



News from the Ravens' Nest

August 29th, 2025

Important Dates

- **Wednesday, September 3rd:** First day of school for **all grade levels**
- **Friday, September 5th @ 8:15:** Donuts and warm beverages hosted by PTSA
- **Tuesday and Wednesday, September 9th & 10th:** Camp Cedar Springs Field Trip for all freshman students. \$110.00. Cash or checks only (payable to Innovation Lab HS) Free & Reduced Lunch students are not charged; financial assistance available for those who qualify. Contact Kelly Duhamel (office manager/bookkeeper) at 425.408.6201 with questions
- **Thursday, September 25th:** Curriculum Night - Time TBD
- **Monday, September 29th:** School Portrait make-up day with Dorian Photography
- **Wednesday, October, 8th:** PSAT testing for all Juniors (Sophomores optional - register by 9/19 September)
- **Wednesday, October 22rd:** Optional SAT testing for Juniors/Seniors @ ILHS. Register by 10/15.

First Day Schedule



We look forward to welcoming back all students (grades 9-12) on the first day of school, September 3rd. Below is our bell schedule for the first day of school. Students doing Running Start are expected to come for CREW, but can leave during the class rotation time and return. There will be a supervised area available for running start students who wish to stay on campus.

First day of school
Crew (50 mins) 8:10 - 9:00 AM
ASM (30 min) 9:05 - 9:35 AM
All School Activity (30 min) 9:40 - 10:10 AM
Nutrition Break (10 mins) 10:10 - 10:20 AM
1st Period (30 mins) 10:25 -10:55 AM
2nd period (30 mins) 11:00 - 11:30 AM
3rd Period (30 mins) 11:35 - 12:05 PM
Lunch (30 mins) 12:10 - 12:40
4th period (30 mins) 12:45 - 1:15 PM
6th Period (30 mins) 1:20 - 1:50 PM
7th Period (30 mins) 1:55 - 2:25 PM
Crew (30 mins) 2:30 - 3:00 PM

2025-26 Bell Schedule (begin September 15)

Monday	Tuesday	Wednesday	Thursday	Friday	Short All 7
1st Period (50 mins) 8:10 - 9:00	1st Period (90 mins) 8:10-9:40	Crew (0) (10 mins) 8:10 - 8:20	2nd Period (90 mins) 8:10-9:40	1st Period (50 mins) 8:10 - 9:00	1st Period (35 mins) 8:10 - 8:45
2nd Period (50 mins) 9:05 - 9:55		Club A (45 mins) 8:25 - 9:10		2nd Period (50 mins) 9:05 - 9:55	2nd Period (35 mins) 8:50 - 9:25
Nutrition Break (10 mins) 9:55 - 10:05	Nutrition Break (10 mins) 9:40-9:50	Perseverance Time (40 mins) 9:15 - 9:55	Nutrition Break (10 mins) 9:40-9:50	Nutrition Break (10 mins) 9:55 - 10:05	3rd Period (35 mins) 9:30 - 10:05
3rd Period (50 mins) 10:05 - 10:55	3rd Period (90 mins) 9:50-11:20	Flex A (40 mins) 10:00 - 10:40	4th Period (90 mins) 9:50-11:20	3rd Period (50 mins) 10:05 - 10:55	Nutrition Break (10 mins) 10:05 - 10:15
4th Period (50 mins) 11:00 - 11:50		Flex B (40 mins) 10:45 - 11:25		4th Period (50 mins) 11:00 - 11:50	4th Period (35 mins) 10:15 - 10:50
Lunch (30 mins) 11:55 - 12:25	Lunch (30 mins) 11:25 - 11:55	Lunch (30 mins) 11:30 - 12:00	Lunch (30 mins) 11:25 -11:55	Lunch (30 mins) 11:55 - 12:25	5th Crew (40 mins) 10:55 - 11:35
5th Crew (40 mins) 12:30 - 1:10	5th Crew (40 mins) 12:00 -12:40	5th Crew (35 mins) 12:05 - 12:40	5th Crew (40 mins) 12:00 -12:40	5th Crew (40 mins) 12:30 - 1:10	Lunch (30 mins) 11:40 - 12:10
6th Period (50 mins) 1:15 - 2:05	Perseverance Time (40 mins) 12:45-1:25	Club B (45 mins) 12:45 - 1:30	Perseverance Time (40 mins) 12:45-1:25	6th Period (50 mins) 1:15 - 2:05	6th Period (35 mins) 12:15 - 12:50
7th Period (50 mins) 2:10 - 3:00	7th Period (90 mins) 1:30-3:00		6th Period (90 mins) 1:30-3:00	7th Period (50 mins) 2:10 - 3:00	7th Period (35 mins) 12:55 - 1:30

First Two Weeks Schedule

Please note that our bell schedule for the first two weeks of school will be on the following alternate schedule. Our regular bell schedule begins Monday, September 15.

