

REDMOND HIGH SCHOOL

WEEKLY STUDENT BULLETIN

June 11, 2021

HAPPY SUMMER, STANGS!

MESSAGE FROM PRINCIPAL VANDERVEER



Dear RHS Students and Families,

Congratulations to our Class of 2021 graduates! We were thrilled to be able to gather together with our graduating seniors and their guests yesterday in T-Mobile Park in Seattle. To watch this year's ceremony, use this link: <https://www.youtube.com/watch?v=M681YuwDFbc>

- Next week, we will begin collecting text books and laptops from our 9th, 10th, and 11th grade students. Students who need their materials may keep them until Wednesday (the last day of school).
- As a reminder – Wednesday, June 16 is the last day of school, and it is a remote/asynchronous day. Students will be able to submit outstanding assignments until 10:30 am on Wednesday, and must return all school materials to the RHS Library at that time.

Mustangs, this year has challenged us in ways that we never expected, but we are so proud of you for persevering and finishing strong!

This summer, the RHS leadership team will be working on our plans to welcome students back to campus in the fall. We are planning on hosting a New Student Orientation for all students who have not yet attended school on the RHS campus. We will be sending these details to all families later this summer.

Please enjoy a safe and relaxing summer,
Jill VanderVeer

BELL SCHEDULE for NEXT WEEK



Monday, June 14: Regular Monday bell schedule

Tuesday, June 15: Regular Tuesday bell schedule

Wednesday, June 16: Remote/asynchronous day (last day of school)

DIPLOMA PICK UP



***New:* Diploma Pick-up Day**

RHS Main Entrance - Wednesday, June 16 (12-3pm)

You may ***only*** pick up your diploma if you have completed the following:

- All grad requirements (credits, HSBP, grad pathway)
- Paid all fines
- Turned in all RHS supplies (textbooks, laptop, charge cord, stylus)

- Completed counseling check out form

Here is a link to the: [Senior Counseling Check Out Form](#)

Transcripts

When will my transcript be sent to the college?

- Seniors that were taking all spring classes at RHS--> transcripts should be sent to colleges on 6/22
- Seniors that are completing classes through Running Start--> transcripts should be sent to colleges by 7/9 or sooner

MATERIALS RETURN SCHEDULE

Please see dates for returning laptops, textbooks, library books, and classroom materials. And don't miss this [informational video](#) from Mr. Lawson!

	In-Person Students	Remote Students
Laptops	*In English Class* 12 th Grade- June 7 th / 8 th 9 th – 11 th Grade- June 14 th / 15 th	Drive-Thru Return *See Schedule Below*
Textbooks Library Books	In Class Library Drop Box	
Classroom Materials	Talk to Teacher	Talk to Teacher

<i>(Remote Only) 9th-11th Grade Materials Return</i>			
Monday, June 14th		Tuesday, June 15th	
Time Slot	Last Name	Time Slot	Last Name
1:00 p.m. - 1:30 p.m.	A-BER	1:00 p.m. - 1:30 p.m.	LAN-MA
1:30 p.m. - 2:00 p.m.	BES-CHI	1:30 p.m. - 2:00 p.m.	MC-OR
2:00 p.m. - 2:30 p.m.	CHO-ELG	2:00 p.m. - 2:30 p.m.	OS-RE
2:30 p.m. - 3:00 p.m.	ELL-HAB	2:30 p.m. - 3:00 p.m.	RI-SM
3:00 p.m. - 3:30 p.m.	HAD-JOS	3:00 p.m. - 3:30 p.m.	SN-U
3:30 p.m. - 4:00 p.m.	JOT-LAM	3:30 p.m. - 4:00 p.m.	V-Z

AP EXAM INFORMATION



***New:* AP Exam Digital Setup Schedule**

If you are taking a digital exam next week, please read the following information:

All exams this week are online digital exams and must be taken at home. Absences have already been excused for exam days, please **do not** come to school to take your digital exam.

In order to take a digital exam, students must download the AP Exam software. If you have not done this yet, please refer to the "AP Exam Info" email sent on 5/2.

