

# SHS Curriculum Night 2023

Schedule reminder



**6:00 - 6:20 PM      Welcome**

**Introduction of Administrators**

**Presentations: BSF, PTSA, Boosters**

**6:30 - 6:50 PM   Counselor Grade Level Presentations**

**12<sup>th</sup> grade- Library:** Senior year- College applications 101!

**11<sup>th</sup> grade- Lower Gym:** Preparing for life after high school!

**10<sup>th</sup> grade- PAC:** Preparing for success in 10<sup>th</sup> grade and beyond!

**9<sup>th</sup> grade- Main Gym:** Welcome to Sammamish! Tips and Strategies to thrive in HS!

**Room 227 – General Overview of the High School Years *in Spanish***

**6:00 - 6:20 PM      Bienvenidos**

**Introducción de Administradores**

**Presentaciones: BSF, PTSA, Boosters**

**6:30 - 6:50 PM   Presentaciones de Consejeros Escolares de Nivel de Grado**

**12º grado- Biblioteca:** Último año- ¡Aplicaciones universitarias 101!

**11º grado- Gimnasio Inferior:** ¡Preparándose para la vida después de la escuela secundaria!

**10º grado- PAC:** ¡Preparándose para el éxito en 10º grado y más allá!

**9º grado- Gimnasio Principal:** ¡Bienvenido a Sammamish! ¡Consejos y estrategias para prosperar en la preparatoria!

**Salón 227 - Descripción General de los años en la Preparatoria en Español**

# **Redhawks who have flown the nest.**



**The following teachers are not present this evening and will be communicating with you directly about curriculum night information.**

