

News from the Counseling Office

International Community School

Fall 2017, Edition 1

UNITY DAY: Together against bullying — united for kindness, acceptance and inclusion. Wednesday, October 25, 2017

Make it **ORANGE** and make it end! What are your true colors when it comes to bullying? If you care about safe and supportive schools and communities make your color **ORANGE** on **Unity Day**. That's the day everyone can come together — in schools, communities, and online — and send one large **ORANGE** message of support, hope, and unity to show that we are together against bullying and united for kindness, acceptance and inclusion.

"**ORANGE** provides a powerful, visually compelling expression of solidarity," said Paula Goldberg, Executive Director of PACER Center. "When hundreds of individuals in a school or organization wear orange, the vibrant statement becomes a conversation starter, sending the unified message to kids to know that they are not alone, and that our society supports bullying prevention in our schools, communities and online."

Individuals across the nation, and even world-wide, can participate in Unity Day:

- Wear **ORANGE** in the school, workplace, home and community. It can be an orange T-shirt, tie, hat, wristband, socks, or even shoelaces.
- Sign a pledge to rally against bullying and promote kindness

"One of every four school-aged children will be bullied this year - upwards of 13 million students," said Julie Hertzog, director of PACER's National Bullying Prevention Center, which sponsors Unity Day and founded National Bullying Prevention Month in 2006. "It's important these students know they are not alone and that they have the right to feel safe. By joining together and wearing **ORANGE** on Unity Day, we can send the unified message that we care about student's physical and emotional health and that bullying will no longer be accepted in this society."



Social/Emotional Health Resources

From the ICS Counseling Office...

My name is Kelsey Cummings and I am your student's Career and College Counselor, as well as the High School and Beyond Plan coordinator. This is my 3rd year at the International Community School and I am enjoying all the time I am getting to work with students every day. In my role, I can help with college planning and applications, career guidance and exploration, graduation requirements and academic planning, scheduling and registration, financial aid and scholarships, community service and summer programs, and building resumes. In my High School and Beyond Plan role, I am the advisor of our Career Cruising program for our 8th-11th grade students this year. Additionally, I am also the adviser for our annual middle school camp, Cispus. I provide support in many ways including, individual student and parent meetings, small group scholarship or resume presentations, grade level large-group meetings, coordinating Career Cruising homerooms, financial aid presentations, ICS registration presentations, and more. Our comprehensive counselor, Ms. Flores and I will be collaborating throughout the year to best support the needs of our student population. If students would like to make an appointment with me, please have them sign-up on my calendar at <http://ics.lwsd.org/counseling>.

Hello!

My name is Ms. Flores and I am filling in for Ms. Christiansen for the year while she is on leave. I am so excited to be here at ICS and have the chance to work with our wonderful students. My focus this year will be on helping students with their social and emotional needs, friendships needs, social skills, anxiety and stress management and more. Support for these issues may include lunch groups, groups to learn how to cope with anxiety, mindfulness, anti-bullying, suicide awareness and more. I be working with Ms. Cummings in order to best support our students as a whole social, emotionally, and academically. Students can always make an appointment with Ms. Flores by visiting: [https:// ics.lwsd.org/ counseling](https://ics.lwsd.org/counseling).

Message from Youth Eastside Services...

Hello,

My name is Madeleine Biller. I am a Co-Occurring Disorders Therapist with Youth Eastside Services. (YES). This is my first year at ICS and I am looking forward to spending one day a week here as your Behavioral Health Support Specialist providing mental health and substance abuse screening, assessment, referrals and short term counseling as well as prevention education activities to students. I received my Bachelor's Degree in Social Work from Eastern Washington University in Cheney, Washington and my Master's Degree in Social Work from Simmons College in Boston, Massachusetts. I am currently registered as a Chemical Dependency Practitioner Trainee (CDPT). I have a variety of experience working with adolescents, adults, and families in the community, schools, and outpatient facilities. I work from a foundation of compassion and believe in the right of each client to be treated with respect and dignity. My focus when working with youth is to help address emotional, social, school, and work concerns, collaborating with the student on ways to improve their sense of well-being, alleviate feelings of distress, and help them in identifying their strengths.

