



November 29th — December 5th 2021

# Weekly Bulletin

## Important Dates:

November 25th and 26th No School—Thanksgiving Vacation  
December 20th— December 31st No School Winter Break

### Library

Time to reset your laptop password! Passwords that were set in August are set to expire soon. Be sure to change your password before it expires, and you get locked out! Simply press Ctrl+Alt+Delete and choose “Change a password”.

Friday, Dec. 3<sup>rd</sup> will be the first “Cocoa and Cuddles (with a book)” in the JHS library. The library staff will be serving free hot cocoa, and only students who are actively silently reading will be allowed in the library before school. Snuggies and blankets are encouraged. We will be open 7AM-7:45 when the first passing period begins. We will likely be trying for two Cocoa and Cuddles sessions per month, always on a Friday, to start your weekend right.

Mr. Fleming and the JHS Library



Did you know you can request a hold on books at the JHS library? Just let us know what book you are looking for and we will put a hold on it. Once it becomes available, we will let you know, and you have one week to pick it up. Since books being placed on hold tend to be popular, we just ask that you read and return as quickly as possible so others can also enjoy!



Juanita High School Booster Club  
[Newsletter—Fall 2021](#)

[Yearbook November 2021 Newsletter](#)



# JUANITA HIGH SCHOOL

## AFTER SCHOOL RAVEN HOMEWORK HOUR

LOOKING FOR A QUIET PLACE TO GET  
YOUR HOMEWORK DONE AFTER  
SCHOOL? JOIN US IN THE LIBRARY FOR  
AN HOUR AFTER SCHOOL TO GET HELP  
WITH OR GET CAUGHT UP ON ALL OF  
YOUR SCHOOLWORK!

MON-FRI / 2:40PM-3:40PM  
WED / 1:10PM-2:10PM

IN THE JHS  
LIBRARY!



Student Store is now open! A and B lunches.  
Buy your Raven Gear now.

## [Counseling](#)

Hello Juanita Students and Families,

**Operation School Bell** is an event provided by the Assistance League of the Eastside. This event gives students in need the ability to do some back to school shopping. This year they are still trying to iron out the process due to COVID. We anticipate instead of a big event like they have done in the past, there will be some sort of gift card distribution. Linked in this message is a form that needs to be filled out if a student would like to be considered for this opportunity.

<https://forms.office.com/r/Aw61k0tGZJ>

Additionally in the form there are other opportunities to be connected with other resources if needed. Please take some time and read through the form and fill it out for consideration. If you are not a family in need, please disregard this message and form.



**Wifi Hotspots Available for Families in Need!** The Technology Operations Department wants to remind everyone that if any students need a hotspot, they should contact their school library staff. The district is still able to provide families with hotspots if they have the need.

**Seniors Apply Now for 2022-23 Financial Aid!** Applying for financial aid is a crucial first step toward college or job training. Many families assume they won't qualify, but [there's more help available than ever before](#). This year, a family of four making up to \$102,000 can [qualify for financial aid](#) in Washington. The only way to know for sure if you're eligible is to apply. Learn more, get support, and apply for financial aid at [wsac.wa.gov/apply](https://wsac.wa.gov/apply).

**Free and Reduced Lunch – Apply Now!** All LWSD students receive free meals at school this year, however, qualifying families must complete a Free and Reduced Lunch application to qualify for fee waivers for ASB cards, sports participation and other extracurricular activities. Complete an [online application](#) here or visit [Student Meals - Lake Washington School District \(lwsd.org\)](#). Be sure to check the box providing your consent to share eligibility information on the application. If you have already completed an application or are directly qualified through Basic Food/SNAP (formerly known as food stamps), TANF, FDPIR, Foster Care, Homeless, or Migrant through DSHS, you can provide your consent to share eligibility information in Family Access by following these [instructions](#) | [instrucciones](#).

**Is Your Student Bilingual?** World Language Biliteracy Testing for the Seal of Biliteracy is available to all 9th-12th grade students. This test recognizes the talents of our multilingual learners. [Students can earn up to 4 high school credits](#) in addition to receiving the WA State Seal of Biliteracy at graduation, and the district pays for one test for every student who registers. More information and registration for the test can be [found on this page](#).

Test dates and locations for the 2021-22 school year:

- Wednesday, December 1; 1:30 p.m. – LWHS
- Wednesday, February 9; 1:30 p.m. – RHS
- Wednesday, April 27; 1:30 p.m. – JHS



### **Calm Start - Monday and Thursday Mornings 7:20-7:40 in the Theater**

Are you feeling anxious? Stressed out? Would you like to start your school day calm and relaxed? Join the Calm Start group on Mondays and Thursdays from 7:20-7:40 in the Theater. We'll practice relaxation techniques and mindfulness activities that can help you manage anxiety, reduce stress and start your day with a positive outlook. Sign up [HERE!](#) Sessions begin November 1.

