



REDMOND HIGH SCHOOL

WEEKLY STUDENT BULLETIN

October 15, 2021

## RHS CALENDAR

# Coming Up....

**Week of Oct 18-22:** [Regular 5-day bell schedule](#)

**Oct 20 @ 1pm:** ["Live Wednesday"](#) Virtual College Events

**Oct 20:** Photo retake day at RHS

**Oct 20:** Healthy Youth Survey in Homeroom for grades 10 and 12

**Oct 1-30:** AP Exam payment window open

**Nov 4, 5, 6, 11, 12, 13:** *Alice in Wonderland* performances by RHS Drama

**Nov 18:** ASVAB Exam in Library. [Sign up here](#)

## PICTURE RETAKES



**New:** **Picture retakes** will be on **Wednesday, October 20**. To sign up for a retake, please fill out [this form](#). Students will go to the cafeteria at their sign up time to have their picture taken.

### Reminders:

- If you purchased pictures, please bring your picture packet with you.
- New ID cards will not be printed with the new picture.
- Retake pictures will be used for the yearbook.

## BREAST CANCER AWARENESS MONTH



**October is Breast Cancer Awareness Month**, an annual campaign to raise awareness about the impact of breast cancer. Join us as we RISE together to help uplift women in need. **Please join us in recognizing Breast Cancer Awareness by wearing PINK at Redmond High on Wednesday 10/27/2021!**

**Here are 5 things you can do** in the month of October to bring awareness and support the women and men who have been impacted by Breast Cancer.

1. Wear pink! A pink ribbon is an international symbol for breast cancer. Wearing a pink ribbon - or pink clothes - is an easy way to show your support for those who are fighting breast cancer.
2. Talk with your family about risk factors and cancer screenings. Has anyone in the family been diagnosed? Is it common in your family? Uncommon?
3. Support the cause! Join a Walk or Run, participate in a fundraiser that supports research for a cure or those that need support.
4. Volunteer! Seek out opportunities to help cancer patients. Patients may need additional assistance with things like meal deliveries, rides to meetings and appointments, clothing drives, and more.
5. Spread awareness! Share facts, educate yourself on cancer screenings and more. Many women never expected to receive a breast cancer diagnosis until it happened to them. Knowing the risks of developing breast cancer can help in early detection, which makes cancer more treatable.

The National Breast Cancer Foundation, Inc. and American Cancer Society both offer outstanding resources to learn more about breast cancer. Here are some facts and stats from those organizations:

#### **Quick Facts about Breast Cancer:**

- Breast cancer is the most common form of cancer for women.
- Every 2 minutes, a female is diagnosed with breast cancer.

- Every 13 minutes, one woman will die of breast cancer.
- Today, there are more than 3.3 million breast cancer survivors in the U.S.
- Breast cancer does not just happen to women. 1 in 1,000 men will receive a breast cancer diagnosis.
- Only 5-10% of people diagnosed with breast cancer have a family history of the disease.

## BLACK GEMS HISTORY PROGRAM



**New: Black Gems** is a free after-school program for K-12 students in the Lake Washington School District who identify as Black, African, African American, and/or from the African Diaspora. **Start date:** October 13, 2021; end date: June 16, 2022

Black Gems History will provide students with:

- An opportunity to increase their knowledge of Black history.
- A safe and supported space for sharing lived experiences and building 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.
- An opportunity to unpack the nuances of Blackness.

[Click here for flyer with registration information](#)

## REDMOND BOYS BASKETBALL



**New: PRE-SEASON meeting Monday: October 18 @ 2:30pm**

Who: Anyone interested in trying out for basketball this season.

Where: PORTABLE F

With: Coach Rubin

Information regarding the upcoming season will be shared at this meeting.

Anyone who wants to play basketball for Redmond this season should attend the meeting.

## RHS DRAMA PRODUCTION

### Alice in Wonderland

November 4, 5, 6, 11, 12, 13 @ 7:00 PM

November 6, 11 @ 2:00 PM

[Link to buy tickets](#)

## MATH TUTORING AT RHS

### Tutoring Tuesdays

**New: Tutoring Tuesdays** will meet from 2:25 - 2:55 pm in C210. No appointment necessary.

**Need homework help? Studying for a test?** Come get tutoring in Algebra 1, Geometry, or Algebra 2 from students who are in Pre-calculus or higher.

