



December 12th— December 18th

Bulletin

Important Dates:

December 19th—January 2nd NO SCHOOL Winter Break

Boys Soccer is holding a pre-season informational meeting for students Wednesday, **December 14th** in the Library at 12:45PM. Anyone thinking of playing in the Spring is welcome. Come meet the coaches, learn about the program, hear about the upcoming season, and get your questions answered.



Community Ride Service by King County Metro

More information online <https://kingcounty.gov/depts/transportation/metro/travel-options/on-demand/community-ride.aspx>

Informational Flyer [HERE](#)

Featuring FHMS Concert Choir, JHS Jazz Choir & JHS Concert Choir



December 14, 2022
7:00 PM
Juanita High School PAC

Free Admission

JUANITA

Community Ride JUANITA

On-demand service costs the same as a bus ride.

FREE ticket inside!

Juanita Community Ride service hours
Monday–Friday: 7 a.m.–7 p.m.

Community Ride is an on-demand, point-to-point service that can connect you to a Park & Ride, transit center or anywhere in the service area.

How to pay
Community Ride costs the same as a bus ride. Pay your fare using an ORCA card, cash, paper transfer or Transit Go mobile ticket. Transfers to other Metro services are included with a fare paid on Community Ride.

Adults (19 and older)	\$2.75
Youth (6–18 years old)	\$1.50

How to ride
Use Community Ride in four easy steps:

- 1 Download the Community Ride app
- 2 Select your pick-up and drop-off location
- 3 Check if the estimated pick-up and drop-off times work with your schedule
- 4 Book your trip and catch your ride!

Happy December, Ravens!

Please see the attached [Yearbook Newsletter](#) for important yearbook information, topics we are covering, and our deadlines. We need all the help we can get documenting the school year, so send us your pictures and stories!

Few things to note...

Senior portraits, quotes, and ads are due by 12/9/2022.

- Portrait Link: [ReplayIt Private Photo Submission Site \(jostens.com\)](https://www.jostens.com/yearbooks/students-and-parents/yearbook-ads)

Ad Link: <https://www.jostens.com/yearbooks/students-and-parents/yearbook-ads>

Quote Link: https://forms.office.com/Pages/ResponsePage.aspx?id=P2fUH5bflUaGOKHYjEyF17LYyE7_LWRBp_A2qwzmdc1UM1IKWTAyODBSzZORzIIkNQVFNYWIRHni4u

Topics covered this month: Email photos and stories to yearbook-482@lwsd.org

If you go by a name that is not in Skyward, email yearbook-482@lwsd.org your preferred name

- Missed picture day? Send us a portrait of yourself! [ReplayIt Private Photo Submission Site \(jostens.com\)](https://www.jostens.com/yearbooks/students-and-parents/yearbook-ads)
- Winter Sports
- Photos of JHS People in Red, White, and Blue
- Food Drive
- Thanksgiving/What are you grateful for?
- Winter Season Photos. Plans for winter break,
- New Years- 2022 reflections, NY Resolutions and hopes for 2023
- Veterans Day/ Pictures and stories
- Student Store

See the JHS website <https://jhs.lwsd.org/studentsfamilies/yearbook> for more information

From the College & Career Center

- **FAFSA OPENED OCT 1st!** Come by the CCC if you have questions or need help.
- **Military Visits**
- Navy – Dec. 15th during lunch
- **Holiday AC Tea!** – Dec. 14th, ACT in the CCC – sign up in FlexiSched.
- **Ask a Scientist** – The CCC will be hosting virtual talks with scientists of various disciplines. Come by the CCC to vote on topics of interest.

Mr. Adams & Ms. Shay wish everyone a safe and happy holiday break!



Is your child experimenting with drugs/ alcohol/ vaping?

Please take a few moments to review the list of signs and symptoms of use you may see at home and what you can do to support your child.

- Talking about alcohol, vaping or other drugs
- Glorifying drug use, defending it
- Tardiness, absences (more than used to)
- Change in behavior, mood swings, inappropriate laughing
- Lower grades, failing grades, lack of interest
- Change in friends/not introducing you
- Secretive/door closed more or closes phone/laptop around you
- Excessive talking or fidgeting
- Argumentative when not normally so
- Bloodshot eyes, dilated pupils (large), pinpoint pupils (tiny)
- Excessive sniffing
- Poor health, chronic coughing
- Spending less time with family than used to
- Smelling incense, room/body sprays, cologne/perfume more and more

Some of these are normal adolescence, but if you are concerned that they might be using substances, you can ask them, search their rooms, look on their social media, texts, give them a home urinalysis, etc. Childhood is not a democracy and you have every right to know what they are up to, who they are with, what they are keeping in their rooms and what they are posting on social media.

By not taking a stand against drug use, talk or behavior, we send messages that it is acceptable or you aren't concerned about them using. You are in an excellent position to help them get support if their use is creating problems in their lives (any use is changing their brain chemistry and not allowing to mature/develop naturally).

You can reach out to me at the school via phone, email or zoom (I am in all 4 high schools with 1 day in each building). You can also refer your teen to me to chat confidentially at the school or you could attend YES' Alcohol Drug Education Class with them on a Saturday morning from 9:30am-12:30pm on zoom and is no-cost for LWSD families (register at www.youtheastideservices.org/adc) Or you can check out this website to access mental health, substance use or other kinds of counseling at <https://findtreatment.samhsa.gov/> in your community.

Let's keep working together to support your students to make healthy choices for their futures. andrea.frost@youtheastideservices.org (encrypted email) or 425-586-2307 (confidential voicemail).

Andrea Frost (she/her) MPA, SUDP

Substance Use Disorder Professional

Prevention Intervention Specialist EHS, JHS, LWHS, RHS

**NEW CRISIS PHONE LINE DIAL 988



Need a little extra food over the weekend?

Maybe some household supplies?

Come to **room 220** before school or during lunch and chat with Lynn Lawrence

If email is easier, we can do that as well llawrence@lwsd.org

Student Expectations

Please see the link below that outlines different expectations for students here at JHS to ensure the safety and learning for all.

[STUDENT EXPECTATIONS](#)

Did you know that you student needs to have an Early Dismissal Pass in hand for their absence to be excused?

How do you get an Early Dismissal Pass for your student?

Report the early release to the Attendance Office by either email JHS-attendance@lwsd.org or leaving a voicemail at (425) 936-1607. We request you report the early release either the night before or morning of. This way we have time to get the pass to your student.

There are other medical conditions besides COVID-19 which may require your student to stay home from school.

If your student has any of the following symptoms, please keep them home and contact their school.

[LWSD non-COVID too sick for school symptoms](#)



1. **Japanese National Honor Society** meeting will be held on Monday, 12/12, in the Japanese classroom from 2:50-3:30. JNHS is available to Japanese language students only.
2. **Japanese Club** is having our holiday meeting on Thursday, 12/15, in Room 320 from 2:50-3:50. Join us for some fun holiday-themed activities!



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!**