**Jessica Baril**

**Clarissa Lovegren**

**Jesse Ryan**

# **Redhawks que han volado el nido.**

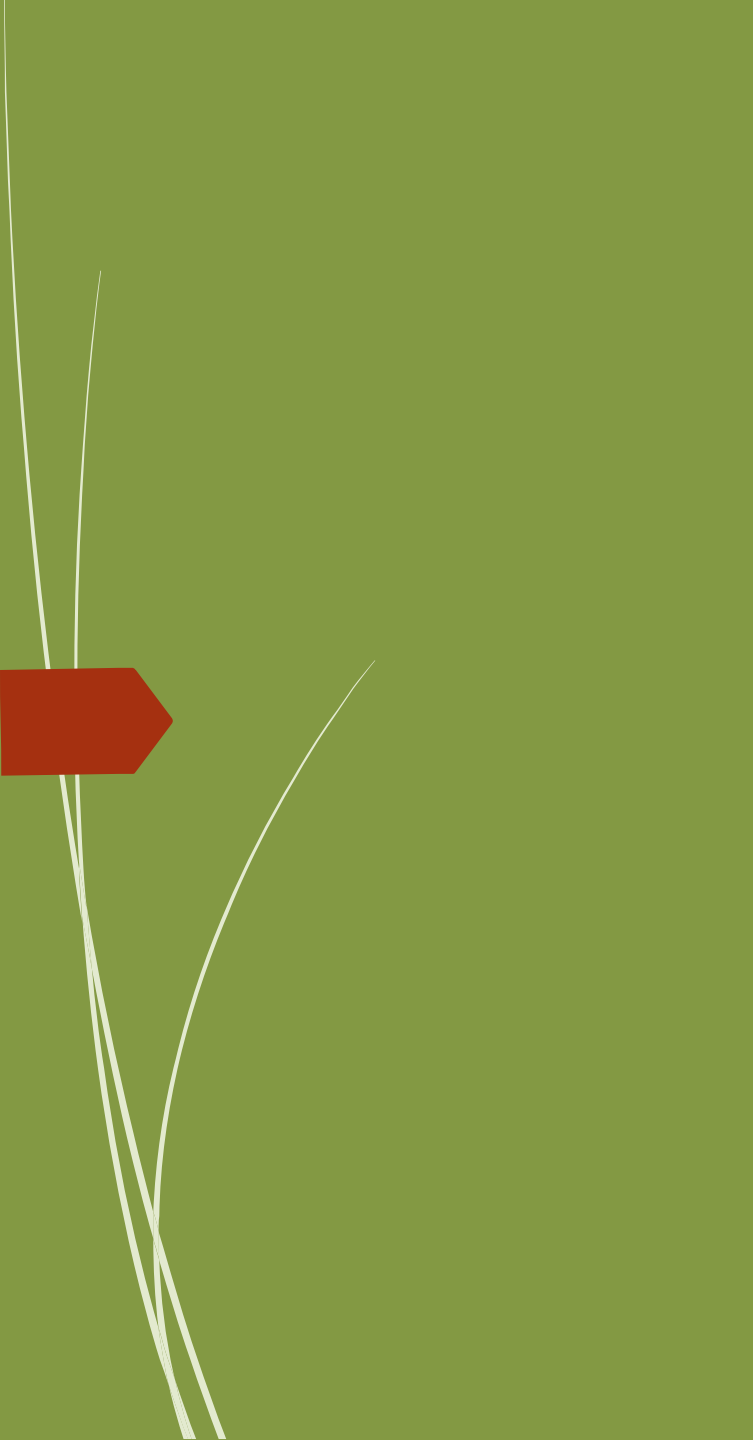


**Los siguientes maestros no están presentes esta noche y se comunicarán con usted directamente sobre la información del plan de estudios de la noche.**

**Jessica Baril  
Clarissa Lovegren  
Jesse Ryan**



<b>Time/Tiempo</b>	<b>Period/Periodo</b>
<b>7:00 - 7:10 PM</b>	<b>Clubs, and 0 period in the cafeteria</b>
<b>7:15 - 7:25 PM</b>	<b>1st period</b>
<b>7:30 - 7:40 PM</b>	<b>2nd period</b>
<b>7:45 - 7:55 PM</b>	<b>3rd period</b>
<b>8:00 - 8:10 PM</b>	<b>4th period</b>
<b>8:15 - 8:25 PM</b>	<b>5th period</b>
<b>8:30 - 8:40 PM</b>	<b>6th period</b>
<b>8:45 - 8:55 PM</b>	<b>7th period</b>



BSF  
PTSA  
Boosters

# Bellevue Schools Foundation

Bellevue Schools Foundation supports all students in the district to achieve higher levels of academic success and social-emotional well-being, regardless of language, gender, race, socioeconomic status, and special needs.

This year, we are distributing over \$900,000 to Bellevue students and educators to fund the following:

**Arts, Enrichment, and Innovation**

**Inspiration and Incubation**

**Community Engagement**

**Breaking out of the Margins**

**Superintendent Innovation Fund**

**Computer Science**

**Early Learning**

**Mental Health**

**National Board Certification for Teachers**



BELLEVUE  
SCHOOLS  
FOUNDATION

TRANSFORMING EDUCATION.  
SUPPORTING STUDENTS.



# Bellevue Schools Foundation Supports Music, Arts, Culture, Robotics, Mental Health & Community Engagement at **Sammamish High School**



## Sammamish High School Programs:

- › Orchestra Clinicians (\$1,000.00)
- › Band California Trip (\$1,500.00)
- › Mariachi Club Clinician and Transportation (\$1,500.00)
- › Jazz Retreat at Sammamish (\$500.00)
- › Pipa Chinese Stringed Instrument Lessons and Assembly (\$500.00)
- › Choir Clinicians (\$1,500.00)
- › Musical Production Theatre Dance Clinician (\$1,500.00)
- › Cricut Machine (\$541.68)
- › Raku Firing Project (\$1,500.00)
- › Artist in Residence Experience (\$1,250.00)
- › Robotics (2 Teams) (\$2,000.00)
- › Healthy Relationships Teacher Training with ARC of King County (\$857.14)
- › Noticias en Español Para Familias BSD y LWSD (\$166.67)

For more information, contact  
the Bellevue Schools Foundation  
at [info@bsfdn.org](mailto:info@bsfdn.org) or visit  
[bellevueschoolsfoundation.org](http://bellevueschoolsfoundation.org).



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# BLOCK PARTY

OCTOBER 14 11AM – 4PM

Bellevue Downtown Park 10201 NE 4th St.

