

REDMOND HIGH SCHOOL

WEEKLY STUDENT BULLETIN

October 22, 2021



RHS CALENDAR

Coming Up....

Week of Oct 25-29: Regular 5-day [bell schedule](#)

Oct 27: Wear **PINK** at RHS for Breast Cancer awareness

Oct 1-30: AP Exam payment window open

Nov 3-4: Revised bell schedule

Nov 9-10: Revised bell schedule

Nov 11: No school - Veterans Day

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

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

STATE TESTING



New: Fall State Testing Starts Soon

Each spring, all Washington public school students in grades 3-8 and 10 are assessed in English Language Arts (ELA) and math using Smarter Balanced Assessments (SBA). Students in grades 5, 8 and 11 are also assessed in science using the Washington Comprehensive Assessment of Science (WCAS). Results from these assessments provide meaningful feedback and data that teachers and other educators can use to help students succeed. The results provide data to help evaluate school-level and district-wide instructional strategies, initiatives, and other programs.

Last spring, these tests were postponed until the fall by the Washington Office of Superintendent of Public Instruction (OSPI). This was due to the number of students attending school remotely. The fall tests will be based on the content from the previous grade level and have also been shortened in length.

Our current 9th graders will be taking the 8th grade ELA, 8th grade math, and 8th grade science tests.

Our current 11th graders will be taking the 10th grade ELA and 10th grade math tests.

Our current 12th graders will be taking the 11th grade science test.

Our testing schedule will be November 3-4 for the SBA ELA and Math--during student's English and Math classes; and on November 9 during homeroom.

[Learn more](#) about the state assessments on the district website. Next Spring we will be back to the regular schedule of state testing.

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

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.

FREE BREAKFAST AT RHS



***Did you know?* Every student may have a free breakfast daily at RHS!**

Breakfast hours - 7:00am to 7:30am daily

Free food choices: Ham and egg sandwiches, French toast, breakfast pizza, grilled cheese sandwiches, ham and cheese quesadillas, variety of cereal and muffins, blueberry or plain bagel with cream cheese, and waffles.

Free drinks: Juice and milk also free with each breakfast.

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](#)

PARENT EDUCATION SPEAKER

Weathering Change Well

New: Weathering Change Well: *Helping Parents & Students Manage in an Evolving COVID Landscape*

Online Event: Wednesday, November 3 from 6:30-8:00 pm

Middle and high-school parents/caregivers are invited to attend this exclusive, online event to learn tips and tools for supporting your student in this ever-changing COVID world.

Learn how to:

- Recognize unique sources of stress
- Monitor tweens and teens for signs of stress, anxiety, and emotional difficulty
- Engage resistant tweens and teens in difficult conversations

[To see flyer and register, click here](#)

PANORAMA TESTING



Parents: Each school in LWSD will administer the *Panorama Survey* in grades 3-12 during the first two weeks of November. To read the communication letter for families, [click here](#).

ONLINE SAFETY CLASS



New: Online Safety for Parents and Teens

Hosted by Redmond Police in partnership with the Seattle FBI Office.

Thursday, October 28, 2021 @7pm

Online via Teams

To register email: crimeprevention@redmond.go

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](#)

PARKING UPDATES



Updates for students: If you need to pick up your parking permit, contact **Pamela Kelley** at pkelley@lwsd.org or find her in C104. Still need to apply for a permit? [Click this link](#)

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

WINTER SPORTS REGISTRATION



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 & Div

[Click here for registration](#)

INTERESTED IN WRESTLING?



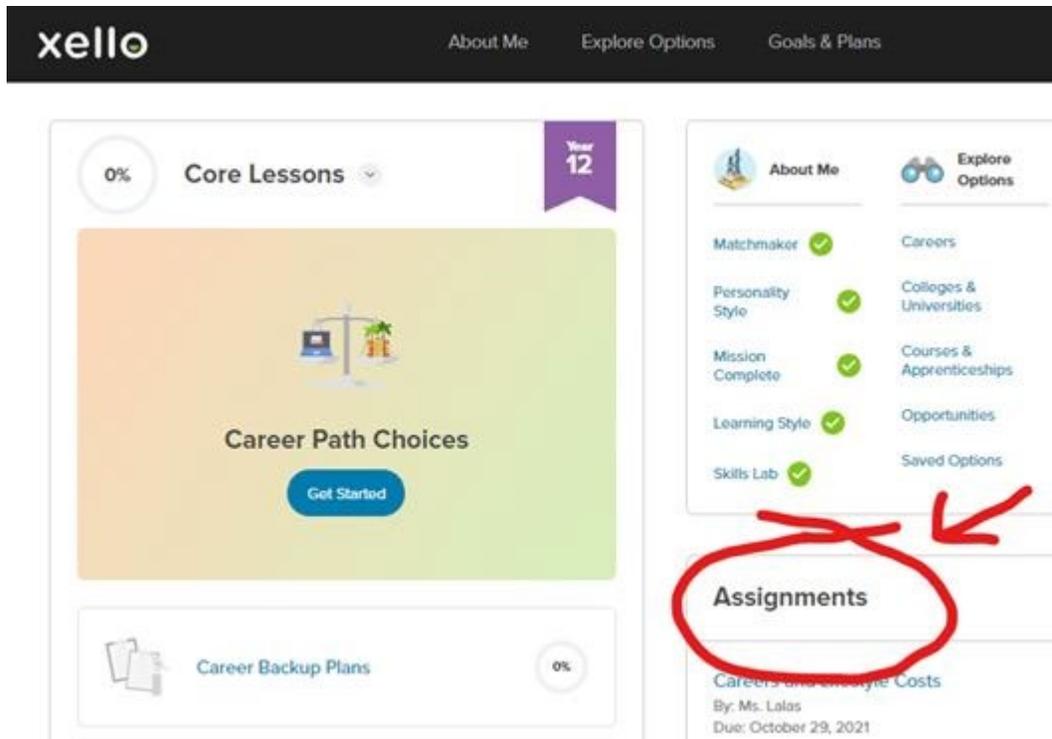
Update: Any student interested in wrestling please sign up on [Final Forms](#) and e-mail Coach Schwabenbauer: lschwabenbauer@lwsd.org

HIGH SCHOOL & BEYOND PLAN



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



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 or downloaded from our website (English or Español). For more information, please visit our [website](#).

School Meal Applications available in these languages:

[Chinese](#)

[English](#)

[Hindi](#)

[Portuguese](#)

[Russian](#)

[Spanish](#)

[Tamil](#)

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 portraits 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

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

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 to obtain a fee waiver.

General Questions?

Please reach out to Nikole Lalas nlalas@lwsd.org

Questions about IEP/504 accommodations on the exam?

Please reach out to Ellen Zambrowsky-Huls 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 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

Lindsey Hanson (CE-GRAC)

lihanson@lwsd.org

Sarah Gray (GARD-KAS)

sgray@lwsd.org

Micaela Crapo (KAT-LEA)

mcrapo@lwsd.org

Katie Bunyard (LEB-MAZ)

Kbunyard@lwsd.org

Ellen Zambrowsky-Huls (MC-RAJ)

Ezambrowsky-huls@lwsd.org

Derik Detweiler (RAK-SUG)

ddetweiler@lwsd.org

Justine Oshiro (SUH-VIL)

joshiro@lwsd.org

Micaela Crapo (VIM-Z)

mcrapo@lwsd.org

Nikole Lalas (High School and Beyond Plan)

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 Andreaf@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



**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



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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