

# REDMOND HIGH SCHOOL WEEKLY STUDENT BULLETIN

November 19, 2021



**HAPPY THANKSGIVING!**

**FROM PRINCIPAL VANDERVEER**



Greetings RHS students and families:

As we approach the end of November, the RHS campus feels spirited and festive! Art Club and Leadership students decorated the building this week with a series of winter-themed window paintings, lights, and wall decorations. I'm a big fan of *hygge*, the Danish concept of finding comfort in a cozy atmosphere or the feeling of friendship, and our campus has gotten a welcome dose of *hygge* to kick off the holiday season!

As a reminder, we will have a special bell schedule this coming week in order to accommodate our Thanksgiving Break.

- Monday: periods 1-7
- Tuesday: periods 1, 3, 5, 6, 7 (+ Homeroom)
- Wednesday: periods 2, 4 (+ Homeroom)
- Thursday & Friday: No School

The RHS administration and staff wish you a safe and healthy break spent with family and friends!

Jill

## RHS CALENDAR

# Coming Up....

**Nov 22-23-24:** [Revised Bell Schedule](#)

**Nov 24:** Half day; RHS out at 10:40 am

**Nov 25-26:** No school - Thanksgiving holiday

**Dec 1, 2, 3:** Auditions for *Little Shop of Horrors*

**Dec 6-13:** Food drive sponsored by RHS National Honor Society

**Dec 10:** Yearbook sales open

**Dec 17:** Last day to check *Lost and Found* before it is donated

**Dec 20-31:** Winter Break

**Dec 31:** Cap & Gown orders due

## REVISED BELLS: NOV 22-23-24

**New:** Revised bell schedule for the week of Thanksgiving:

| Monday   | Tuesday  | Wednesday  |
|--|--|--|
| <b>*Office Hours</b><br>7:00 – 7:30  | <b>Office Hours</b><br>7:00 – 7:30   | <b>Office Hours</b><br>7:00 – 7:30   |
| <b>Period 1</b><br>7:30 – 8:20 (50)  | <b>Period 1</b><br>7:30 – 8:30 (60)  | <b>Period 2</b><br>7:30 – 8:30 (60)  |
| <b>Period 2</b><br>8:25 – 9:15 (50)  | <b>HERD Time</b><br>8:35 – 8:55 (20)<br><b>Homeroom A</b><br>8:55 – 9:30 (35)              | <b>Homeroom B</b><br>8:35 – 9:05 (30)<br><b>Homeroom C</b><br>9:05 – 9:35 (30) |
| <b>Period 3</b><br>9:20 – 10:10 (50)   | <b>Period 3</b><br>9:35 – 10:35 (60)   | <b>Period 4</b><br>9:40 – 10:40 (60)   |
| <b>Period 4</b><br>10:15 – 11:05 (50)  | <b>Period 5</b><br>10:40 – 11:40 (60)<br><b>2<sup>nd</sup> Lunch</b><br>11:40 – 12:10 (30) | <b>Buses arrive @ 10:40</b>  |
| <b>Period 5</b><br>11:10 – 12:00 (50)<br><b>2<sup>nd</sup> Lunch</b><br>12:00 – 12:30 (30) | <b>1<sup>st</sup> Lunch</b><br>10:35 – 11:05 (30)<br><b>Period 5</b><br>11:10 – 12:10 (60) |  |
| <b>1<sup>st</sup> Lunch</b><br>11:05 – 11:35 (30)<br><b>Period 5</b><br>11:40 – 12:30 (50) | <b>Period 6</b><br>12:15 – 1:15 (60)   |  |
| <b>Period 6</b><br>12:35 – 1:25 (50)   | <b>Period 7</b><br>1:20 – 2:20 (60)  |  |
| <b>Period 7</b><br>1:30 – 2:20 (50)  |  |  |

## LWSD SICK POLICY

***New for Mustang Families:*** As we head into the cold and flu season, please be aware of the current LWSD Sick Policy guidelines for students who are out of school for illness. We must follow these guidelines to ensure the health and safety of all our fellow Mustangs!

***Please indicate "sick" or "medical" when calling Attendance***

When you call or email the attendance line to notify us of your student's absence, please tell us if they are absent because they are **sick** due to cold/flu like symptoms. Or, if your student is missing school for an excused medical reason that is *not* due to being sick---such as doctor appointment or injury---please specify that their absence is **medical** (not due to cold or flu like symptoms). Attendance: [rhsattend@lwsd.org](mailto:rhsattend@lwsd.org) or 425-936-1810.