Students MAY keep their school issued laptop if they are taking an AP exam in June.

Students testing this week have a three-day window to complete exam setup: Exam setup opens three calendar days before each digital exam and must be completed no later than the day before the exam. Digital exam setup does begin over the weekend for Tuesday and Wednesday testing. Please check the schedule and make sure to complete the setup as soon as possible.

If students have a technical issue, they can find tips at [2021 Digital AP Exams Troubleshooting](#). You can also review important reminders to help avoid problems on exam day here: [Top 10 Reminders for Digital Testing](#).

AP Customer Service – As a reminder, for last-minute issues with the digital exams, please call the AP customer service team: [888-225-5427](tel:888-225-5427)

Course Name	Digital AP Exam Dates	Date Setup Opens	Date Setup Must Be Completed
• English Literature and Composition • Macroeconomics	Wednesday, June 16	Sunday, June 13	Tuesday, June 15
• Computer Science A • United States History	Thursday, June 17	Monday, June 14	Wednesday, June 16
• Art History • United States Government and Politics	Friday, June 18	Tuesday, June 15	Thursday, June 17
• European History • Psychology	Monday, June 21	Friday, June 18	Sunday, June 20
• Physics C: Mechanics • Seminar • World History: Modern	Tuesday, June 22	Saturday, June 19	Monday, June 21
• English Language and Composition • Physics 1: Algebra-Based	Wednesday, June 23	Sunday, June 20	Tuesday, June 22
• Calculus AB • Calculus BC • Physics C: Electricity and Magnetism	Thursday, June 24	Monday, June 21	Wednesday, June 23
• Environmental Science • Human Geography • Physics 2: Algebra-Based	Friday, June 25	Tuesday, June 22	Thursday, June 24

OPEN NOW!

Summer Athletics Registration

Summer Athletics Registration is open until June 20, 2021.

- **Late registrations and payments will not be accepted after June 20th. Students submitting registration and/or payments after June 20th will not be able to participate.**

Sports offered: (Cost is based on the number of practice hours and other factors). Students may participate in more than one sport but will need to pay separately for each sport.

- Football - \$100

- Volleyball - \$50
- Cross Country - \$50
- Boys Basketball - \$50
- Girls Basketball - \$50
- Girls Soccer - \$50

The timeframe for Summer sports runs from June 14 thru July 31. Head coaches will reach out to registered participants with the specific schedules.

Steps for Registration:

- Register your student athlete through [Final Forms](#).
- Pay the participation fee* and purchase an ASB card through the [LWSD Online Payment System](#).
- You must have a valid physical on file in the Redmond Athletics Office. Physicals can be uploaded directly to Final Forms or scanned and emailed to [Nicole Showalter](#).
- Register for only **ONE** sport per season. If you are trying out for a sport, then you select that sport. After try-outs you have the option to move to a non-cut sport if you do not make the team.
- If you are a CHOICE school student you will need to email [Nicole Showalter](#) with your name and what sport you are registering for. Once this email is received you will be able to access the registration material through [Final Forms](#).
 - Please note - Registration for Summer athletics does not carry over into regular seasons. Registration needs to be completed for each season and sport.

COUNSELING OFFICE SUMMER HOURS



New: The counseling office will be open for transcript and senior diploma pick-up:

- June 11 - 30 (8am – 3pm)

- Wednesdays during the summer (8am-noon): **July 7, 14, 21, 28 and August 4, 11, 18 and 25**

ELECTRONIC REPORT CARDS



Reports 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.

