



Welcome to
Interlake High School

OVERVIEW

- Introduce you to the Interlake Administrative and Support teams
- Preparing for this school year
- Graduation Requirements and College Planning.
- Contacting your counselor
- A few things to keep in mind
- Helpful resources



GET INVOLVED!!

-Join PTSA (Jessica Pan)

-Join Booster (Carl Kester)

-Volunteer to proctor

AP and IB Tests in May!!

(e-mail Sarah Brown at browns@bsd405.org if you are available)

We need you!

Introductions

- Administrative Team
 - Bret Cochrun
 - Mike Schiehser
 - Jocelyn Alexander
 - Miguel Gutierrez

- Athletics/Activities
 - Kyle Mckenna
 - Krystyn Higgins

Principal Bret Cochrun

- Curriculum Night
- Principal Coffee Meetings (evenings)
- Principal updates (School Messenger list)
- Interlake website
- Schedules
- International Baccalaureate



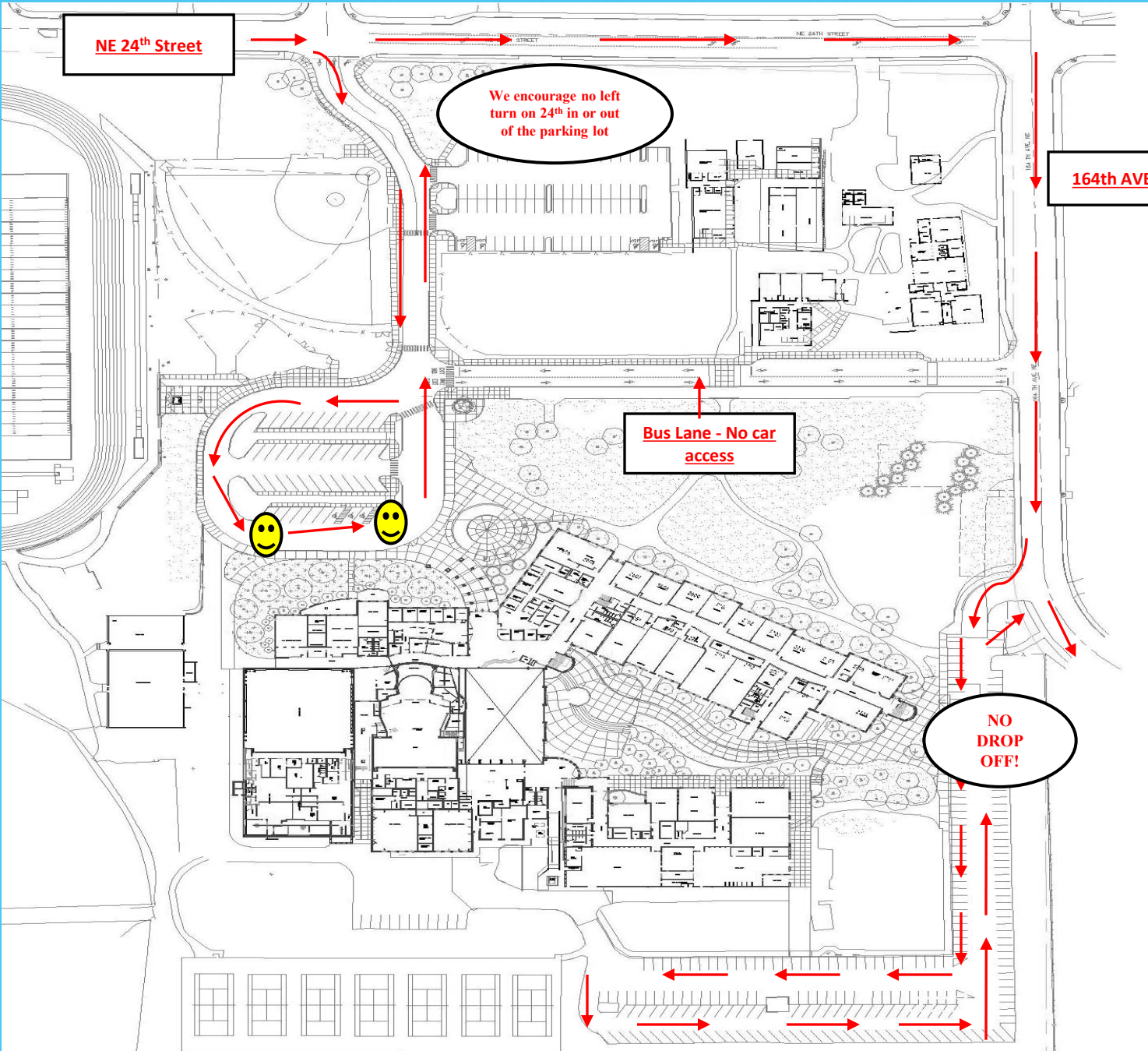
Assistant Principals

- ASB
- School Pictures
- Technology