## Activities!

Face painting  
Balloon artist | Meet a reptile  
Magician | Lawn games  
Bounce house

## Food!\*

Macarons | Bundt cakes  
Burgers | Coffee  
Korean rice bowls

\*available for purchase

## Celebrate The New School Year with BSF!

This year, Bellevue Schools Foundation is distributing over \$900,000 to all schools in the Bellevue School District. Student programs such as mental health, computer science, early learning, and the Dr. Aramaki innovation fund, wouldn't be available to our students without your support.

 Purchase a Raffle ticket at the event and enter for a chance to win a Nintendo Switch!

The event is free but donations to support our students are welcome.

SALUTATORIAN SPONSORS



Donate Here!  
Food! Friends! Fun!



# EducationConnections

## Screenagers Under The Influence

Addressing Vaping, Drugs, & Alcohol in the Digital Age

WED OCT 25  
7PM – 9PM

Bellevue High School  
10416 Wolverine Way  
Bellevue, Washington 98004

6:30PM – Doors Open  
7PM – Film Starts

TUE NOV 28  
7PM – 9PM

Sammamish High School  
100 140th Avenue Southeast  
Bellevue, Washington 98005

6:30PM – Doors Open  
7PM – Film Starts

This event is designed to enlighten and educate attendees about teenage drug use in the digital age. It is suitable for teenagers and their parents or caretakers.

**We look forward to seeing you there!**



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TRANSFORMING EDUCATION.  
SUPPORTING STUDENTS.



## Sammamish PTSA Co-Presidents

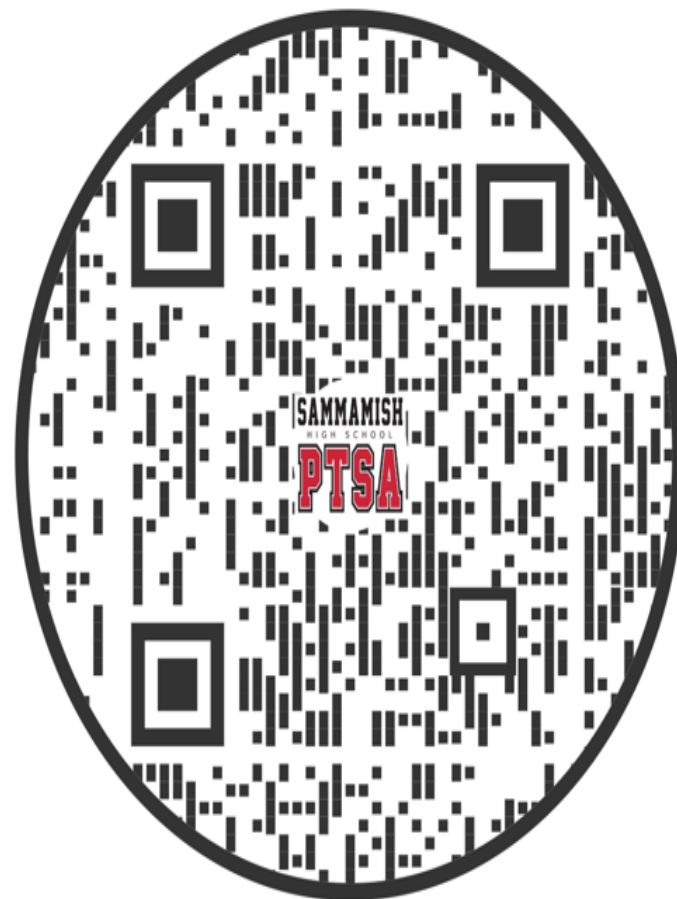
Mendi Carroll and Jenny Miller

Email: [president@sammamishptsa.org](mailto:president@sammamishptsa.org)

**Join PTSA and Donate**

## How does the Sammamish PTSA support the community?

- Parent information and education
- Student support with supply drives, Reflections, Class Of Committees, SAT/ACT prep classes
- Student mental health support
- Teacher & staff grants for materials and appreciation events
- Volunteer coordination for school needs
- Advocacy with Washington PTA for our students', schools', and entire families' needs.