RANDOM ACTS OF KINDNESS CLUB

**RAK SUMMER
CALENDAR!**

New: Hey RHS! In order to continue spreading that kindness throughout the summer, the RAK club has decided to put together a [RAK Summer Calendar](#). It contains one RAK per week for the ENTIRE summer, and we're so excited to present it to you all! Hopefully, you will be able to carry out some kind acts, and post and tag us on Instagram using our handle - @rhs.rakclub. We can't wait to see what y'all do 😊
Have the best summer!
-The RHS Random Acts of Kindness Club

GIFT OF READING BOOK DRIVE



On behalf of RHS Creative Writing club, a huge thanks for all the generous book donations. Through your kind support, Treehouse will be able to provide reading enrichment for more than 8,000 children in foster care statewide this summer 2021. Thank you for making a difference in the lives of children in foster care one book at a time! **Keeping those donations coming in, we will be accepting them until June 16th!**

When: Now until June 16

Drop-off Locations: Outside PAC, Commons

Contact: s-nshastri@lwsd.org

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

2021-22 DANCE TEAM TRYOUTS



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!**

2021-22 CHEER TEAM TRYOUTS



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

Mandatory pre-tryout parent meeting for Cheer families on Tuesday, June 8. Please plan to attend this mandatory meeting for tryout information, program costs, and team expectations. Email mustangcheerboosters@gmail.com for your link.

CREATIVE WRITING CLUB NEWS



New: The Creative Writing Club received numerous submissions for the annual literary magazine this year and we are so glad to see RHS is bursting with incredible talent! From short stories, to flash fiction, to poems, immerse yourself in the world each piece creates, and let yourself go on a journey of adventure. After a tough year, we are pleased to present to Redmond High School **The Mustang Review Vol.3**.

[Click here](#) to view this year's volume of the Mustang Review; sit back, relax, and enjoy reading

If you have any inquires, feel free to contact s-nshastry@lwsd.org

RECAP OF PARENT FORUM



New: Recap from "What You Need To Know About Safety, Teens & Mental Health." Safety at Home—over-the-counter, prescription and other substances (by Delaney Knottnerus). To see the full presentation, click [HERE](#) (Balance in Mind on Facebook).

Why teens misuse over-the-counter and prescription medications:

- Curiosity—seeking new experiences
- To change mood, experience pleasure, have "fun"
- To alleviate physical or emotional pain
- To end their life--impulsively or by plan

Recognize medicine misuse: using more than prescribed, using someone else's medications, or in combination with other substances.

Educate yourselves on the danger of fentanyl: (an opioid 80-100 times stronger than morphine), which is being added by drug dealers to some opioids for users to become addicted quicker and make the product go farther.

King County warns how to prevent overdose:

- Don't use pills/powders from the street or online
- Don't use alone
- Don't mix drugs
- Call 911 if you think someone is overdosing (The Good Samaritan Law protects you from getting in trouble by calling to save someone's life) and have Narcan on hand

Overdose does not equal death; overdosing can cause death.

Signs of Overdose:

- Abnormal breathing (slow or no breathing; gargling or snoring)
- Can't be woken up (nodding off; found in an unusual position)
- Skin changes (cool & clammy; blue or gray)

*****Teens who misuse medicines most often get them from their own homes, a relative's home or a friend's home.***

- Know what is in your medicine cabinet whether it is over-the-counter meds or prescriptions.
- Put minimal amount available instead of large Costco size bottles; lock up and monitor them (www.lockyourmeds.org)
- Dispose of prescription meds if expired or no longer using them by taking them to "Secure Medicine Return" [locations](#). Do not flush or put in the garbage or yard waste, as they can be detrimental to the environment.

If you have questions or concerns related to substance use, abuse or addiction, you can contact Andrea Frost. She is the Substance Abuse Prevention Intervention Specialist for all 4 high schools in LWSD from Youth Eastside Services. andrea@youtheastsideservices.org or 425-747-4937 x2721.