Some topics I address include:

- School-related stress, transition/adjustment issues
- Relationship difficulties including peer, parent, or other family challenges
- Depression and anxiety
- Suicidal thoughts and/or self-harming behaviors
- Healthy Coping Strategies
- Substance use and individuals affected by others' substance use
- Behavior and conduct problems
- Grief and loss
- Abuse and trauma
- Gender identity

Services I Provide

The services I provide are informed by evidenced-based practices that have shown great efficacy in the field of child and family therapy. I work in collaboration with staff and students, and utilize Motivational Interviewing, Dialectical Behavior Therapy, Cognitive Behavior Therapy, and Trauma-Informed therapy to ensure a flexible array of education and prevention services/activities are provided.

Services/activities include:

- Individual sessions with students/parents/families
- Drug and Alcohol Screenings and/or full comprehensive assessments
- Referrals to community resources (including support groups, mental health counseling, housing, etc.)
- Classroom introductions and educational presentations
- Facilitation of drug and alcohol awareness activities
- Education tidbits to students, parents, and staff
- Staff trainings on drug abuse trends; recognizing a student of concern, and referral process
- Groups, such as but not limited to:
 - o “Affected Others” —for students who are impacted by a family member’s drug/alcohol use
 - o “Healthy Choices” —for students who are looking for healthy alternatives, coping skills, and support
 - o “Life Skills” —for students who want to build resiliency, healthy decision making skills, and healthy coping skills.

YES also provides one-on-one, family, and group counseling in our 3 Eastside locations for those students/ families who prefer agency-based treatment services.

Setting up an Appointment

I am at ICS on Mondays from 8-3PM. My ICS office is located in the Student Services hall, room #120. Students can confidentially sign up to see me for a scheduled appointment at school by filling out an index request form located outside my office and placing it in the box next to it. Staff can make referrals directly to me via email or by filling out the referral form attached, (noting that they are referring to me) and faxing it to YES attn: Open Access 425 -957 -0351. I will let you know once I have followed up with your referral. However, due to very strict Federal Confidentiality Laws, I cannot update you on the student’s progress unless they have signed a consent form and placed your name on it.

For counseling services through YES at one of our office locations (Kirkland, Redmond, or Bellevue), students/ parents can walk in to YES Open Access for an Intake Monday-Thursday 12-4 at our Crossroads Office. If unable to come in during those hours, students/parents may call Open Access at 425-747-4937 to explore options.

I’m looking forward to being a part of the ICS team and learning about the unique and individualized approach ICS provides to its students and helping to play a role in promoting the health and well-being of the students throughout this school year. Please feel free to contact me by email or phone if you have any questions or would like additional information.

Sincerely,

Madeleine Biller, MSW, CDPT
Co-Occurring Disorder Specialist
Behavioral Health Support Counselor
Youth Eastside Services
425-747-4937 x2773 at YES
c-mbiller@lwsd.org

Student Taught Academic Mentoring Program



STAMP



We had a great STAMP Retreat Development Day last month, wherein STAMPers were assigned their mentees and student executives, did a scavenger hunt to go through various scenarios/challenges in mentorship, participated in teambuilding, learned about logistics and expectations for being a STAMPer, and wrote curriculum for the year. As part of the homeroom curriculum oversight, the approval process is this: students team up to write the activities/lessons with guidance, they then submit those to their upperclassmen executives for editing, who then send it to the two student directors and advisor, Meggan Houlihan for final approval. We had our first STAMP homeroom on September 27, and it went really well! Kids were playing games, eating snacks, writing letters to their “future selves” and getting to know their mentors and each other. We’re looking forward to an excellent year of growth and development in STAMP!



If your student qualifies for a Free and/or Reduced Lunch, he/she may be eligible for other assistance for the following items:

- ✓ Class Fees/PE Shirt
- ✓ Focus Week Fees
- ✓ Camp/Summit Fees
 - ✓ Field Trips
- ✓ Yearbook Purchase For Seniors Only
 - ✓ Cap and Gown
- ✓ SAT/ACT Fee Assistance
- ✓ AP Test Fee Assistance
- ✓ College Bound Access

Please direct your student to counselor, April Flores to inquire about these funds and potential support.



Career Cruising



Our High School and Beyond Plan program, Career Cruising, is beginning its 3rd year in the Lake Washington School District. We had our first Career Cruising Day of the year with our 8th, 9th, 10th and 11th graders on October 4th. For those trying it out for the first time, Career Cruising is an online program that builds a portfolio of unique activities and tasks to help students be College and Career ready when they graduate. These lessons take place during homeroom on select Wednesdays throughout the year. Our College and Career Counselor, Ms. Cummings has been overseeing the implementation of the program over the last year and is excited to continue working with your students.



