

REDMOND HIGH SCHOOL WEEKLY STUDENT BULLETIN

January 28, 2022

FROM PRINCIPAL VANDERVEER



Dear RHS students & families:

This weekend marks the halfway point in our school year, as we transition from semester 1 to semester 2. Like many in our school community, I have a hard time believing that we're **already** halfway through the school year, while at the same time, marveling that we're **only** halfway through the school year.

In August, RHS staff knew that our return to school would be both exciting and challenging for our students as they resumed full-time, in-person learning. As a staff, we relaxed a number of expectations and structures that had typically been a part of a student's school experience. Now that students have completed a full semester, we want to focus our efforts on resuming the structure, expectations, and consistency that are critical components of helping our students to learn and succeed.

One of the lingering effects of remote learning is student addiction to cell phones and earbuds. Cell phones are designed to grab and keep our attention. For students, phones can be a way to escape from having to engage with class, peers, or adults; phones can be a way to manage anxiety by disconnecting from the situation at hand; and even in times when a student is feeling confident and secure, phones are a really appealing way to scroll through personal interests or see what others are up to.

Staff have noticed that students are resistant to being asked to put away their phones or remove their earbuds during instruction or group work. The RHS cell phone policy states, "cell phones are to be put away in bags or pockets

during class time unless permitted for a specific academic purpose by the teacher,” and our students will need our support in learning how to disengage from their phones. Over the next several weeks, the RHS staff will be using some of our Homeroom time to reteach our expectations around cell phones in school. We are committed not only to modeling the focus and engagement we’d like to see from students, but also sharing with them how we have learned to successfully balance phone use with adult responsibilities.

We are asking for your partnership in helping to curb student addiction to cell phones, not only because it’s an important life skill, but also because it’s creating a significant distraction that impacts academic success. Engaging in a conversation on this topic with your student can be challenging, and over the next few weeks, we will be sharing resources with you. The attached list of apps may be helpful in monitoring your student’s phone use, especially during school hours.

[Cell Phone Parental Apps](#)

Have a wonderful weekend and a great start to second semester!

Jill VanderVeer
RHS Principal

RHS CALENDAR

Coming Up....

Jan 31: 2nd Semester Schedule Change Request window opens

Feb 1: AP Exam Late Registration window opens

Feb 1: Yearbook ads due for Senior

Feb 4: 2nd Semester Schedule Change Request window closes

Feb 5: E-cycling event at RHS

Feb 8: Vote on local Levies

Feb 17-18: No School - Mid-Winter Break

Feb 18: AP Exam Late Registration window closes

Feb 21: No School - Presidents Day

Feb 22: LWSO Culinary Competition submissions due

Feb 23: Running Start information session

Feb 28: Spring Sports begin

Mar 15: AP Exam cancellation deadline

RHS HOME athletic events:

Friday, January 28 – Girls Basketball – 6:30 PM – vs North Creek

Friday, January 28 – Boys Basketball – 8:00 PM – vs North Creek

SCHEDULE CHANGE REQUESTS

2nd SEMESTER Schedule Changes

New: The schedule change request window will open on **Monday, January 31.**

The schedule change request form will be available on the RHS website and in the counseling office lobby at 7 a.m. on 1/31. Forms must be signed by the student's parent/guardian and teacher before changes can be considered. Please DO NOT email a schedule change request to your counselor; emailed requests WILL NOT be accepted.

Important: Students will bring their completed form to the counseling office during the class period they wish to change, and will meet with the first available counselor to see if their request can be made.

The deadline to make a schedule change request is February 4 at 2:20 p.m.

INFORMATION SESSION

Running Start

New: Interested in learning more about Running Start for the 2022-23 school year?

Attend our upcoming information session on **Wednesday, February 23 from 12-1pm.** Representatives from Bellevue College, Lake Washington Institute of Technology, Cascadia College, and Central Washington University will be available to share information about their Running Start programs and answer questions.

This will be a live Teams event ([link found here](#)) open to all interested students and families.

