

Welcome to Interlake High School

OVERVIEW

- Introduce 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



Integrity
Humanity
Scholarshi

Where did the time go?

- How many of you are sitting out there wondering how your “baby” is entering high school?





- Have no fear, we will help you! ☺

Introductions



- Administrative Team
  - Bret Cochrun
  - Traci Sullivan
  - Amrinder Bains
  - Mike Schiehser
- Athletics/Activities
  - Tori Marcum
  - Krystyn Higgins

Principal Bret Cochrun





- Curriculum Night – **Thursday, September 24th**
- PTSA/Principal Coffee Meetings – Monthly in the Library
- Principal Newsletters --School Messenger List
- Campus Remodel
- Schedules
- Cell Phones

Assistant Principals



Ms. Sullivan



Ms. Bains



Dr. Schiehser

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.

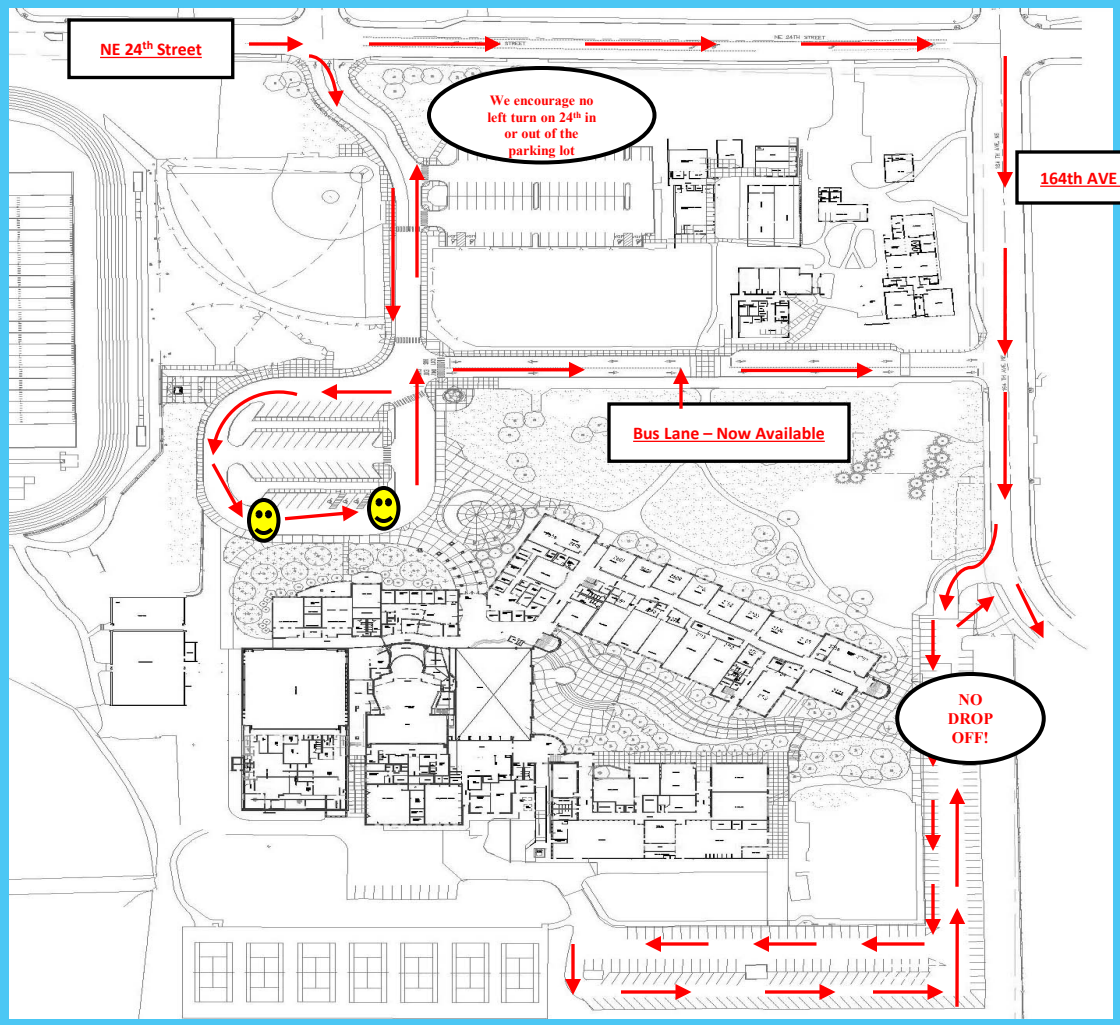
Drop your student in designated "☺" zones only

Arrive at 7:40 or earlier to avoid congestion



Don't be <u>that</u> parent clogging the line!

