



REDMOND HIGH SCHOOL

WEEKLY STUDENT BULLETIN

May 21, 2021

MESSAGE FROM PRINCIPAL VANDERVEER



Hello RHS Students & Families,

As we approach the end of the school year, I wanted to share some important calendar reminders:

May 31 – Memorial Day, No School for students

June 1 – Unused snow day, No School for students

June 5 – Senior Sunset Celebration, 6:30-9:30pm, RHS Campus

- This will be a seniors-only event to celebrate the Class of 2021.
- Activities and events for seniors, including yearbook signing, games, contests, music, and food trucks.
- Evening will end with the Senior Sunset in the RHS stadium.
- Supervised by RHS admin and staff.
- All LWSD Covid safety protocols will be followed.

June 7, 8, 9 – Textbook and Laptop Roll-in (Seniors)

- We will begin our roll-in process on June 7 for Seniors only.
- Students who need to keep textbooks or laptops beyond their scheduled roll-in date may do so with approval from their teacher/grade-level admin.

- All school materials will need to be returned prior to students picking up their diplomas.

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

- **Please note – to allow for the RHS staff to attend graduation, June 10 will be an ASYNCHRONOUS/REMOTE day for all 9th, 10th, 11th grade students.**

June 11 – Adjusted bell schedule

- To accommodate for the asynchronous day on June 10, all 7 periods will run on Friday, June 11.

June 14, 15, 16 – Textbook and Laptop Roll-in (Underclassmen)

- We will begin our roll-in process on Monday, June 14.
- Students who need to keep their textbook or laptop beyond their scheduled roll-in date may do so with approval from their teacher/grade-level admin.
- All school materials must be returned by Wednesday, June 16.

June 16 – Last Day of School

- **Asynchronous/half day for students**
- **Student assignments and materials must be turned in by 10:30am on June 16.**

Thank you for your partnership and support as we bring the 2020-2021 school year to a close!

Jill VanderVeer, Principal
Redmond High School

AVAILABLE AT LWSD SCHOOLS

Covid-19 Vaccine Clinics

This weekend: 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 LWSO families on May 13. See link below for registration and scheduling.

When:

Saturday, May 22

Redmond High School

17272 NE 104th St, Redmond

Juanita High School

10601 NE 132nd Street, Kirkland

Sunday, May 23

Eastlake High School

400 228th Ave NE, Sammamish

Lake Washington High School

12033 NE 80th St., Kirkland

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

GIFT OF READING BOOK DRIVE



New: Youth in foster care deserve an enriching summer experience. The RHS Creative Writing Club is asking students, faculty, staff, alumni, and friends to please consider donating **gently used or new children's storybooks, elementary-aged chapter books, and young adult books** in support of **Treehouse**, a nonprofit org. addressing the needs of over 8,000 youth in foster care. **Books featuring diverse voices/highlighting characters of color particularly desired!**

When: May 17- June 16

Drop-off Locations: Outside PAC, Commons

Contact: s-nshastry@lwsd.org

Click [here](#) to earn more about Treehouse and the foster care system.

GRAB & GO DAILY LUNCHES



NEW MENU including Taco Tuesdays!

The grab and go daily sack lunches have a new menu until May 28!

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.
[Click here to see May menu.](#)

UPCOMING BELL SCHEDULE



Monday, May 31 - Memorial Day, No School
Tuesday, June 1 - Unused Snow Day, No School
Wednesday, June 2 - Regular Asynchronous Learning Day
Thursday, June 3 - Regular Thursday Schedule
Friday, June 4 - Regular Friday Schedule

JAPAN CLUB NEWS



New: Our next meeting is going to be on May 27 at 4 pm. It's topic will be on "Green Tea". In addition, we will also explain how to use "Green Tea" and the verb "to drink" in basic Japanese sentences! There will also be a Kahoot with prizes afterwards, so if you're interested in winning some, be sure to drop by :)

[Teams Link: 68cmql](#)

2021-2022 DANCE TEAM TRYOUTS



New: Are you interested in joining the Redmond High School Dance Team? We have all the information you need to be prepared.

TRYOUT SCHEDULE

Tuesday June 1 - Coaches Virtual Presentation

Thursday, June 10, 5pm - 7pm, AUX Gym

Friday, June 11, 5pm - 7pm, AUX Gym

Saturday, June 12 - 9am - 12pm, AUX and SIDE gyms

Watch the Coaches Presentation on June 1. A parent is required to watch with you. Dancers if you have any questions regarding tryouts, email Coach Natalie [here](#).

Parents if you have any questions you can email the [Booster Club here](#). Please check out our website at www.Redmonddanceteam.com and fill out the required forms. There is a lot of information, so use the checklist.

Remember to bring a water bottle and your mask with you every day.

We look forward to seeing all of you at tryouts! **GO STANGS!**

2021-2022 CHEER TEAM TRYOUTS



***New:* Tryouts for the 2021-2022 Cheer season are here!!**

- Tryouts for the 2021-22 season will be held June 15-18 in the RHS Gym.
- Tryout practices will be held June 15-17 from 3:30 - 5pm.
- Actual tryouts will be Friday, June 18th, at 4 pm.

Team selections will be emailed on June 19 by 1pm.

Interested athletes should complete the necessary information in [Final Forms](#) (select Coed Cheerleading) and download the [2021/2022 Tryout Packet](#).

Questions? Contact Coach Hecker: Heckercheers@gmail.com

GO STANGS!!!

NEWS FOR SENIORS

CLASS
of
2021

Class of 2021 - We are excited to invite you to the **Senior Sunset Celebration on Saturday, June 5th from 6:30-9:30pm at RHS!** Enjoy an evening of pizza, food trucks, and several activities concluding with sunset on

the football field with some awards and words of wisdom from our staff. We can't wait to see you there to celebrate entering your last week of high school! In order to attend, you must RSVP using [THIS LINK](#).

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

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**.

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 LWSO 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 L alas 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

VOLUNTEER OPPORTUNITIES

Get involved!

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-judahbram@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



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 masters@lwsd.org so she can email you the invite prior to the meeting.

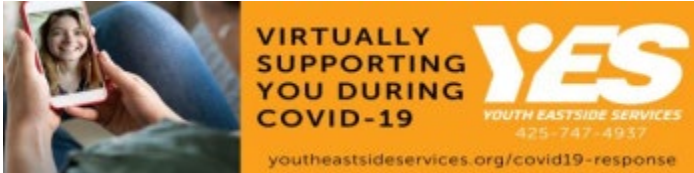
NOMINATE NOW!



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/adedc 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 Lalas (HSBP and Ster—Z) Interim sub for Alisa Zemke

azemke@lwsd.org

RHS CALENDAR

Coming Up....

Open now: Final sales window for yearbook

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 7, 8, 9: Senior laptop and textbook roll-in

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 14, 15, 16: Underclassmen laptop and textbook roll-in
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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