**If your student is experiencing ANY cold or flu-like symptoms – Your student must stay home.**

| <b><u>Covid-Like Sick Symptoms</u></b>      | <b><u>*Short Term Sick Symptoms</u></b> |
|---|---|
| Fever of 100.4 or above/Chills              | Sore Throat *                           |
| Cough                                       | Congestion or Runny Nose *              |
| Shortness of Breath or Difficulty Breathing | Muscle Pain or Body Aches *             |
| Loss of Taste or Smell                      | Fatigue *                               |
|   | Diarrhea *                              |
|   | Nausea or vomiting *                    |
|   | Headache *                              |

**\*Or any other signs of new illness that are unrelated to a documented preexisting condition.**

**Your student may return to school when:**

1. They have one \*Short Term symptom (does NOT include Covid-like symptoms) that resolves in less than 24 hours (no Covid testing required).
2. **OR** they have one or more of any sick symptoms that lasts longer than 24 hours, **AND** they have a negative PCR covid test (rapid/home covid tests are not accepted by LWSD).
3. **OR** they have been home for 10 days, have had no fever for 24 hours, and symptoms are improving (no Covid test required).

If your student has been absent due to sick symptoms and has results of their Covid test, please email test results to: [Sindy Mencos at smencos@lwsd.org](mailto:smencos@lwsd.org).

## DORIAN PHOTOS



**New:** Dorian photo retakes have arrived! Please come to the main office to pick up your photos from Ms. Wood or Ms. Asplund.

## NHS FOOD DRIVE



The *National Honor Society* and RHS will be holding a food drive from **December 6-13**. Students are encouraged to drop off donations at their first period classroom during this timeframe. All donations go towards **RHS Help** – our in house support system for students who are in need of food. We are so excited to partner together to help families here in the Redmond area! **We do**

**not accept food items with an expired date. The list of items that RHS Help needs:**

- Microwave Popcorn
- Macaroni and Cheese
- Peanut Butter and Jelly
- Oatmeal Packets
- Spaghetti Noodles
- Pasta Sauce (cans/plastic jars preferred)
- Canned Tuna
- Canned Chicken
- Canned Fruit and Vegetables
- Hearty Soups
- Cup of Noodles
- Ramen

## SENIOR TIMELINE

**CLASS**  
*of*  
**2022**

### ***Graduation Orders:***

**It's time for seniors to submit their information and order their cap, gown, and additional graduation items of your choice!** Check out [THIS VIDEO](#) for brief instructions on how to register and order your grad items. All students received the [GRADUATION PACKET](#) in homeroom this week which includes links to place orders online.

**ACTION ITEMS:**

1. **REGISTER** for graduation ***ASAP*** to ensure a custom cap and gown of your size is reserved for you. This only takes a few seconds!
2. **ORDER** your graduation products by 12/31/21 to avoid late fees or delayed orders

### ***Senior Portraits - due January 14***

- Log on to: [Images.jostens.com](https://images.jostens.com)
- Enter Login ID: **416225816**
- Browse to select the photo or photos you wish to upload, click on **"Select My Images"**
- Enter information about the photo and provide contact information in case the Yearbook staff need additional information

- Click “**Upload Chosen Images**”

**Yearbook Sales - open from Dec 10-Jan 10**

**Purchase** online through Skyward, or check made out to RHS (to bookkeeping), or cash. Yearbooks are \$65.

**Important:** The 3rd and final yearbook sales window will open in May, but quantities will be limited by then as the publisher needs our final count in March. Do not wait to order until May as yearbooks may be sold out!

**Yearbook Ads - due February 1**

A yearbook Senior Ad is a loving tribute typically from a parent or family member to their student, personalized with their own sentimental message and a cherished photo or photo collage. Create and purchase online by **February 1, 2022**. To create or find prices and other information go to: [Jostensadservice.com](http://Jostensadservice.com)