**Interested in NHS hours?** In Pre-calculus or higher? Sign up to tutor in Miss Wilson's room C210 (limit 8 tutors per week).

**Need more information?** Contact Miss Wilson [swilson@lwsd.org](mailto:swilson@lwsd.org)

## PARKING UPDATES



**Parents:** When visiting RHS, please park in the **Visitor parking** located near the main entrance. **Please do not park in the numbered staff spots.** Thank you!

**Students:** Still need to apply for a permit? [Click this link](#)

## WINTER SPORTS REGISTRATION



### **New: Winter Sports Registration - Opens October 15, 2021**

The first day of winter practice/tryouts: November 15

Boys Basketball – Cut Sport

Girls Basketball – Cut Sport

Gymnastics

Wrestling

Boys Swim & Dive

[Click here for registration](#)

## F&RL FORMS for ATHLETICS



**Did You Know?** It is free to participate in high school sports if you qualify for free or reduced lunch in LWSD. Other school fees are also waived. Are you signed up?

To learn more...visit:[bit.ly/LWSDSportsFees](http://bit.ly/LWSDSportsFees)

[See informational flyer here](#)

[How to Waive Extra-Curricular Fees](#)

## INTERESTED IN WRESTLING?



Any student interested in wrestling this season please e-mail your name and grade to Coach Schwabenbauer, [schwabenbauer@lwsd.org](mailto:schwabenbauer@lwsd.org)

## HELP STOP TIKTOK CHALLENGES



**Parents:** You may have heard about the series of TikTok “challenges” that are affecting schools throughout the country, including ours. We are asking our families to help us shut these down quickly.

A previous challenge encouraged students to vandalize schools and school property. LWSD, like many other school districts, is experiencing this trend with destruction and theft of items in school bathrooms.

While the TikTok challenge may seem like an innocent prank to students, it has serious consequences. Not only is the damage expensive to repair, stolen items are difficult to replace during the pandemic.

Additional TikTok challenges are planned for the rest of the school year, including those that promote physical violence against educators and school staff, vandalism and even physical/sexual assault. Any action resulting in theft, destruction of property or assault will be dealt with in accordance with the Student Rights Handbook.

Please talk to your child(ren) and help us send a message about respecting their school, their teachers and all staff members and classmates.

Thank you for taking this matter seriously and for your efforts to help ensure Lake Washington Schools are safe for all students and staff.

## COVID-19 SAFETY REMINDERS



We appreciate the generally good work the RHS community has done in following the layered approach to safety. Please continue to remind your children of the importance of:

- Wearing masks covering their mouths and noses while indoors
- Washing/sanitizing their hands frequently throughout the day
- Not sharing food or drink with others

- Staying home when sick

Thank you for your partnership.