**Join the JHS Welcome Team!** Our JHS Welcome Team is looking for students who are friendly, kind, patient, and responsible to help welcome our newcomers on their first day of school. We seek a diverse group of students, who are leaders at heart (even if they've never had the opportunity to express it!) Kids that speak languages other than English are always in demand! As a bonus, Welcome Team duties count towards National Honor Society community service hours. Contact [Ines Bergman](#) for more information.

## Juanita High Student Skills Group

**When:** Wednesdays starting 11/3, ending 12/15

**Where:** JHS counseling office, conference room

**Time:** 1:15 PM – 2 PM

**Audience:** JHS students looking for support with organizational and communication skills

**Description:** Join our Evergreen Health social worker for an after-school group to connect with fellow students for support with organization, communication and distress tolerance skills. We will talk about struggles, successes and ideas for how to take care of ourselves during the stressful return to in-person learning. Group will be tailored to student interests based on attendees. All groups are drop-in. Group starts promptly, so please do your best to be on time! Because it is a drop-in group if no one attends within ten minutes, the group will be cancelled and resume the following week.



Juanita High School Counseling Newsletter 2nd Edition [HERE](#)

**Molly is here to help!** Molly Hart, an Evergreen Health Social Worker who partners with the JHS Counseling Department, is available to provide mental health and resource support for students and families. For information and available times, please contact Molly via email [c-mhart@lwsd.org](mailto:c-mhart@lwsd.org).

**Mental Health Toolkit and Flyers** The Department of Health has put together a mental health toolkit and mental health flyers. The toolkit contains video, radio and social ads that support teens and their parents and provide tips and strategies for how to manage emotions during stressful times. Here is a link to the [Mental Health Toolkit](#). Password for toolkit: MentalHealth!

## From the College & Career Center

- Live Wednesday – Military Edition!
  - Dec. 1st
  - ✦ 1:00 – National Guard
  - ✦ 1:45 – Marines
  - ✦ 2:30 – Air Force & Air Force Reserves
  - ✦ 3:15 – Army & Navy
  - ✦ Use the QR code or the link for the full schedule:



[Live Wednesday Virtual College Events - Lake Washington School District \(lwsd.org\)](#)

**SENIORS!** Don't forget to fill out the [Senior Survey Form!](#)

**FAFSA and WAFSA Opened October 1st!** Come by the CCC with any questions filling out financial aid applications.

Come join **Japanese Club** on Thursday, December 2<sup>nd</sup> from 2:50-3:50 in Room 320 for fun Japanese games and activities!

Period Club is having a menstrual product drive from the 29th of November to the 13th of December. We are calling our event the Overflow Drive! All donations will be given to Mary's Place, a homeless shelter in Seattle. You can donate pads, tampons, menstrual cups, liners, body wipes and body soap. All products **must** be packaged and unopened. You can drop off products at the bins in the cafeteria or outside the main office. Any time between 7:50am-3:00pm on weekdays and 10:00am-5:00pm on weekends works to donate items. Only the outside bins will be available on the weekends. Please email Period Club at [period.jhs@gmail.com](mailto:period.jhs@gmail.com) with any questions!



### Bookkeeper

VISA and MASTERCARDS are now accepted at the Bookkeeper's window. We will still accept cash and checks. If you have any questions please contact the JHS Bookkeeper at [lgrager@lwsd.org](mailto:lgrager@lwsd.org)



### Attendance

#### **Does your student need an Early Release from School?**

If so, please make sure you are requesting your student's early release either the night before or the morning of. We understand last minute appointments happen, but please try and give us as much notice as possible. To report this, please send an email to [JHS-attendance@lwsd.org](mailto:JHS-attendance@lwsd.org) or leave a voicemail on our voicemail only line (425) 936-1607.

What info we need for the early release:

First & Last name of student

Time your student needs to be released from class

Reason for the early release

Will your student be returning?



### THANK YOU FOR STAYING SAFE

Remember to **wear your mask** covering your mouth and your nose when you are inside.

If you arrive to school without a mask, please ring at the main office and someone will be out to hand you one.



### What is a Pantry Pack?

It is a grocery bag that contains child-friendly, nonperishable and easy to eat food for the weekend.

AND Pantry Packs are available now! Students can swing by room #220 before or after school.

Questions? Please email Lynn Lawrence [llawrence@lwsd.org](mailto:llawrence@lwsd.org)

#### **In need of a few items for your home pantry?**

JHS now has a wonderful room available for those families who could use it. It contains an assortment of canned & packaged foods along with cleaning supplies and personal items. All at no cost to you. The room is available **Mon-Fri 7:00am -2:00pm** with an appointment. Interested?

Please contact **Lynn Lawrence** [llawrence@lwsd.org](mailto:llawrence@lwsd.org) or **425.936.1635** to set up a time to visit.