**SAMMAMISH  
HIGH SCHOOL  
BOOSTERS**

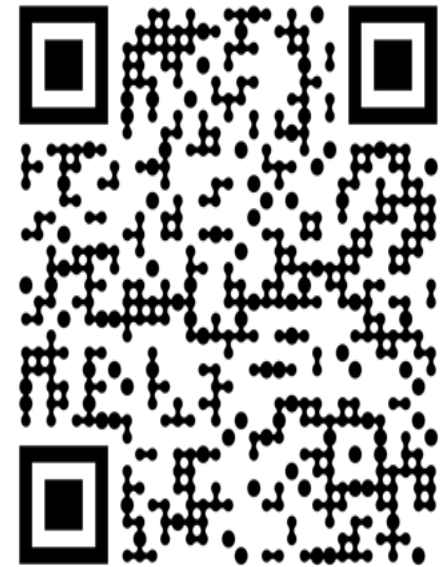
## Your Calls to Action!

- Find the Boosters group for your child's activity!
- Join the PTSA for voice, vote, and advocacy muscle!
- Get connected:
  - Sammamish "Hawk Squawk" Newsletter
  - Boosters/PTSA website: [www.sammamishptsa.org](http://www.sammamishptsa.org)
  - Facebook "Sammamish High School Community" page (not PTSA sponsored)
  - Find your "Class of" committee