Wednesday September 3		
First day of school	Thursday September 4	Friday September 5
Crew (50 mins) 8:10 - 9:00 AM	1st Period (50 mins) 8:10 - 9:00	1st Period (50 mins) 8:10 - 9:00
ASM (30 min) 9:05 - 9:35 AM	2nd Period (50 mins) 9:05 - 9:55	2nd Period (50 mins) 9:05 - 9:55
All School Activity (30 min) 9:40 - 10:10 AM	Nutrition Break (10 mins) 9:55 - 10:05	Nutrition Break (10 mins) 9:55 - 10:05
Nutrition Break (10 mins) 10:10 - 10:20 AM	3rd Period (50 mins) 10:05 - 10:55	3rd Period (50 mins) 10:05 - 10:55
1st Period (30 mins) 10:25 - 10:55 AM	4th Period (50 mins) 11:00 - 11:50	4th Period (50 mins) 11:00 - 11:50
2nd period (30 mins) 11:00 - 11:30 AM	Lunch (30 mins) 11:55 - 12:25	Lunch (30 mins) 11:55 - 12:25
3rd Period (30 mins) 11:35 - 12:05 PM	5th Crew (40 mins) 12:30 - 1:10	5th Crew (40 mins) 12:30 - 1:10
Lunch (30 mins) 12:10 - 12:40	6th Period (50 mins) 1:15 - 2:05	6th Period (50 mins) 1:15 - 2:05
4th period (30 mins) 12:45 - 1:15 PM	7th Period (50 mins) 2:10 - 3:00	7th Period (50 mins) 2:10 - 3:00
6th Period (30 mins) 1:20 - 1:50 PM		
7th Period (30 mins) 1:55 - 2:25 PM		
Crew (30 mins) 2:30 - 3:00 PM		

Monday Sept 8th	Tuesday Sept 9th	Wednesday Sept 10th	Thursday Sept 11th (block)	Friday Sept 12th (block)
1st Period (50 mins) 8:10 - 9:00	Crew 8:10	Crew 8:10	1st Period (90 mins) 8:10-9:40	2nd Period (90 mins) 8:10-9:40
2nd Period (50 mins) 9:05 - 9:55	9th grade: Camp Cedar Springs -Meet in Crew for activities -9:30 load for busses -6:30 return, parent pick-up	9th grade: Camp Cedar Springs -Meet in Crew for activities -9:30 load for busses -6:30 return, parent pick-up		
Nutrition Break (10 mins) 9:55 - 10:05	10th - 12th grade: Campus Camp -Meet in Crew -11:55 - 12:25 Lunch -3:00 Dismissal	10th - 12th grade: Campus Camp -Meet in Crew -11:55 - 12:25 Lunch -1:30 Dismissal	Nutrition Break (10 mins) 9:40-9:50	Nutrition Break (10 mins) 9:40-9:50
3rd Period (50 mins) 10:05 - 10:55			3rd Period (90 mins) 9:50-11:20	4th Period (90 mins) 9:50-11:20
4th Period (50 mins) 11:00 - 11:50			Lunch (30 mins) 11:25 -11:55	Lunch (30 mins) 11:25 -11:55
Lunch (30 mins) 11:55 - 12:25			5th Crew (40 mins) 12:00 -12:40	5th Crew (40 mins) 12:00 -12:40
5th Crew (40 mins) 12:30 - 1:10			Perseverance Time (40 mins) 12:45-1:25 - CREW New Scheduling using StudentVue	Perseverance Time (40 mins) 12:45-1:25
6th Period (50 mins) 1:15 - 2:05			7th Period (90 mins) 1:30-3:00	6th Period (90 mins) 1:30-3:00
7th Period (50 mins) 2:10 - 3:00				

JOIN US FRIDAY for Coffee & Doughnuts!

ILHS PTSA Back to School Welcome Reception

Friday, September 5th, 2025 at 8:15 AM

ILHS Commons (Cafeteria)

All ILHS parents, guardians, and student supporters are invited!

We'll be serving up donut holes, coffee, tea, hot cocoa, and hot cider!