Resources: King County Overdose Prevention & Response; Stopmedicineabuse.org; King County Secure Medicine Return; Lockyourmeds.org; Delaney Knottnerus, LSWAIC, SUDP, School-Based Behavioral Health Coordinator

Updated list: [Click here for the Community & Summer Resources 2021](#)

Includes Youth Support Groups, Help Lines, Programs & Counseling (Mental Health and Substance Use) & Activities in the Greater Seattle Area

SUMMER MENTAL HEALTH



Mental Health Tips for the Summer:

- Maintain a routine
- Take care of your body (exercise, drink water, eat healthy, and get enough sleep)
- Value yourself by doing activities and hobbies you enjoy
- Make plans with friends
- Go outside (walking, biking, hiking, gardening, camping, sports, laying in the sun)
- Get a job or volunteer
- Learn a new skill
- Write daily reflections in a journal
- Practice mindful activities (breathing, progressive muscle relaxation, five senses, meditation)
- Tell someone how you are feeling
- Ask for help if needed

If you need help finding a mental health therapist, please contact social worker, Julie George at c-jgeorge@lwsd.org

If you find yourself in need of someone to talk to over the summer, here are crisis resources:

- **24-Hour Crisis Line:** 866-4CRISIS (1-866-427-4747) or 206-461-3222

24-Hour Crisis Line provides immediate help to individuals, families and friends of people in emotional crisis. They can help you determine if you or your loved one needs professional consultation and they can link you to the appropriate services. Help is just a phone call away. Call now!

They also provide immediate language interpretation in more than 155 languages.

To provide you with the best possible assistance, they need to speak with you directly on the phone. By talking with you anonymously and confidentially, they are best able to find out the specifics of your situation and work with you to find effective answers.

- **Crisis Text Line-** specifically anxious about Coronavirus? Text HOME to 741741 to connect with a Crisis Counselor. <https://www.crisistextline.org/texting-in>

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust. Text HOME to 741741 from anywhere **in the United States**, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

- **TEEN LINK HELP LINE:** 1-866-TEENLINK (833-6546)

Teen Link is a confidential, anonymous and non-judgmental telephone help line answered by teens each evening from 6 -10 pm. Teen volunteers are trained to listen to your concerns and to talk with you about whatever is on your mind. No issue is too big or too small. Phone workers also have access to an extensive database and can give you information on agencies serving youth in the King County area. [Click here](#) for the Teen Link *Where to Turn* Booklet.

- **TEEN LINK CHAT:** WWW.866TEENLINK.ORG

Much like the line, teens can use Teen Link Chat to seek support from our teen volunteers on a variety of issues, including bullying, drug and alcohol concerns, relationships, stress, and other teen issues. Teen Link accepts chats from 6-9:30PM every day of the week. Teen Link Chat does not work well on cell phones, so they ask that you log on with a computer to chat with them.

- **Substance Abuse and Mental Health Services Administration Disaster Distress Helpline:** 1-800-985-5990

This 24/7/365 service from the Substance Abuse and Mental Health Services Administration provides crisis counseling for people going through both natural and human-caused disasters. It's free, multi-lingual and confidential. You can text TalkWithUs to 66746.

- **National Suicide Prevention Hotline:** 1-800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. <https://suicidepreventionlifeline.org/>
WA Recovery Help Line (24/7): 1-886-789-1511
King County 2-1-1: DIAL 2-1-1 or 1-800-621-4636 (M-F 8 a.m. - 6 p.m.)

- **Transgender Suicide Hotline:** 877-565-8860
<https://www.translifeline.org/about>

Trans Lifeline is a grassroots hotline and microgrants organization offering direct emotional and financial support to trans people in crisis - for the trans community, by the trans community.

Trans Lifeline was founded in 2014 as a peer-support crisis hotline. The Hotline was, and still is, the only service in the country in which all operators are transgender. Because of the particularly vulnerable relationship transgender people have with police, it is also the only service in the country with a policy against non-consensual active rescue.

**Call 911 for Emergencies or Coordination with local Emergency Departments

TEEN STARTUP CHALLENGE



Applications for the *2021 Teen Startup Challenge* are due September 27, 2021. The *LWSD Teen Startup Challenge* is designed to promote student startup ideas and venture creation. The challenge provides the opportunity for high school students to win prizes and learn from local business leaders. Finalists will present their ideas and business plans and receive invaluable feedback from successful professionals.

[Click here for link](#)

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

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



Updated: The Class of 2021 Destination Day Video is here!

Thank you to everyone that participated!

<https://youtu.be/aea9a2mEFjQ>

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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