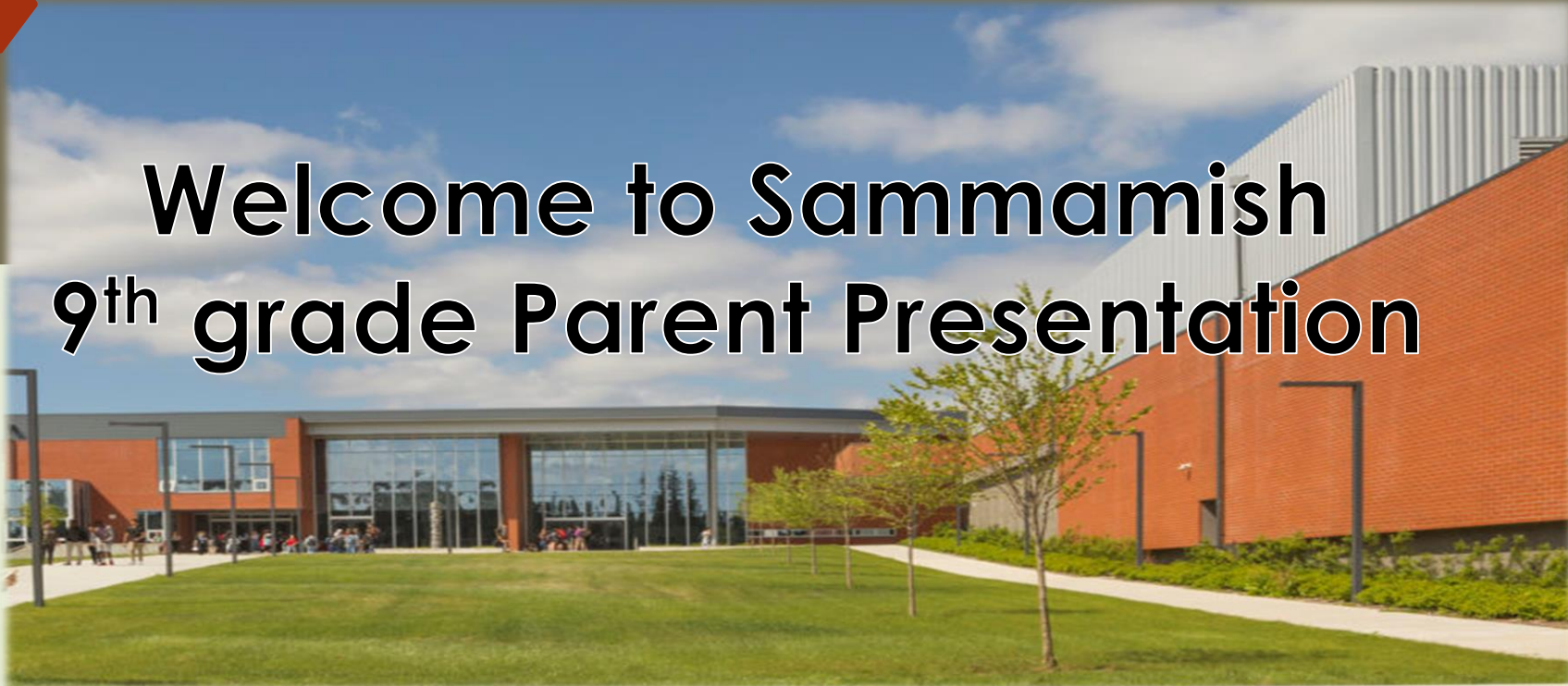
# Welcome to Sammamish Boosters

- SHS Boosters is a parent supported organization and supports the general school clubs, activities and sports that do not already have their own booster support
- New clubs and sports are approved for a one-time grant
- Our board is tiny but mighty:
  - Jennifer Chia Ittner and Sarah Keibler - Co-Presidents, [President@SHSBoosters.org](mailto:President@SHSBoosters.org)
  - Jennifer Topel - Treasurer
  - Nicole Barber - Secretary
  - Laura Dooley

**SHS Boosters**



# Welcome to Sammamish 9<sup>th</sup> grade Parent Presentation



**SAMMAMISH**  
**RED HAWKS**



This presentation  
will also be  
available on the  
SHS Counseling  
webpage





## Sammamish PTSA “Class Of” Committees

Fundraising and community-building, working towards a senior-year celebration.

- Restaurant Nights that build community.
- Fundraisers with a community service: Goodwill collections, Holiday pies, Mother’s Day flower baskets, and more.
- Junior Class Committee supports seniors with Graduation Lei sales and Senior Breakfast.
- Senior Class Committee plans a safe, sober, all-night grad party.

## Sammamish High School Class Facebook Pages

*A helpful place to exchange info and connect with fellow parents of your year.*

*Pages are not sponsored or monitored by PTSA.*

### ***Class of 2024***



### ***Class of 2025***



### ***Class of 2026***



### ***Class of 2027***





# **TONIGHT'S AGENDA...**

- Meet your Counseling team
- About Sammamish High School
- Mental Health and Well-being
- Overview of 4 years of high school
- Graduation Requirements
- Naviance
- Support Services

# SHS Counseling Team



**Ms. Williams**

**A-Dc**



**Ms. Williams-Pagaran**

**De-Ji**



**Mr. Martinez Escobar**

**Jo-Mol**



**Ms. Anderson**

**Mon-Sanc**



**Ms. Breeze**

**Sand-Z**



**Ms. Lopez-Kopp**

**College & Career  
Counselor**



How to reach us:  
Email any time!  
You can find out  
contact info on the  
SHS Website.



# Ways your School Counselor Can be Helpful:

- Academic & Career Planning
  - Graduation Requirements
  - College planning (Spring of Junior Year) and Applications (Fall of Senior Year)
  - Course Selection (Spring)
  - Naviance Support
  - Summer School
  - Letters of Recommendation
- Social/Emotional Support
  - Family Struggles
  - Communicating with teachers
  - Mental Health Support
  - Peer/Social concerns
  - Connect to outside mental health resources



# Sammamish High School

Comprehensive High School

Rigorous college-prep curriculum

Impressive, passionate teachers

Support services

Strong student leadership

Active school spirit with lots of clubs/activities/sports for all interests



# Focus of Freshman Year

## ➤ 1. Transition to High School



- Counselor-led classroom presentations in November
- Teachers watch for students who need extra assistance

## ➤ 2. Get involved in High School community



- Community service – 40 hours required
- Leadership, Clubs, Drama
- Sports (keep eligibility requirements in mind)

## ➤ 3. Academic Success



- Develop strong study skills
- Develop time and stress management techniques
- GPA counts for college starting now

## ➤ 4. Independence & Self-Advocacy Skills



- Encourage and teach students to speak directly to teachers



# 10<sup>th</sup> Grade Main Focus

- All students are different – and all can succeed
- Rigorous and balanced course schedule
- Stay involved (clubs, sports, etc.)
- Community service in areas of interest
- Strengthen study skills
- Discover and pursue a passion area
- Start researching and visiting colleges
  - National College Fair
  - BSD College Conference