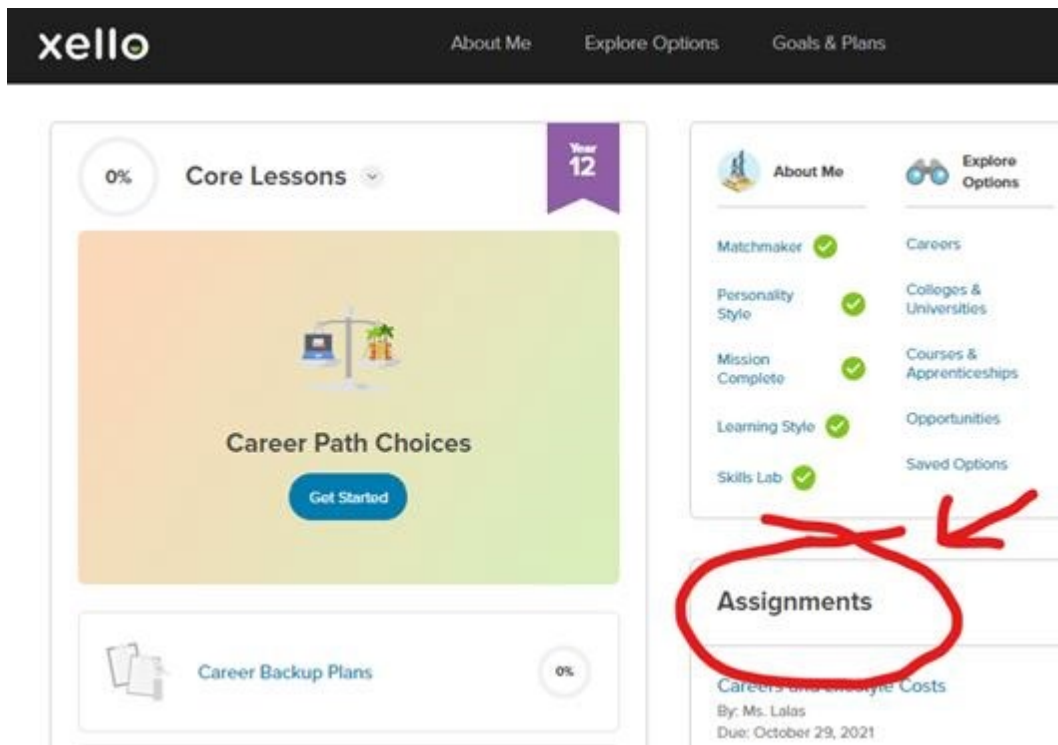
## HIGH SCHOOL & BEYOND PLAN



**New: Students** – Your first HSBP Assignment has been posted in Xello and is **DUE October 29!**

Please login to your [Xello account here](#) and find the assignment in your dashboard (see below).

If you have any questions, please contact Nikole Lalas [nlalas@lwsd.org](mailto:nlalas@lwsd.org)



## FREE & REDUCED LUNCH APPLICATION

**It's more than a meal application.**

Several benefits come with filling out a School Meal Application; not just meals. Even though meals are free this year, we strongly encourage all parents/guardians who might be eligible for benefits to submit an application. Completing an application takes less than 10 minutes, and parents only need to complete one application per family.

**Filling out the School Meal Application may help provide:**

- Healthy & Nutritious Meals
- Fee Waivers for ASB Cards
- Fee Waivers for Athletic Participation & Extracurricular Activities
- Health and Wellness Services
- Fee Waivers for College Applications & Admissions tests
- College Scholarships

School Counselors can help connect you with benefits that you may be eligible for if you qualify for free and reduced meals. Applications may be completed online at [www.myschoolapps.com](http://www.myschoolapps.com) downloaded from our website (English | Español). For more information, please visit our [website](#).

[See flyer here](#)

## FOR SENIORS

# Class of 2022

**Wondering about how to apply for college?** Confused by new terms? Not sure where to even start? Look on the RHS Website under Counseling for our presentation on College Applications 101! It is an overview of everything you need to know about applying to 2 and 4 year colleges, post high school planning, and things to think about! Simply go to the main counselor page, look for the red box, and click to play!

**Senior Photos** will be due Friday, January 14, 2022.

There will be more information advertised on how to submit photos to the Yearbook staff around campus soon!

### Yearbook Ads

**Hey Senior Stangs!** Last week during HERD Time a flyer was sent with information regarding senior ads. A yearbook ad is a loving tribute typically from a parent/family member to their student, personalized with their own sentimental message and a cherished photo, or photo collage. Create and purchase online by 2/01/2022.

To create or find prices and other information go to:

[Jostensadservice.com](http://Jostensadservice.com)

## AP EXAM INFO





## AP Exam Payments

- The AP Exam payment window **opens October 1 and will close October 30.**
- This year exams will cost: **\$98 per exam**
  - Our preferred payment method is online; you can pay by going to <https://payments.lwsd.org>
  - If you must pay by cash or check, [please complete this form](#) and bring it with you to the bookkeeping window before school, during lunch, or after school.
- **LATE AP Exam registration** is from February 1 through end of last lunch on February 16. Students who register during the late AP Registration window will incur a \$50 per exam late fee in addition to the \$98 per exam fee.
- If you qualify for Free or Reduced Lunch you will not have to pay a fee for your exams, but you will have to pay the late fee if you register late. Please email Nikole Lalas at [nlalas@lwsd.org](mailto:nlalas@lwsd.org) to obtain a fee waiver.

