend watching/listening to news/social media if you are finding information about the COVID-19 situation overwhelming or distressing.
- Do activities that you enjoy, be mindful and focus on the here and now.
- Understand that the people around you are probably also finding this situation stressful, and they might also be having difficulty controlling their emotions.
- If you continue to feel overwhelmed, down, or anxious after a period of 2 weeks, seek help from a mental health professional.

If you would like to talk more about any of this, please reach out to Julie George, the EvergreenHealth social worker at RHS: c-jgeorge@lwsd.org

PLAYGROUNDS, TRACKS, FIELDS, COURTS



Reminder: LWSD fields remain closed during the school day for community use - playgrounds, tennis courts and tracks are open to public on evenings and weekends.

- All LWSD playgrounds, tracks and tennis courts are closed to the public during the school day from 7:30 am - 4:00 pm and open for weekend and evening use. School campuses are closed during the school day.
- As a reminder, large, organized activities are not allowed.
- No dogs are allowed on district property between 7 a.m. and 4 p.m. on any school day, except for bona fide service dogs.
- No dogs are permitted in district athletic stadiums at any time, except for bona fide service dogs.
- At all other times, dogs must be leashed and controlled by owners. Owners must clean up after their dogs and remove waste from district premises.

Please note: The public is not allowed to be on athletic facilities when RHS sports practices are in session, or outside organizations are renting the fields. Stadiums – fields and ball fields with synthetic turf opened in January. We will update our communities as more of our facilities open to the public. Thank you for your cooperation in helping to slow the transmission of COVID-19.

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

Lindsey Hanson (Cha—Fot)

lihanson@lwsd.org

Sarah Gray (Fou—Jo)

sgray@lwsd.org

Molly Schwarz (Ju—Ku)

mschwarz@lwsd.org

Katie Bunyard (Kw—Mane)

kbunyard@lwsd.org

Ellen Zambrowsky-Huls (Mani—Pre)

ezambrowsky-huls@lwsd.org

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

ddetweiler@lwsd.org

Nikole L alas (HSBP and Ster—Z) Interim sub for Alisa Zemke

azemke@lwsd.org

RHS CALENDAR

Coming Up....

Now: Final sales window for yearbook

May 16: Deadline for open enrollment for new Online-only school (LWSD)

May 17: Deadline for awards listed in the Commencement program

May 22-23: Covid vaccination clinics at LWSD schools

May 27: Girls Fall Soccer meeting, online at 7:30 pm

May 31: No school - Memorial Day

June 1: No school - Snow makeup day

June 2: Asynchronous Learning day

June 3-4: Regular Thursday and Friday schedule (no adjusted bells)

June 5: Senior Sunset Event at RHS, 6:30-9:30 pm

June 8: Last day of school for Seniors

June 9: Student fees/fines due before seniors walk at graduation

June 10: Graduation at T-Mobile Park, 9:00 am

June 10: Asynchronous day for grades 9, 10, 11

June 16: Last day of school for underclassmen (Asynchronous day)

TECH HELP AT RHS



New time slot: For hardware issues, the library is now open from 1pm - 3pm, Monday through Friday. For in-person tech help, use the driveway east of the main entrance labeled *Deliveries and Staff Only*. Park your car next to the sign for the library, wear a mask, and walk up to the back door of the library.

For software issues, students should contact 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.

A new way for parents to get information about tech help, library services, and school-parent partnerships: [RHS Library- Parent Page](#)

If students forget their computer password – go to the RHS Library Teams page or email the library at 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

COLLEGE & CAREER CENTER



The Class of 2021 Destination Day Video is here! Thank you to everyone that participated!

https://www.youtube.com/watch?v=HQx_Tno8RUE

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- Parent Page](#) (for parent tech help, library services, etc)

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

https://youtu.be/LMIBEm_RyvI (parents access)

[RHS Counseling appointments](#)

[RHS Student Instagram](#)

[RHS Clubs](#)

[LWSD website](#)

[LWSD Communications](#) (newsletter for families)

[PTSA website](#)



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