# 11<sup>th</sup> Grade Main Focus

- Continue in rigorous and balanced program
- PSAT – October, during school day
- Community service
- Continue working in Naviance
- College rep visits, opportunity to ask admission questions, National College Fair, BSD College Conference
- Junior meeting opportunities with counselor during registration
- SAT/ACT – student signs up in spring on-line
- Continue researching post-secondary options:
  - 4 year colleges, 2 year community/technical colleges, other experiences, military, gap year...
  - Visit! Visit! Visit! Colleges and programs

# 12<sup>th</sup> Grade Main Focus

- Complete all graduation requirements
- Post-high school planning – refine focus and plan
- Colleges emphasize rigorous and balanced senior schedule
- College applications starting in the fall
- Apply for financial aid/scholarships
- Retake SAT/ACT if needed in the fall (no more than twice)
- College visits (overnight stays and tours)
- Create a resume to prepare for employment
- Celebrate Graduation!



## BSD CREDIT REQUIREMENTS

SUBJECT	SEMESTERS	CREDITS
English	8	4.0
Mathematics	6	3.0
Social Studies	7	3.5
Science *	6	3.0
Career & Technical Education	2	1.0
Fine Arts (Drama, Music, Visual Art) **	4	2.0
Health	1	0.5
Physical Education	3	1.5
World Language ***	4	2.0
Electives	7	3.5
<b>TOTAL</b>	<b>48</b>	<b>24</b>

\*\*The Fine Arts requirement of 2.0 credits can include 1 credit of Personalized Pathway Requirement (PPR).

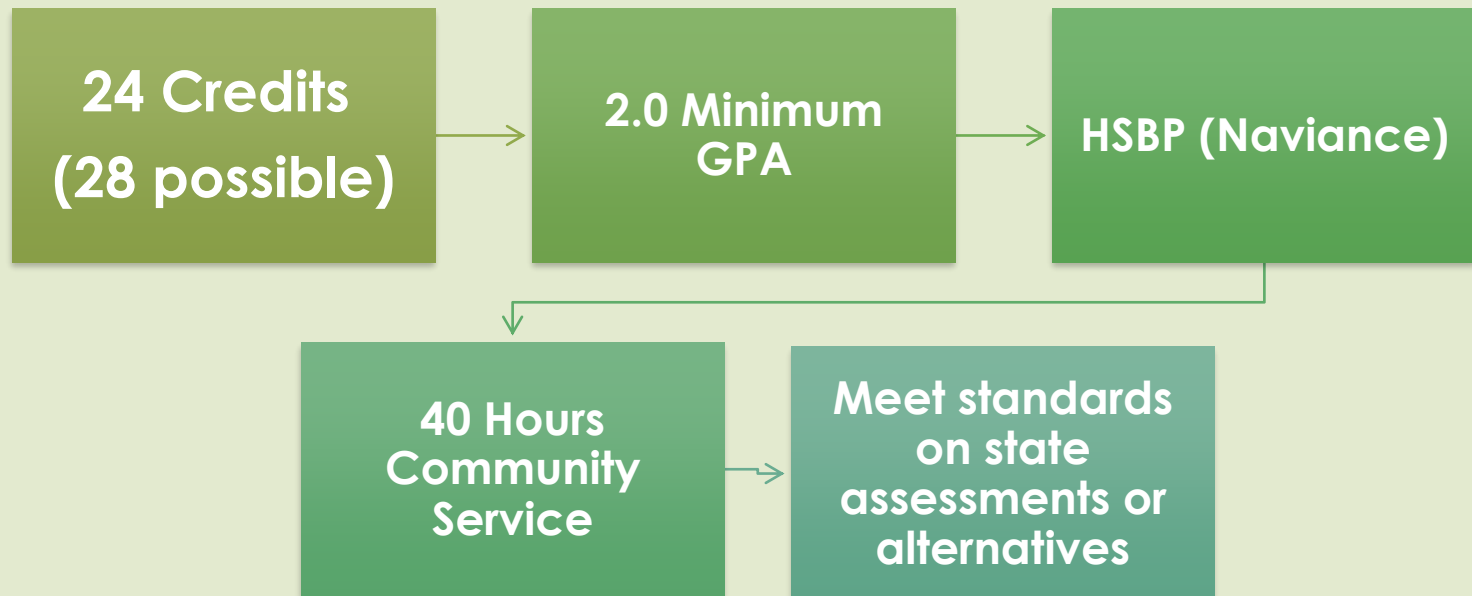
\*The Science requirement of 3.0 credits must include two lab classes.