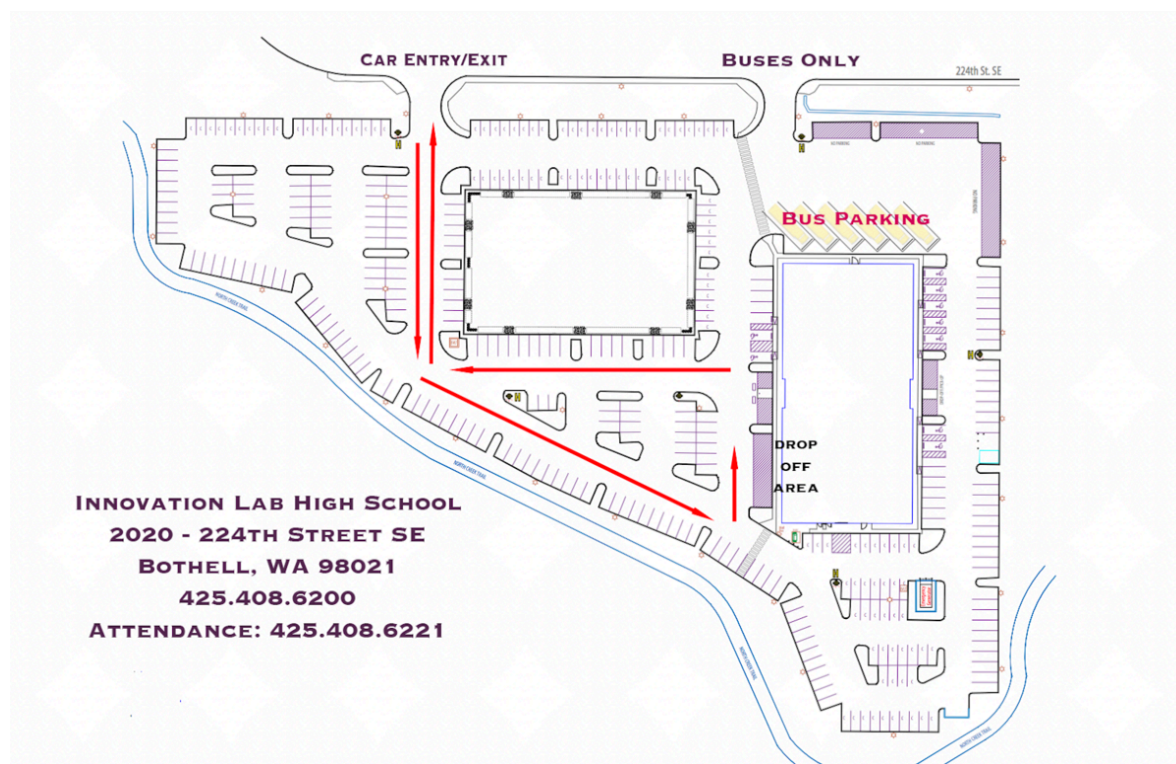
Come meet some of the ILHS PTSA Board, Principal Rodriguez, and connect with other Raven guardians!

Please sign in at the front desk, and then come on in anytime from 8:15 AM on, after dropping off your student.

<https://www.ilhsptsa.org/programs/family-and-community-engagement>



Drop off Procedures



IMPORTANT NOTE: ILHS front lobby doors open at **7:45 am**. At that time, students are welcome to enter the building. ***Please ensure*** your student is ready for a variety of weather conditions if dropping them off or their bus arrives before 7:45 am.

School Fees

Payments can be made after August 18, 2025.

2025 - 26 Course Fees

ASB - \$40

Yearbooks - \$35 with ASB; \$40 without ASB

Parking Pass - \$50

PSAT - \$20 (All juniors automatically registered, sophomores optional)

Note: Test administered in October and fees assessed at that time.

School Payments

Credit card payments can be made online. Visit <https://wa-northshore.intouchrecepting.com> for all school payments except [cafeteria/meal accounts](#). Contact kduhamel@nsd.org if you need to request your family's official TouchBase username and password. Cash, checks (payable to Innovation Lab HS) or cards are accepted at school.

Financial assistance is available! Your club and athletic fees, along with class material and testing fees can be reduced or eliminated by completing the NSD Fee Waiver Consent form EVERY YEAR, even if you automatically qualify for Free/Reduced-priced Meals. Your 2025-26 fee waiver opt-in expires on August 31, so log in now to complete BOTH the [Free/Reduced-priced Meals application](#) through the district website AND the Fee Waiver Consent form through the Student Information Update packet in [ParentVUE](#).

Class Fees

Students taking classes that have materials costs, including Visual Arts supply fees and World Language workbook fees, will see fees posted to their [TouchBase](#) accounts in early autumn. Watch for teacher communications regarding class fees during the first two weeks of school.

Student Health Record form

[Student Health Form](#) - required for all incoming freshmen and students new to the Northshore School District. Families who have enrolled in 2025 for ILHS have already completed this form for their student(s). Field trips, such as 9th grade camp (below), require additional and separate meds for those students requiring them. See [this page](#) for all NSD Health.

9th Grade Cedar Springs Camp! (9th grade only)

All 3 Forms Required - Please download and complete forms and email to kduhamel@nsd.org or print and return to school office.