- Testing



Student drop off 101

- Remember to follow the rules of student drop off in the morning.
 - No left turns into parking lot from NE 24th St nor 164th Ave NE to drop off your student.
 - Drop your student in designated “☺” zones only
 - Arrive at 7:40 or earlier to avoid congestion
- Don't be that parent clogging the line!



NE 24th Street

We encourage no left turn on 24th in or out of the parking lot

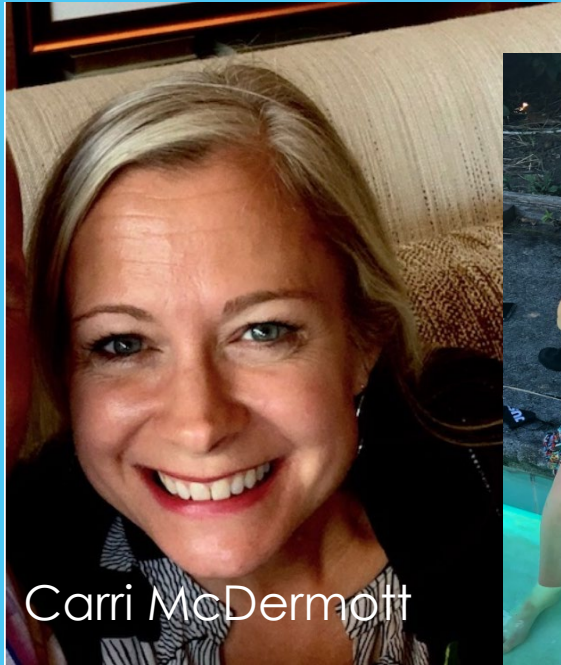
Bus Lane - No car access

164th AVE SE

NO DROP OFF!



Counseling Team



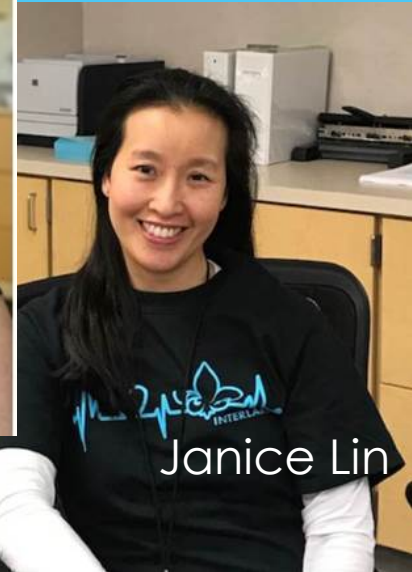
Carri McDermott



Chelsea Kearns



Hannah Jensvold



Janice Lin



Maya Vergien



Alicia Williams



Scott Marcum

Student Support Services

- Counseling Team
- Family Engagement Specialist
- College and Career Advisor
- Graduation Success Coach
- Mental Health Assistance Team (MHAT)
- Naviance
- Youth Eastside Services counselor

What makes Interlake special?