AP EXAM UPDATES



New: Late Registration

The AP Exam late registration window will open on February 1 and close on February 18. If you would like to register for an AP Exam during this time, please email Nikole L alas at nlalas@lwsd.org. There is a late fee of \$50 per exam that must be paid in addition to the regular \$98 exam fee. Once you

have registered for the exam, the fee will be added to your account and can be paid by going to <https://payments.lwsd.org/>

Canceling an AP Exam

If you have already registered and paid for an AP Exam and you want to cancel it, please complete [this form](#). There is a \$40 cancellation fee which will be deducted from your \$98 payment and the remaining \$58 will be refunded at the end of the school year. Exam cancellation requests are due by March 15th.

Questions? Please contact our AP Coordinator, Nikole L alas at nlalas@lwsd.org

SENIOR TIMELINE

CLASS
of
2022

Cap and gown orders were due in December but if you still need to order your items, check out [THIS VIDEO](#) for instructions on how to register and order your grad items. Here is the link to the [GRADUATION PACKET](#) students received in homeroom. Here is the [link](#) to place the cap & gown order online.

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.co

Senior Prom: Saturday, May 14 at Columbia Tower Club. Time TBD

Graduation: Monday, June 13 at UW /Alaska Airlines Arena, 6:00 pm

Please note: Events could change given the current Covid climate and UW Leadership decisions.

RHS HELP HELPS!

RHSHelp

Seniors: If you are having troubles affording your **graduation cap and gown** or other graduation expenses, please reach out to your counselor or Mrs. Zambrowsky-Huls. *RHS Help* may be able to assist you in paying for your graduation gown.

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.

MATH TUTORING

Tutoring Tuesdays

Tuesday Math Tutoring is starting up again on February 1, 2022.

Drop in and get some help with your Algebra 1, Algebra 2, or Geometry homework during the second semester every Tuesday in room C210.

Tutors, please sign up on the sheet in C210.

REGISTRATION NOW OPEN

Spring Sports

New: Spring Sports Registration Now Open through [Final Forms](#).

Baseball – Cut Sport

Fastpitch – Cut Sport

Girls Golf – Cut Sport

Boys Soccer – Cut Sport

Girls Tennis

Track & Field

Badminton

Spring Sports begin February 28th

BOYS SOCCER



***New:* Boys Soccer Informational Parent Meeting on Wednesday, February 9 from 7-8:30 pm.**

This meeting will be hosted here on this Teams [link](#).
You can also access the link by using the QR Code below:

Anybody interested in trying out for the season should plan on attending this meeting! We will review the registration process, important dates, and tryout information. Also, don't forget: open fields are still happening every Monday and Thursday until tryouts. Join us at the RHS stadium from 3-4:15pm!

Please contact Coach Tangen at ttangen@lwsd.org with any additional questions.



GIRLS GOLF



***New:* Attention RHS Girls golfers!** The Spring Sports season is approaching and Coach Burnstead would love to have students who have experience playing Golf come and tryout for the team. As defending State Champions from the last State tournament, we are hoping to continue that tradition! The **deadline for sign-ups is February 25**, with tryouts occurring the following week (weather permitting).

RECYCLE ELECTRONICS

E-CYCLING EVENT

Redmond High Fastpitch Boosters and Living Green Technology are sponsoring an E-Cycling Event.

Saturday, February 5, 2022

10:00 am - 2:00 pm

Redmond High main parking lot by 104th

We will accept all electronics including, but not limited to:
Desktops, laptops, cell phones, servers, tablets, monitors.
For more information, [click here for flyer.](#)

STUDENT VOLUNTEERS NEEDED



Volunteer Opportunity

Each Monday, Tuesday, and Wednesday during lunch, we collect fresh produce to donate to a local food bank. [Sign up here](#) to get involved with this great opportunity! Service hours available! Contact Mr. Barrett (debarrett@lwsd.org) with any questions.

2022 LOCAL LEVIES

VOTE!

Have you voted yet?

Lake Washington School District has three measures on the February 8 ballot to support excellence for every student.

You should have received your ballot in the mail. After filling it out, you can put it back in the mail – no stamp needed – or drop it off in a King County Election drop box. Ballots must be dropped off or postmarked by 8 p.m. on Tuesday, February 8.