[Camp Message from the Principal](#)

[ILHS Cedar Springs Parent Permission Form](#)

[NSD Higher Risk Consent Form](#)

[Cedar Springs Waiver Form](#)

[Special Dietary Request to Camp](#)

District Calendar

[NSD 2025-26 School Year Calendar](#)

School ID

Students will have their picture taken by Dorian Studios, either at Raven Day on August 25th or on photo make-up day on September 29. All students are issued an Innovation Lab High School ID card free of charge (purchasing the ASB membership sticker is optional). ILHS students are **required** to carry their School ID while on campus, participating in school/district-related activities, or riding a school bus.

Planning to Park on Campus?

Students who wish to park on campus are required to have a parking pass by October 1st. To apply for a parking pass, please complete [this form](#) and [pay the fee](#) of \$50. There will be a grace period in September to allow students the opportunity to purchase their parking pass.

PTSA Membership

Partnering with parents is important for ensuring both individual student achievements as well as the overall success of the school as a whole. Innovation Lab High School is fortunate to have a very supportive PTSA that has an enormous positive impact on our Raven community. Our generous PTSA enhances our school in numerous ways, such as providing classroom grants for teachers, maintaining our emergency supplies, and recognizing our excellent staff (to name just a few). There are many ways to get involved. More information on becoming a member and getting involved can be found on the web: <https://ilhsptsa.givebacks.com/shop>

Congratulations to our PTSA for being named a National PTA School of Excellence, the first high school in the State of Washington to receive this honor!

ParentSquare - Our Northshore School District Communication Tool

New to ParentSquare? It is our district communication tool for all information you and your student(s) need to know. Please follow the link below to register. By doing this, parents or guardians can also quickly and easily respond to attendance notice-of-absence emails sent out via ParentSquare!

<https://www.nsd.org/resources/online-tools/parentsquare/family-registration-for-parentsquare>

ParentVUE

ParentVUE allows parents access to their personal information, phone numbers, and email addresses plus your student's contact information and emergency contact information. You can also complete the Fee Waiver Consent form, see class schedules, report cards, course history, graduation status, attendance AND update your student's health record and emergency contacts for any new changes.

Email jhartway@nsd.org to receive your ParentVUE Activation Key; this is not the same as your TouchBase login. Please review your student and parent/guardian contact information listed in ParentVUE for accuracy. To make address changes please use the ParentVUE app and click on the "Online Enrollment or Student Information Updates" button in the upper right corner. Proof of residency documents will be required to be uploaded or brought to our registrar, Jane Hartway. Much of our school communication is sent via email; therefore, it is important your contact information remains up to date.

ILHS Quick View Information

See [THIS LINK](#) for a quick view of all things ILHS.
Preguntas en español, favor de llamar (425) 408-6205.

Student Technology Device Information

NSD utilizes a 1:1 student technology model where each student is individually assigned a technology device to be used for the entirety of the school year. Students should bring their **charged** device to school daily. ***If you already have a device assigned to your student from Middle School, you will continue to use the district device that you were assigned previously.*** If you are new to NSD, you will be assigned a device the first week of school. All students are expected to adhere to the [Northshore School District Responsible Use Policy](#). Students and families are financially responsible for lost, damaged, or stolen devices.

Transportation Information

The NSD Transportation Department has made changes in how they process transportation requests. In-district families that attend ILHS are now required to register for district provided transportation. This will help their department shorten lengthy routes, reduce bus stop errors and provide up-to-date stop times for all bus riders. Bus route information will be available in late August at the following link:

<https://www.nsd.org/our-district/departments/transportation/bus-stop-information>

For our out-of-district families, NSD does not provide bus transportation. However, you can fill out a Transportation Inquiry form at the following link to at least request consideration from their department. They will let you know in later November if space might be available on a bus route. NOTE: There is no guarantee they will have space available for your student.

<https://www.nsd.org/our-district/departments/transportation/transportation-forms>

Food Services for 2025-2026

Students need to qualify each school year for free or reduced-priced meals in order to continue receiving benefits. Applications for 2025-26 school year benefits are available on the district [Food & Nutrition website](#). Paper forms are also available.

If you qualify for free or reduced-priced meals, you may be eligible for other fees to be reduced or waived completely. Completing a fee waiver opt-in will allow your child's free and reduced status to be shared with those administering classroom fees and extra-curricular activity costs. Please fill out the application at the following link:

<https://www.nsd.org/schools/get-started/food-services/free-and-reduced-price-breakfast-lunch>

You can manage your student's meal account safely and securely online with **LINQConnect**. You can also pay by cash or check at your school. Checks should be made out to Northshore School District and indicate "school meals" in the memo line.