College Visits



College representatives are visiting ICS! Throughout the Fall we host college reps from schools all over the country in an attempt to give our students an easy opportunity to get to know some great colleges, practice asking questions and talking to representatives, and begin thinking about their post-high school goals. Please encourage your student to check out the bulletin board in the hallway to the lyceum to note dates, times, and colleges that will be visiting our campus.



PE Requirement



The first opportunity this year for Juniors and Seniors to complete the Fitness Exam or Fitness Plan will be October 18th after school. Students can check their email or see Ms. Cummings for the exam study guide and/or fitness plan materials. There will be two other opportunities this year to complete the requirement and will be held on November 29th and February 28th.



SOHO is in full swing!

Our 'Senior Office Hours Only' opportunities have begun! SOHO hours are specific drop-in times for seniors to get help with post-high school planning of any kind. These drop-in times are currently Tuesdays, Wednesdays and Thursdays from 6:50am-7:30am with Ms. Cummings. This is your time to get help from your Career and College Counselor with no appointment needed so be sure to come by if you have any questions or want some extra support during this busy time planning for what's next!

**"Education is the most powerful weapon which you
can use to change the world."**

-Nelson Mandela

SCHOOL PROFILE

Did you know? At ICS we always provide an updated school profile with every college application. Colleges cannot take the time to become experts on each of the 1000s of secondary schools from which their applicants come. Additionally, they know that it would be like comparing apples to oranges to compare a straight transcript without important data points and context for each school. Colleges know school programs differ greatly, so we use the profile to highlight who we are; admissions officers then compare the profile to the transcript to find what the students attempted, given their school circumstances. Most schools report back that it is one of the most useful tools in understanding who we are and what our students are capable of. The school profile is something we update every school year based on many data points. Take a look at this year's profile; it's in the next couple of pages of this newsletter!

Check out our ICS Counseling Page to find more FAQ: <https://ics.lwsd.org/counseling>



International Community School Profile 2017—2018

11133 NE 65th | Kirkland, WA 98033 | 425-936-2380 | CEEB# 480-552

Lake Washington, School District No. 414

Margaret Kinney

Principal

MKinneyKrepel@lwsd.org

April Flores

Comprehensive Counselor

aflores@lwsd.org

Kelsey Cummings

College and Career Counselor

kalcummings@lwsd.org

Mamoona Zia Office

Manager

mzia@lwsd.org

Mission: The International Community School cultivates integrity, curiosity, complex reasoning, problem solving, and global awareness in every student with a rigorous, signature program of arts and sciences. Classic Education, Global Application.

History: The International Community School (ICS) is a six-year public school born of community action. In 1997, parents and educators came together to create and support a small, rigorous, secondary program with a strong international focus producing global awareness. ICS had its last accreditation review in 2015 by AdvanceED and had the highest score in Washington state for the 2014-15 school year.

Grades 6-12 ♦ Enrollment: 440 ♦ Senior Class Size: 66

ICS maintains three goals:

Educating students by involving them in rigorous and integrated curricula.

Challenging students to become active participants in their education.

Empowering students to push the limits of their education by personalizing the internal structure of the school and the learning process.

Graduation Requirements

Humanities	4.0 Credits
Science	3.0 Credits
Mathematics	3.0 Credits
International Studies	4.0 Credits
Fine Arts	3.0 Credits
Health	.5 Credit
Occupational	1 Credit
Spanish	2.0 Credits
Electives	2-4.0 Credits
Total Minimum	22 Credits

ICS graduation requirements exceed those of Washington State and Lake Washington School District.

ICS students must pass a PE test to graduate, but no credits are earned.

Experiential Learning

Focus Week	Every student spends a week outside of the classroom with their teachers. Focus Week is designed to encourage students to explore concepts outside those normally encountered in schools. Past programs have included studying marine biology aboard a research ship in the Galapagos Islands, touring the Gettysburg battlefields, experiencing art in Spain, and appreciating film in New York City.
Camp Cispus Orientation	Middle school students attend camp at the beginning of each school year with teachers, parents and upper grade student leaders. Team building activities focus on creating a strong bond within and between grades, and social and emotional health workshops are lead by teams of professionally trained junior and senior student camp counselors.
Student Summit	9th-12th graders spend three days learning from expert speakers, participating in service-learning at non-profit organizations and completing challenge courses to enhance teambuilding. The goal of the Student Summit is to empower students to be civically engaged and college and career ready while building community and global awareness.
Seniore Retreat	At the beginning of the school year, our seniors go on a day long retreat to Whidbey Island. This is an opportunity for our seniors to strengthen their relationships and to set the tone for their final year at ICS. The focus of the retreat is on team building, leadership, and goal setting.
National Hisoty Day	8th grade students at ICS participate in NHD. Students learn firsthand the value of studying one subject in great depth. Award-winning ICS topics have included Henry VIII's court, the Lowell Mill Girls, the obscenity trial of Allen Ginsberg, among others.