Want to learn more about Propositions 1-3 and how they support our students through continued funding for staff, programs, technology, as well as helping us ensure all students have room to learn in safe and healthy school buildings?

Visit <https://www.lwsd.org/education-levies>.

Did you know that the state school tax for education is decreasing?

The King County Assessor confirmed that the state schools tax rate for property owners in King County is being reduced by approximately 25-27 cents per 1,000 of assessed valuation. The state school funds go to the state and is used for education funding for all districts across Washington state. Our local LWSD tax rate collects funding that stays in our school district. **Have additional questions?** Join us for a Town Hall Q&A session on the levies:

- Tuesday, January 25 from 12:00-1:00 p.m.
- Thursday, January 27 from 7:00-8:00 p.m. Unable to attend? Submit your questions using our Let's Talk page: [Let's Talk! 2022 Levies](#) - Lake Washington School District (lwsd.org).

[2022 LWSD Education Levies - YouTube](#)

CREATIVE WRITING CLUB

THE CREATIVE WRITING CONTEST IS BACK!

We are back! Participate to become the RHS 2022 Monarch Writer with an exclusive section in Vol.4 of the Mustang Review. **Submit a work of fiction or nonfiction of up to 2,500 words, three poems totaling no more than 4 pages, OR a work of flash fiction of up to 700 words.** Illustrations drawn by the student author are acceptable; however, only literary content is judged. Again, a student is given only ONE ENTRY, and the entry must be the original work of that student. Group entries are not permitted. For more info, check out [this flyer!](#)

All entries should be submitted [here](#) as a PDF or Word Doc by **11:59 pm on March 12.** Contact s-nshastry@lwsd.org with any questions.

PARENTING SUPPORT

LWSD
Parent
Group

Two support groups for parents or guardians of LWSD high school students.
LWSD Parent Support Group - every other TUESDAY at NOON
Link: <https://bit.ly/lwsdparent>
When: Virtually every other Tuesday starting 1/25/22, ending 6/14/22

Time: 12–12:30 PM

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 their frustrations and worries. This drop-in group will provide caregivers with an opportunity to ask questions, discuss parenting tips, and share successes and struggles in a supportive environment with other adults.

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 canceled and resume the following week.

LWSD Parent Support Group - EVENINGS at 6 PM

"Parenting Support: As We Transition Back to School"

Join your EvergreenHealth social workers for an evening group to discuss different topics related to teen mental health. This is an opportunity for parents and guardians to learn, ask questions and bounce ideas off each other in a supportive environment with other parents.

[See flyer](#) for topics, dates and links.

Time: 6 pm - 7 pm.

REPORTING COVID

COVID-19

How to report that your student is COVID Positive:

Call or email the attendance office AND [complete this form.](#)

Attendance email: rhsattend@lwsd.org

Attendance phone: 425-936-1810

The form will provide us with all the information that we need to be able to determine a return date and contact trace.

Thank you for your partnership.

COVID PARTNERSHIP



As we face the current increase of Covid cases, we want to thank you for the continuing support of school safety processes. Please review the following with your child:

1. **Masking:** Make sure to wear a mask completely covering the nose and mouth. When actively eating or drinking, minimize time with mask off. Refrain from eating candy on sticks or other food items that might prevent safe and appropriate mask wearing.
2. **Social distancing:** There are many spaces available for lunch throughout the building and outside. Keep as much distance as possible while eating with others. When not eating, make sure that you are masked.
3. **Good hygiene:** Wash hands frequently. Use hand sanitizer. Refrain from sharing drinks. Maintain distance in restrooms while waiting to use a stall. All stalls are designed for individual use. Refrain from eating or drinking in restrooms.

Please do not send your child to school if they are experiencing any symptoms, have tested positive or have been identified as a close contact and are not fully vaccinated. In these instances, keep your child at home and contact the school via the attendance office. This will start the process for the school to be able to provide for further instructions for when it is okay to return to school.

We appreciate your patience and partnership during this challenging time.

LWSD COVID GUIDELINES



Mustang Families: 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 or 425-936-1810.