- IB
- AP
- Elective offerings (Welding, Horticulture, Business, Art, PE)
- Music Program
- Pacific Program
- Clubs/Activities
- Athletics
- Supportive Parents
- Diverse and inclusive student body



8:00 am start time (BHS, IHS, NHS, SHS)

2021-22 Bell Schedules

*2nd period 5 minutes longer for announcements

**8th period is offered to students enrolled in selected WANIC Skills Center Courses

Period	Monday	Tuesday	Wednesday		Thursday		Friday
0	7:00-7:50	7:00-7:50	0	7:00-7:50	0	7:00-7:50	7:00-7:50
1	8:00 -8:50	8:00 -8:50	2	8:00 – 9:30	1	8:00-9:30	8:00 -8:50
2*	8:55-9:50	8:55-9:50	4	9:35-11:05	3	9:35-11:15	8:55-9:50
3	9:55-10:45	9:55-10:45	6	11:10-12:40	1 st Lunch 5a	11:20-11:50	9:55-10:45
4	10:50 – 11:40	10:50 – 11:40	Break	12:45-12:55		11:20-12:50	10:50 – 11:40
1 st Lunch 5a	11:45-12:15 11:45-12:35	11:45-12:15 11:45-12:35	Early Release		2 nd lunch 5b	12:55-1:25 11:55-1:25	11:45-12:15 11:45-12:35
2 nd Lunch 5b	12:40-1:10 12:20-1:10	12:40-1:10 12:20-1:10			7	1:30-3:00	12:40-1:10 12:20-1:10
6	1:15-2:05	1:15-2:05			Tutorial	3:00-3:30	1:15-2:05
7	2:10-3:00	2:10-3:00					2:10-3:00
Tutorial	3:00-3:30	3:00-3:30			8*	3:35-4:35	3:00-3:30
8**	3:35-4:35	3:35-4:35					3:35-4:35

Virtual Curriculum Night

- Mark your calendars: **Sept 30**
- Meet your student's teachers
- Get a feel for their schedule in the same order that they experience it every day



Fees and Supplies

- ASB \$75.00—Buy Early!
- Each sport \$150.00
- Yearbook \$65.00
- Art/Tech/Lab class fees \$15.00-35.00 automatically charged to the student's account
- Dances approximately \$5-\$25 depending on the dance
- Need help with school fees? Talk to your counselor!
- *Graphing Calculator*
- *Binders with dividers*
- *3-ring hole punch*
- *Pens, pencils, paper, erasers*
- Some teachers may request certain supplies particular to their subject.



Federal Free/Reduced Lunch Program

Lunch is provided for all students this year, but you can still apply online to access:

- No class fees
- Fee waivers for SAT and ACT
- College application fee waivers
- Athletics fees waived
- Reduced ASB fees
- Reduced Dance ticket prices
- Many other scholarship and grant opportunities
- Information completely confidential

Synergy ParentVUE

Grades & Attendance

🔗 [Help With Elementary Progress Reports in Synergy: English \(PDF\)](#) | [Español \(PDF\)](#) | [简体中文 \(PDF\)](#)

Contact Us

If you experience any issues logging in, please contact your teacher, RTS or ITCL. Or contact Parent Help at (425) 456-4222.

✉ [Email Parent Help](#)

StudentVUE

Synergy StudentVUE provides students with easy access to assignments, grades and attendance.

➔ [Log Into StudentVUE](#)

- [Accessing StudentVUE via browser](#)
- [Accessing StudentVUE via mobile app](#)

☰ TECHNOLOGY

[Technology Support for Students and Families](#)

[Grades & Attendance](#)

[Microsoft Office 365](#)

[Library Resources](#)

[One-to-One Computing](#)

Graduation Requirements

- 24.0 Credits
- 2.0 minimum GPA
- 40 hours of Community Service
- Meet state standard on Smarter Balanced exams or alternatives
- New to BSD in 9th grade? Must pass Washington State History





College Planning

- Take advantage of our strong high school academic program including IB/AP courses.
- Naviance Test Prep—Free!
- Establish strong study habits and time management techniques. How is your student's study environment? Habits?
- READ. READ. READ. Develop a reading plan that includes newspapers, magazines and books.