HIGH SCHOOL COURSE OFFERINGS

Beginning in 9th grade all classes are Honors or AP. ICS operates on the semester system; all classes meet at least four times per week.

HUMANITIES

Foundations of the Western
British Literature
American Literature/AP

MATH

Algebra
Geometry Advanced
Algebra Math Analysis
Calculus /AP

INTERNATIONAL STUDIES

Mediterranean Civics
World/American History
United States History/ AP
Comparative Gov't & Politics/AP

SCIENCE

Physics /AP
Environmental Science/AP
Biology /AP
Chemistry

ART

Roots in the Ancient World
Art History & Communication Art
Art in merica
Studio Art /AP Art

SPANISH

Spanish 1
Spanish 2
Spanish 3
Spanish 4

ELECTIVES

Law and Justice Studio
Art/AP AP Chemistry
Anatomy and
Physiology Film Analysis
Psychology AP
Environmental Science
AP Computer Science
Advertising/Graphic
Production AP Physics
C:Mechanics
Humanities

A	100—90	4.0-3.7
B+	89—87%	3.6-3.3
B	86—83%	3.2-3.0
B-	82—80%	2.9-2.7
C+	79—77%	2.6-2.3
C	76—73%	2.2-2.0
C-	72—70%	1.9-1.7
NC*	69-0%	

**Because each part of the curriculum builds upon mastery of previous learning and a strong foundation is required to progress, credit is not granted for scores falling below 70%.*

Class of 2017 GPA Distribution	
45 students comprise the figures for the Senior Class GPA Distribution. The GPA is not weighted, and ICS does not rank.	
4.0	7.6%
3.0-3.99	80.6%
2.0-2.99	10.6%
1.0-1.99	0%

Admittance is determined solely by a lottery system. All who apply have an equal chance to attend. While the lottery is for incoming 6th graders, older students may apply but will be admitted only on a "space available" basis.

Student Body Demographics		
Gender	Female:	54.1%
	Male:	45.9%
Ethnicity	Hispanic/ Latino of any race(s)	4.6%
	Asian	45.7%
	Native Hawaiian/Pacific Islander	0.2%
	Black /African American	0.2%
	White	44.1%
Special Programs	Two or More Races	5.3%
	Free or reduced Lunch	2.1%
	Special Education	2.8%
	Transitional Bilingual	0.5%
	Section 504	6.0%

Advanced Placement 2017	
AP Scholars	20
AP Scholars with Honors	17
AP Scholars with Distinction	23
National Scholars	2
AP Classes Offered	
Biology-Annual	Chemistry-Biennial
Calculus AB-Annual	Computer Science-Biennial
Comp. Gov't & Politics-Annual	Environmental Sci-Biennial
Literature-Annual	Studio Art-Biennial
	Physics C— Biennial
PSAT/NMSQT	
Semifinalists	5

ACT 2017				
Test Takers	English	Math	Reading	Science
ICS: 15	32.2	31.9	30	28.6
WA: 16,652	22.3	23.2	23.6	22.9
National: 2,090,342	20.1	20.6	21.3	20.8

SAT 2017				
Test Takers	English	Math	Reading	Science
ICS: 30	29.8	29.6	28.8	27.3
WA: 19,581	20.9	21.9	22.1	22.0
National: 2,030,038	20.3	20.7	21.4	21.0

COLLEGES AND UNIVERSITIES

Highlighted universities indicate the matriculation of the Class of 2017

Allegheny College
American University
 Anna University of India
 Arizona State University
 Austin College
 Azusa Pacific University
Bellevue College
Beloit College
 Biola University
 Boston University
 Bowdoin College
 Brandeis University
Brigham Young University
 Brooks Institute of Photography
 Brown University
 Bryn Mawr College
 Bucknell University
 California College of the Arts
 California Institute of Technology
California Polytechnic State University
 California State Univ San Marcos Carnegie Mellon University
 Cascadia Community College
Case Western Reserve
 Central Washington University
Chapman University
 Chicago School of the Art Institute
 Claremont McKenna College
Colorado State University
Colby College
 Columbia University,