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

<u>Covid-Like Sick Symptoms</u>	<u>*Short Term Sick Symptoms</u>
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 been isolating for 5 days, have had no fever for 24 hours, and symptoms are resolving. Upon returning, a well fitting mask must be worn for days 6-10.
3. **OR** To return prior to the end of a 5 day isolation, you will need to submit a negative COVID-19 test result (molecular or antigen), in addition to your symptoms resolving.

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.

MAKERSPACE AT RHS



Update: Calling all crafters! The *Makerspace at RHS Library* will be offering several projects in 2022 using found objects. If you have any empty Altoids (or other) small tins, flannel scraps, cardstock, or other papercraft materials to donate, please bring them to the library front desk throughout the month of February.

Our first Makerspace meeting will be **Thursday, February 3** during homeroom. We will be ripping apart old books and giving the pages new life as origami bookmarks. Follow Mrs. Karim's origami tutorials or make your own designs. Sign up on FlexiSched for B or C. See you there!

CULINARY NEWS



LWSD Culinary Competition 2022

Sweet and Savory category

- WHO: Any high school student in LWSD
- WHAT: Culinary Competition
- WHERE: Remotely (Powerpoint presentations will be submitted)
- WHEN: Submissions due February 22
- WHY: It's fun! Prizes too!

Contact the RHS Culinary Arts Teacher, Jane Hitchcock, for details and to be added to the competition TEAMS page. jhitchcock@lwsd.org

RHS ATTENDANCE LINE

425-936-1810

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

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

nlalas@lwsd.org

CE-GARC: Lindsey Hanson

lihanson@lwsd.org

GARD-KAS: Sarah Gray

sgray@lwsd.org

KAT-LEA & VIM-Z: Micaela Crapo

mcrapo@lwsd.org

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

kbunyard@lwsd.org

MC-RAJ: Ellen Zambrowsky-Huls

ezambrowsky-huls@lwsd.org

RAK-SUG: Derik Detweiler

ddetweiler@lwsd.org

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

joshiro@lwsd.org

COLLEGE & CAREER CENTER



COLLEGE &
CAREER
CENTER

Lake Washington School District

LIVE WEDNESDAY

College and Career Virtual Event Series

Careers in the Arts

February 2, 1:30 pm



ELIZA KUNG, MICROSOFT

UX Designer



ALBERT RUBIO, CORNISH

COLLEGE OF THE ARTS

Actor & Admissions Counselor



TRAVIS KERSCHNER

WOVEN CHAINS JEWELRY

Artist

Click [here](#) for **Live Wednesday** events and the link to join this LIVE Virtual event to learn more about these exciting professions in the Art field.

URGENT! [Simons Summer 2022 Research Program Applications](#)- deadline coming up soon!

This year's application timeline is shortened so action is required right away. Interested and eligible applicants need to email Ms. Wu at rwu@lwsd.org with your full name and why you are interested in the Simons SRP by Feb. 2. Two nominees from RHS will be selected and notified by Feb. 9 and applications due Feb. 18.

\$SCHOLARSHIP\$

- [Nellie Martin Carman](#)- Interested and eligible applicants need to email Ms. Wu at rwu@lwsd.org by Feb. 18th.
- [National Scholarships – Horatio Alger Association Students](#)
- [Blacks at Microsoft Scholarship - Seattle Foundation](#)
- [College Bound | WSAC](#)
- [Scholarship Program - WSPTA](#)
- [Current Scholarship Opportunities| Seattle Foundation](#)
- [About the P.E.O. STAR Scholarship \(STAR\) | P.E.O. International](#)
- [Garrett J. Goodchild Achievement Award](#)

*You can also check out the Scholarship Bulletin Board outside the College and Career Center, in TEAMS and on Xello.

JOBS

Bright Horizons Hiring Event [National Hiring Day](#)



Check out the [Academic Year options!](#)

If you're interested in enrolling in a WANIC Academic Year program, contact [Ms. Wu](#), CCC Specialist to see if you qualify (for 11 and 12 grades only).

Online enrollment system opens in mid-February (no specific date yet). Apply before April 15, 2022 (priority enrollment date).



Lake Washington School District | 16250 NE 74th St | Redmond, WA 98052

[Unsubscribe](#) | [Report Spam](#)