Naviance

- College and Career search program for students and parents
- Partially funded by the Bellevue Schools Foundation for all secondary students.

The screenshot shows the Naviance user interface. At the top, a dark blue header contains the text "Welcome, Casey!" on the left, a search bar with the placeholder "Type a college name" in the center, and a "SEARCH" button on the right. Below the header, the page is divided into several sections. On the left, there is a "Financial Aid session videos" section with a language dropdown set to "English" and a "Go" button. The text below reads: "Welcome Class of 2021! If you were unable to attend the Financial Aid Day sessions on November 18, or would like to revisit the session, videos for both the English and Spanish versions of the presentation are available. Links are below." A "Read more" button is at the bottom of this section. To the right of this is the "My Favorites" section, which lists four items: "COLLEGES I'm thinking about", "COLLEGES I'm applying to", "COURSES I'm thinking about", and "CAREERS AND CLUSTERS I'm thinking about". Below these are two more sections: "Important To-Dos and Tasks" and "What's New". The "Important To-Dos and Tasks" section shows a task: "Complete My Financial Aid Options DUE Tuesday May 31, 2022 Assigned by Bellevue School District". The "What's New" section shows two announcements: "Lafayette College will be visiting your school on Monday, September 13th, 2021 at 10:50 am more info" and "Calvin University will be visiting your school on Monday, September 13th, 2021 at 10:50 am more info". At the bottom right of the page, there is a "Show Me How" button with a question mark icon.



College Planning



- Extra curricular activities
- Begin to keep a file of activities, awards and achievements
- District College Conference (February)
- Visit colleges as you travel on vacation.
- Start saving and planning for college expenses.



When to contact your counselor

- Academic Concern
 - Change in work or output
- Social-Emotional Concern
 - Withdrawal, Anxiety, help connecting with peers
 - Divorce, Family dynamic changes
 - Concern about someone in the student's family (medical, illness, death, etc)
- Mental Health Concern
 - Depression
 - Suicidal Thoughts
- Concerns about Drug/Alcohol use
- Bullying/Harassment





Attendance Office and Nurse

- If your student is sick, there is **no need to call**. Upon returning to school, he/she must bring a note with parent signature to the attendance within 48 hours to excuse the absence. Remember—Students will not be able to make up missed work if the absence is not excused.
- If there is an *extended* absence due to illness and/or injury please contact the nurse so necessary accommodations can be made.
- Pre-arranged absence forms are available.
- Illness or injured at school, students *must* check out with the nurse.
- If medications, including over the counter medicine, will be taken at school your student *must* fill out a form with nurse.

Things to keep in mind

- Developmentally this is a time of experimenting, increased independence and risk taking. (Pre-frontal cortex still in construction). Help them talk about and work through positive decision making.
- Stay involved with your student's life!
- Has communication with your teen changed lately? What is the best time/place to talk to your student?
- You are your child's biggest influence. Make sure they know how you feel and what you think about choices they may face.
- Talking about making healthy decisions BEFORE the opportunity arises is helpful.



Things to keep in mind



- Respond, Don't React
- Students are stressed. Learn to recognize their triggers and symptoms and help with healthy coping strategies
- Open your home to your student's friends and help create safe "hang outs"
- Remember: One of the most effective ways to show love is to listen

Resources

- Counselors
- Administrators
- Teachers
- Coaches
- Other Parents



Student Email Accounts

- All students have BSD email accounts. These accounts should be used to communicate with BSD teachers and staff for homework, quiz or test questions.
- All students will be issued a BSD laptop computer. Be sure to talk to your student about appropriate use.
- Monitoring software for parents is available.



Communication



- Please feel free to introduce yourself to teachers and counselors via email.
- If your address or phone number changes, please inform Loma Rockwell (Registrar) as we mail home important information.
- Remember to empower your student to take the first steps.

GO SAINTS

We are very excited to have you
and your student as part of the
Interlake community!