\*\*\*For World Language, both credits can be PPR.





# BSD High School Overall Graduation Requirements



# What is Naviance?



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**Our web-based tool for students & parents**

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**Freshman students will use Naviance for career & college research and to complete their High School and Beyond Plan**

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**We work with the middle school to continue curriculum started there**

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**Learn more about themselves**

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**Set personalized goals**

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**Explore career options**

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**Search for colleges**

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**Apply for scholarships**

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**Track admissions status**

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**Enter Community Service work for approval**

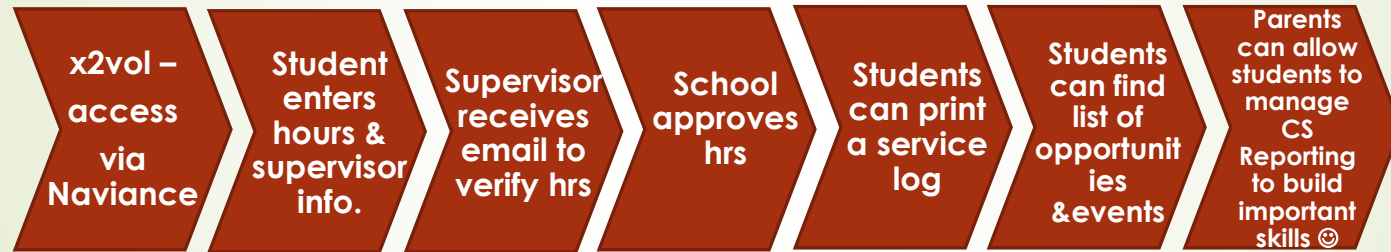
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**Find info about upcoming news & events**

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# COMMUNITY SERVICE HOUR REPORTING



# October 11th

## 9<sup>th</sup> Grade activities:

- Review Graduation Requirements
- Knowledge test-Kahoot
- Participate in High School and Beyond Plan activities.

## Optional- Depending upon time/student interest

- Explore Community Service Opportunities
- Create College Board Account, locate SAT practice tests, Khan Academy resources
- 9<sup>th</sup> graders should be in their assigned room by 8:30am
- What to Bring: Laptop, charger and earbuds/headphones

# SUPER WEDNESDAY

# SUPPORT SERVICES

(IN ADDITION TO COUNSELOR)

- Tutorial M,T,Th,F 3:00 pm – 3:30 pm
- Grad Success Coach (Saida Oweis, Regi Raban)
- Jubilee REACH (Warren Eng, Tramoya Sledge)
- Family Connections Support Specialist (Gemma Aquino)
- College and Career Specialist (Vanessa Lopez-Kopp)
- ParentVue – view grades and attendance online
- MLL Support (Ben Jones, Mike Ramos and Amber Snapke)
- Counselors from community agencies
- Naviance

# Meet your SHS MHAT Counselors:



**Piper Sangston**



**Jazmine Layden**

# Mental Health Resources



- **Teen Link:** call or text 866.833.6564
- Reach out to your **SHS School Counselor** (put "urgent" in the email subject line)
- **Nami:** 425.885.6264
- **Suicide Hotline:** 800.273.8255
- Text **HOME** to 741741 to text with a crisis counselor
- **King County Crisis Line Resources**
  - Call 211 or 866.427.4747
  - Visit [www.211.org](http://www.211.org)
  - Text: 877.211.9274



# Tips for Parents & Guardians

## Communicate

- Prioritize relationship
- Allow space and time for open sharing
- Discuss values and goals

## Support

- Provide resources
- Non-anxious presence

## Expect and accept imperfection

- Failure is essential to success
- Strong sense of self = confidence in ability to overcome barriers





# THANK YOU FOR ATTENDING TONIGHT'S PRESENTATION

Rita Gemmell  
Counseling Department Secretary



Phone (425) 456-7621



Website –  
<https://bsd405.org/sammamish/counseling/>



\*PowerPoint available on the Counseling  
Department website