Duke University
 Earlham College
Evergreen State College
 Florida Institute of Technology
 Franklin College Switzerland
 George Washington University
 Georgetown University
 Georgia Institute of Technology
 Gonzaga University
 Harvard University
 Humboldt State University
 Johns Hopkins University
 Lake Washington Technical
Lawrence University
 Lehigh University
 Lewis and Clark College
 Linfield College
Loyola Marymount University
 Mary Washington College
 Montana State University
 Morningside College
 Mt. Holyoke College
 New York University
 Northeastern University
 Northwestern University
 Occidental College
 Oregon State University
 Pacific Lutheran University
 Pacific University
 Parsons New School of Design
 Pitzer College Pomona College
 Princeton University
 Purdue

Purdue University
 Reed College
 Rensselaer Polytechnic Institute
Rhode Island School of Design
 Rhodes College
 Rice University
 St. Andrews of Scotland
 St. Lawrence University
St. Mary's College of California
St. Olaf College
 San Francisco State University
Santa Clara University
Savannah College of Art and Design
 School of Museum of Fine Arts
 Scripps College
Seattle Pacific University
 Seattle University
 Simmons College
 Skidmore College
 Soka University
 South Seattle College
 Stanford University
 Texas A & M University
 Trinity College
University of Arizona
University of California, Berkeley
University of California, Davis
 University of California, L A
 University of California, San Diego
 University of California, Santa Cruz

SUniversity of Chicago
University of Colorado Boulder
 University of Denver
 University of Michigan University of Montana Univ. of North Carolina, Chapel Hill
 University of Notre Dame University of Oregon
 University of the Pacific University of Pennsylvania University of Pittsburgh
 University of Portland
 University of Puget Sound University of Redlands
 University of Rochester
 University of San Francisco
University of Southern California
 University of Virginia
University of Washington
University of Washington, Bothell
University of Wisconsin, Madison
 Vanderbilt University
 Vassar College
Washington State University
 Washington University,
 St. Louis Wellesley College
 Wesleyan College
Western Washington University
 Westminster College
 West Point Academy
 Wheaton College
 Whitman College
 Whitworth University
 Whittier College
 Willamette University
 Yale University

Stress and Anxiety in Today's World

Students are struggling with severe stress and anxiety now more than ever before. According to the National Institute of Mental Health, anxiety has been noted as being the most common mental-health disorder in the United States, affecting nearly one-third of both adolescents and adults and continues to rise.

In 2016, the Lake Washington School District had students participate in the Healthy Youth Survey which showed nearly 70% of 8-12th graders felt constantly anxious, on edge or stressed. This is a very concerning, as anxiety can impact a student's overall well-being and ability to learn. A little bit of stress and anxiety can be good, and serve as motivation to get a paper done or study for a test, but when symptoms are interfering with everyday functioning, it's time to address it. Some students can experience many physical symptoms such as headache, stomachache, rapid heartbeat, sweating, crying spells and many other symptoms depending on age.

Anxiety and stress are not going anywhere in today's society, the key is teaching our students how to cope and manage their symptoms so they are still able to perform and function, both in life and at school. Our main goal is for happy and healthy students, severe anxiety can often strip these things from our youth.

To address anxiety and stress at ICS, Ms. Flores hopes to hold a series of small group sessions to educate students on their anxiety, why they feel the way they do, what can happen physically when anxious, and how to cope and manage these often overwhelming feelings. Feel free to contact her by email at aflores@lwsd.org if you think your child can benefit from a small group experience

For more results from the 2016 Healthy Youth Survey:

https://www.lwsd.org/uploaded/Website/Programs_and_Services/Student_Services/Healthy_Youth_Survey/2016/LWSD-Depressive-Feelings.pdf

https://www.lwsd.org/uploaded/Website/Programs_and_Services/Student_Services/Healthy_Youth_Survey/2016/ICS-HYS-2016.pdf

Coping with Anxiety

<http://www.buzzfeed.com/ariannarebolini/amazing-apps-for-anyone-living-with-anxiety#.ue5WykgPV>
14 Apps for Anyone Living with Anxiety

<http://www.schoolcounselingfiles.com/activities-for-anxious-kids.html> Get some ideas for taking care of yourself and staying anxiety free.

<https://childmind.org/article/mood-disorders-and-teenage-girls/> Girls and Anxiety

<http://www.mindbodygreen.com/0-17106/how-to-change-your-attitude-when-you-cant-change-your-situation.html> How to Change Your Attitude When You Can't Change Your Situation

Crisis Resources

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

24 Hour Crisis Line

206-461-3222

Teen Link Crisis Line

206-491-4922

Youth Eastside Services

