



# Bulletin

## Raven Athletics

Registration for our Spring Sports Season opens Monday, January 10. The first day of try-outs/practices is Monday, February 28. If you are interested in Badminton (Girls), Baseball (Boys), Golf (Girls), Soccer (Boys), Fastpitch Softball (Girls), Tennis (Girls) or Track & Field (Coed) [CLICK HERE FOR MORE INFORMATION.](#)

## January 24th—30th 2022

### Important Dates:

January 24th—January 28th Special End of 1st Semester Schedule [HERE](#)

January 28th — Last Day 1st Semester

February 17th—February 18th No school—Mid-Winter Break

February 21st No school—Presidents Day

Ravens, if you plan to take an **AP Exam** in the Spring, your last chance to register starts on February 1<sup>st</sup>!

If you have questions, please talk to, or email Mr. Ivy.

AP Exam Late Registration Window

**Registration Dates:** February 1<sup>st</sup>- 16<sup>th</sup>

**Cost:** \$148 per exam (\$98 + \$50 late fee)

**Extra Fees:** \$40 cancellation fee

**Where to pay?** **Starting February 1<sup>st</sup>** Pay online (<https://payments.lwsd.org>) or by check at Bookkeeper (Ms. Grager)

## From the College & Career Center

- Live Wednesday will take place while in remote learning. Check the QR code or website for upcoming events as well as recordings of past events!

- Jan. 26<sup>th</sup> with feature two area business professionals discussing Business & Consulting Careers

- ✦ Isaac Zorn – Qualtrics

- ✦ Leslie McBride – Nothing Bundt Cakes

- ✦ Use the QR code or the link for the full schedule:



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

**SENIORS!** The [Senior Survey Form](#) is still open. Please take a few minutes to complete it!

**FAFSA and WAFSA** – If you still haven't completed your financial aid application, come by the CCC during ACT, lunch, before or after school or email [Mrs. Rodland](#) or [Ms. Shay](#).



Seniors, please take this short survey to determine your interest in a senior celebration to reward your years of hard work! Parents of seniors, please contact Lynette Apley at [lynetteapley@hotmail.com](mailto:lynetteapley@hotmail.com) if you would like to help with planning the event.





**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!

**2022 Groups being offered by our EvergreenHealth social work team:**

**LWSD Parent Support Group**

**Link:** <https://bit.ly/lwsdparent>

**When:** Virtually every other Tuesday starting 1/25/22, ending 6/14/22

**Time:** 12 PM – 12:30 PM

**Audience:** Parents and guardians of students at LWSD high schools

**Description:** Join your EvergreenHealth social workers for a Tuesday lunch break support group! This is an opportunity for parents and guardians to vent and talk about frustration and worry. This drop-in group will provide parents with an opportunity to ask

**NEW!! Tackling Everyday Dilemmas: TED Talk Student Group**

**When:** Every other Wednesday starting 2/2/22, ending 5/11/22

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

**Time:** 12:55 PM – 1:40 PM

**Audience:** JHS students looking to learn more about coping with school stress, mental health and overall wellbeing.

**Description:** Join our EvergreenHealth social worker for an after-school group to connect with fellow students. We will get together to watch and discuss a TED-Ed video related to school stress, mental health and overall wellbeing. If you're looking for support from your peers and our school social worker around normal teenage stress, this is the group for you! Feel free to bring your lunch and we will ensure adequate social distancing and masking.

**[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.

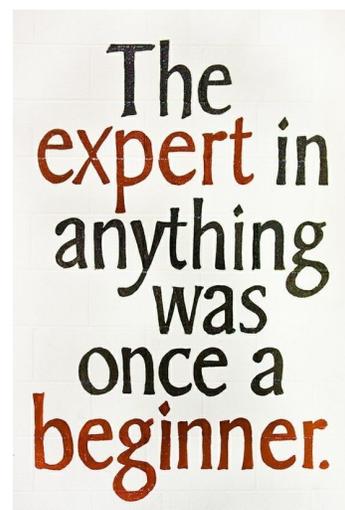
Questions? Please email Lynn Lawrence [llawrence@lwsd.org](mailto:llawrence@lwsd.org)

**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.



## [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 LWSU 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, 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



Class of 2026 (8th Grade)  
Parent Presentation - [HERE](#)

### 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?

# JUANITA

### Lost and Found

Have you lost a house key? Maybe some jewelry, headphones or glasses? Please come down to the main office to retrieve your item. Larger items, such as clothes, water bottles etc. are kept in the Lost and Found section by the Counseling office.

### PLEASE STAY 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.



### Library

Should you forget your password, please email [kewarren@lwsd.org](mailto:kewarren@lwsd.org) from a personal email address.

Library staff can reset your password and get you back into your laptop.

For general technology help, check out the library webpage: <https://jhs.lwsd.org/academics/library>

## DISTRICT CULINARY COMPETITION

Win prizes!

### Requirements

- Open to LWSd students grades 6-12
- Held remotely via Teams
- Submissions due **February 22nd**
- Awards ceremony **March 16th**

### Categories

- High School Sweet & Savory
- Middle School Sweet & Appetizers

Contact your school's culinary arts instructor to join the competition TEAMS page

RHS Graphic Design Club