**Wondering 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!

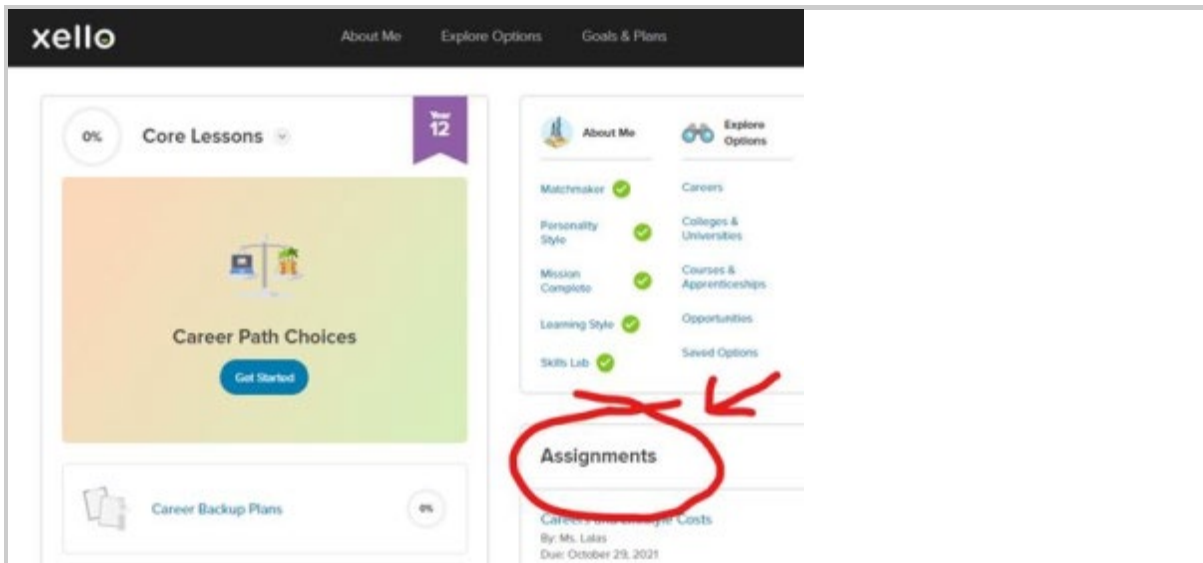
## HIGH SCHOOL & BEYOND PLAN



**New: Students** – Your next HSBP Assignment has been posted in Xello and is **DUE November 30!**

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)



## AUDITIONS

# LITTLE SHOP OF HORRORS

### ***New: Little Shop of Horrors Auditions!***

**Dec 1** – Song and monologue auditions

**Dec 2** – Dance audition

**Dec 3** - Callbacks

Students need to prepare a 1–2 minute monologue and 16 bars of a musical theatre song.

[Link for the audition application](#)

## RHS HELP

# RHS Help

***Remember,*** students...if you are not able to pay for school-related expenses, please come to Counseling Office and pick up an *RHS Help* form.

*RHS Help* can cover such things as workbooks, class fees, and graduation-related expenses.

Feel free to submit the form and we will let you know if your expense can be covered.

## LOST & FOUND



**New: Check out the *Lost and Found* before Winter break. All items will be donated after December 17.**

The Lost and Found is located in the Main hallway by the Counseling Center. Small valuable items such as phones and jewelry are in the Attendance office and will not be donated.

## ELECTRONIC REPORT 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.

## CHECK YOUR SCORE

# SAT/PSAT

**New: SAT/PSAT scores available**

- Scores for students who took the October SAT at RHS are now available! Students can access their scores by logging in to their [online score report](#).
- PSAT scores will be available December 7.

## WORLD LANGUAGE TESTING





**World Language testing** is available in any language that is both written and spoken. All LWSH High School students (currently in 9th-12th grade) can test one time for free!

**For registration and more information:** [World Language Credit by Proficiency](#)

Questions? Email Theresa Vasquez at [tvasquez@lwsd.org](mailto:tvasquez@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



**New: Counselors Visiting Lifetime Fitness Classes in November**

The counselors are excited to visit Lifetime Fitness Classes on November 8th and 15th. We will be talking with students about understanding stress and strengthening resiliency. Students will discuss common sources of stress and anxiety for teens, and learn some practical strategies for managing stress and promoting overall wellbeing. Counselors will also share information and resources for suicide prevention. Having direct and open communication about this difficult topic is one of the most important things we can do to help. If you

have any questions or concerns, please reach out to your student's counselor.

**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**

**A-CA (12th & RS):** Nikole Lalas

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

**CE-GARC:** Lindsey Hanson

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

**GARD-KAS:** Sarah Gray

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

**KAT-LEA & VIM-Z:** Micaela Crapo

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

**LEB-MAZ & BALD-CA (9th - 11th):** Katie Bunyard

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

**MC-RAJ:** Ellen Zambrowsky-Huls

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

**RAK-SUG:** Derik Detweiler

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

**SUH-VIL & A-BALA (9th-11th):** Justine Oshiro

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

## YOUTH EASTSIDE SERVICES



### **YES Alcohol Drug Education Class (FREE)**

For Parents/Caregivers & Teens to attend together.

Offered virtually one Saturday per month: 11/20 and 12/18.

- 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 [Andrea@youtheastsideservices.org](mailto:Andrea@youtheastsideservices.org) for questions or more information.

## 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 Athletic 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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