### *General Questions?*

Please reach out to Nikole Lalas [nlalas@lwsd.org](mailto:nlalas@lwsd.org)

*Questions about IEP/504 accommodations on the exam?*

Please reach out to Ellen Zambrowsky-Huls [ezambrowsky-huls@lwsd.org](mailto:ezambrowsky-huls@lwsd.org)

## RHS ATTENDANCE LINE

425-936-1810

### **Parents: How to excuse your student when they are absent:**

Please email the attendance secretary at [rhsattend@lwsd.org](mailto:rhsattend@lwsd.org) or leave a message on the Attendance line 425 936-1810 whenever your student is absent or late.

### **How to excuse your student for an early departure:**

Please email or call as soon as possible to excuse your student early for an appointment, or if they are leaving early due to an illness. The Attendance Secretary (Ms. Anderson) will send your student a dismissal slip so they may sign out in the Attendance Office and meet the parent outside.

**Important:** if you were marked absent or late by a teacher and would like to discuss this, please talk to the teacher that marked you absent or late---not the attendance office.

- For more information about absences, late arrivals and early departures, click [here](#).
- Para obtener más información sobre ausencias, llegadas tardías y salidas anticipadas, haga clic [aquí](#).

## COUNSELING APPOINTMENTS



**Counselors are excited to meet with you!** Counselors are available for individual student/parent appointments. The appointment calendar on the [RHS Counseling website](#) is now open for students/parents to schedule a meeting.

### Counselor Caseloads 2021-2022

Aysha Rafiq (A-CA)

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

Lindsey Hanson (CE-GRAC)

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

Sarah Gray (GARD-KAS)

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

Micaela Crapo (KAT-LEA)

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

Katie Bunyard (LEB-MAZ)

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

Ellen Zambrowsky-Huls (MC-RAJ)

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

Derik Detweiler (RAK-SUG)

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

Justine Oshiro (SUH-VIL)

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

Micaela Crapo (VIM-Z)

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

Nikole Lalas (High School and Beyond Plan)

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

## YOUTH EASTSIDE SERVICES



**New: YES Alcohol Drug Education Class (FREE)**

For Parents/Caregivers & Teens to attend together

Offered virtually one Saturday per month 10/23, 11/20, 12/18/21

- Learn the impacts of substance use on the developing body & brain
- Learn where and how to turn for help-drug/alcohol or mental health
- Teens will also learn to make more informed decisions for their futures regarding substance use

[Click here](#) to register or contact [Andreef@youtheastideservices.org](mailto:Andreef@youtheastideservices.org) for questions or more information.

## ASVAB at RHS

The **Armed Services Vocational Aptitude Battery (ASVAB)** is a multiple-aptitude battery that measures developed abilities and helps predict future academic and occupational success. It is offered to high school and post-secondary students as part of the ASVAB Career Exploration Program at no cost to the student. **An ASVAB score of 31 or higher will fulfill a student's Graduation Pathway requirement.** Date: November 18 in the RHS Library.

More information about the ASVAB can be found [here](#).  
Want to study for the ASVAB? Materials can be found [here](#).

[SIGN UP HERE](#)

## SIGN UP TO PARTICIPATE

**ASVAB**  
CAREER EXPLORATION PROGRAM

**It is not just a military test.  
It is not like other tests you take.  
It is an opportunity.**

Find the career fields you are best suited for and explore all of your options to enter that field.

- Take the ASVAB
-  Find Your Interests
-  Explore Careers

You need all the facts about yourself and the world of work to make informed career decisions.



## COLLEGE & CAREER CENTER



## LIVE WEDNESDAY!

**Oct 20** @ 1pm: ["Live Wednesday"](#) Virtual College Events

**Students:** Looking for information on Colleges and Financial Aid?  
Want to connect with your Counselor?  
Searching for a Job or Volunteer opportunities?  
Want to find out more about Career Pathways?

**Check out your RHS–Student Services Teams Site!**

**SENIORS:** [RHS – Student Services – co2022](#)

**JUNIORS:** [RHS – Student Services – co2023](#)

**SOPHOMORES:** [RHS – Student Services – co2024](#)

**FRESHMEN:** [RHS – Student Services – co2025](#)

Updated daily with fresh information and resources for you!

## 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 Clubs](#)

[LWSD website](#)

[PTSA website](#)



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