



News from the Ravens' Nest

September 5, 2025

Important Dates

- **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
- **Wednesday, September 17th:** MOD Pizza Fundraiser
- **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 9/19.

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

Second Week Schedule

Please note that our bell schedule for this next week of school will be on the following alternate schedule. Our regular bell schedule begins Monday, September 15

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		
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	1st Period (90 mins) 8:10-9:40	2nd Period (90 mins) 8:10-9:40
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) 11:55 - 12:25			Lunch (30 mins) 11:25 -11:55	Lunch (30 mins) 11:25 -11:55
5th Crew (40 mins) 12:30 - 1:10			5th Crew (40 mins) 12:00 -12:40	5th Crew (40 mins) 12:00 -12:40
6th Period (50 mins) 1:15 - 2:05			Perseverance Time (40 mins) 12:45-1:25 - CREW New Scheduling using StudentVue	Perseverance Time (40 mins) 12:45-1:25
7th Period (50 mins) 2:10 - 3:00			7th Period (90 mins) 1:30-3:00	6th Period (90 mins) 1:30-3:00

Drop off Procedures



School Payments

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](#).

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 Crew teacher. Forms are required by Monday in order to attend camp. Feel free to reach out to Kelly Duhamel (office manager) with questions at 425.408.6201.

[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](#)

To request a school lunch on camp days, [CLICK HERE](#) by 9/7/25 to submit form.

Planning to Park on Campus?

Students who wish to park on campus (juniors and seniors) 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. Those who have paid and completed the parking pass application will receive their pass by Friday, 9/13.

ILHS Quick View Information

See [THIS LINK](#) for a quick view of all things ILHS.

Preguntas en español, favor de llamar (425) 408-6205.

Food Services for 2025-2026

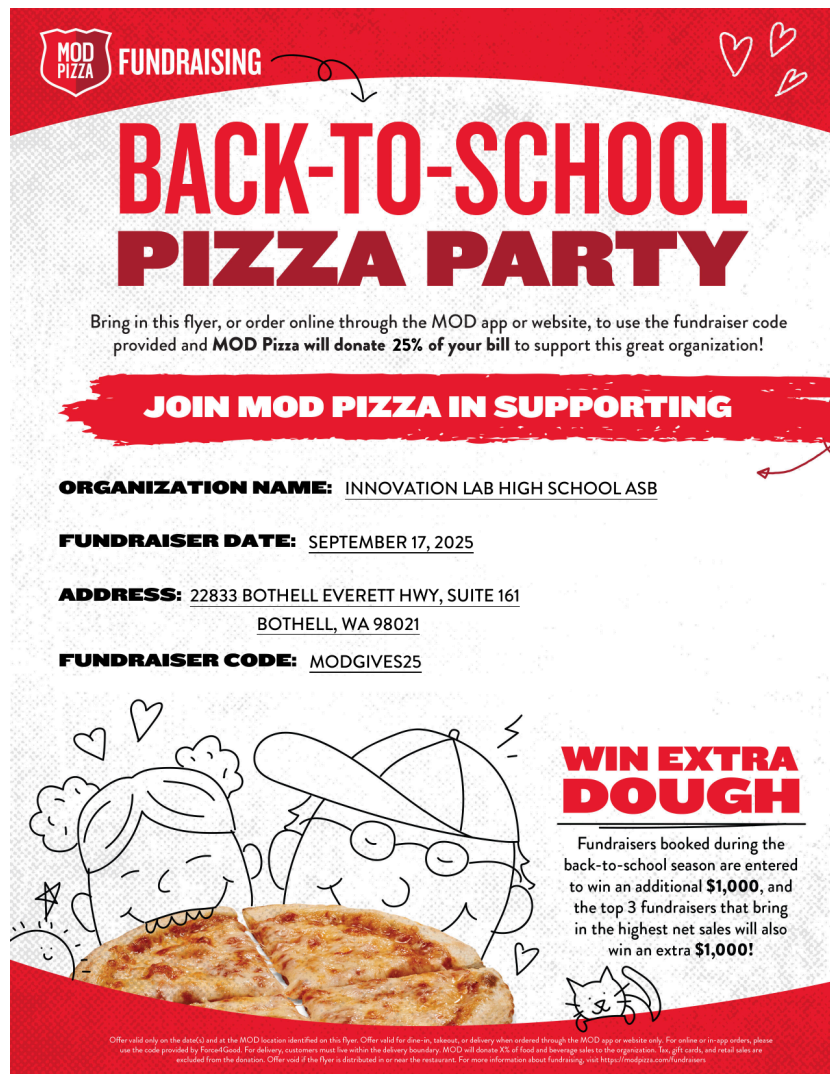
Students need to qualify each school year for free or reduced-priced meals in order to continue receiving benefits. Applications for 2025-26 school year benefits are available on the district [Food & Nutrition website](#). Paper forms are also available.

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.

MOD Pizza Fundraiser



POGS!

Calling all parents, guardians, and caregivers to the Class of 2026!!

Planning is in the beginning stages to help give our seniors a fantastic year. Check out the link below to stay up to date on many "senior events" and sign up to volunteer (if you have not done so already).

<https://sites.google.com/ilhsptsas.org/ilhs-ptsas-6-10-90/programs/senior-events?authuser=0>

Our first POGS meeting will be held on Monday, September 29th, 6:30pm at Panera Bread in Bothell.

Hope to see you!

Flex Wednesdays

Innovation Lab does not have traditional classes on Wednesdays in order to allow students the opportunities to learn beyond the classroom by following their passions, learning life skills, listening to

guest speakers. The possibilities are endless. To help us accomplish this we invite all our families to come in and share more about their careers, passions, and expertise.

If you are interested, please [complete this google form](#) to share your ideas with the Flex Wednesday planning committee. We schedule out at least 2 weeks. Please consider coming in and sharing your expertise.

Sustainamania is Coming!

Come say hi to ILHS Climate Action Club! This will be our 2nd year tabling at Sustainamania, Bothell's annual sustainability festival.



Helpful Links:

[ParentVUE](#) (attendance, grades, emergency info)

[ParentSquare](#) (district communications)

[Payment Portal](#) (school fees)

[LINQConnect](#) (meal fees)

[Lunch Menu](#)

[Quick Links](#) (download to keep)