Interlake Morning Drop Off



GET INVOLVED!!

-Join PTSA

-Join Booster Club

-Volunteer to proctor AP and IB Tests in May

-Be on the lookout for SignupGenius in April

-Bellevue Schools Foundation



WELCOME TO INTERLAKE

PTSA: Your Family Resource at Interlake

Information • Resources • Community

Stay Connected to What Matters

Subscribe to the PTSA newsletter (2x monthly). Visit the PTSA website to signup. https://interlakeptsa.org/

Join the PTSA

Support students. Stay informed. Stay connected.

Have a great start to the school year!

Student Support Services

- Counseling Team
- College and Career Advisor
- Graduation Success Coach
- Mental Health Assistance Team (MHAT)
- Advanced Learning Coordinator
- IB Coordinator
- Youth Eastside Services counselors
- Registrar
- School Links



Ms. Galvan



Ms. Jiwani



Ms. Flaherty



Ms. Vergien



Ms. Goodhew

Interlake Counseling & Student Services Team

Elizabeth Galvan (A-Con)
Sajel Jiwani (Coo-Hok)
Alyssa Flaherty (Hol-Lum)
Maya Vergien (Lun-Pem)
Claudia Goodhew (Pen-St)
Scott Marcum (Su-Z)
Alison Christensen (MHAT Counselor)
Bhagyashri Kotkar (Counseling Secretary)
Enrique Astudillo (Registrar)
Josh Lovern (College & Career Advisor)
Michael O'Byrne (AL Coordinator)
Alison Essinger (IB Coordinator)

Interlake High School Counseling Resources

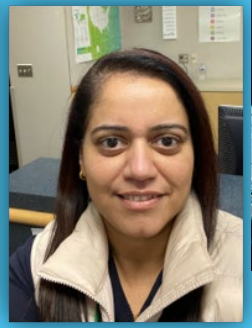
Mr. Marcum



Ms. Christensen



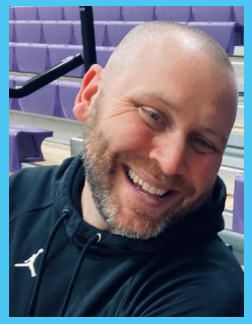
Ms. Kotkar



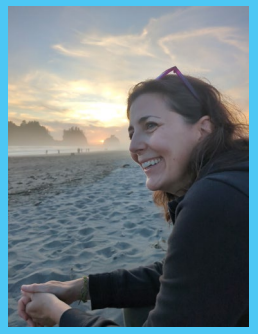
Mr. Astudillo



Mr. Lovern



Ms. Essinger



Mr. O'Byrne



What makes Interlake special?

- IB
- AP
- Advanced Learning
- Elective offerings – Maritime Welding, Horticulture, Business, Art, PE
- Music Program
- Pacific Program
- Clubs/Activities
- Athletics
- Supportive Parents
- Diverse and Inclusive student body

Interlake Bell Schedule



Monday, Tuesday, Friday

0 period	7:00 – 7:50
1st period	8:00 – 8:50
2nd period	8:55 – 9:50
3rd period	9:55 – 10:45
4th Period	10:50 – 11:40
1st lunch	11:45 – 12:15
5a	11:45 – 12:35
5b	12:20 – 1:10
2nd lunch	12:40 – 1:10
6th period	1:15 – 2:05
7th period	2:10 – 3:00
Tutorial	3:05 – 3:30

Wednesday

0 period	7:00 – 7:50
2nd period	8:00 – 9:30
4th period	9:35 – 11:05
6th period	11:10 – 12:40
Break	12:45 – 12:55

Thursday

0 period	7:00 – 7:50
1st period	8:00 – 9:30
3rd period	9:35 – 11:15
1st lunch	11:20 – 11:50
5a	11:20 – 12:50
5b	11:55 – 1:25
2nd Lunch	12:55 – 1:25
7th period	1:30 – 3:00
Tutorial	3:00 – 3:30

Curriculum Night

- Mark your calendars: Thursday, September 24th!
- 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 $350.00
  - $200 sport/$150 transportation
- Yearbook $55.00 (2 week special)
- Dances approximately $5-$25 depending on the dance
- Need help with school fees? Talk to your student's 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 NOT provided for all students. 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

ParentVUE - Grades & Attendance

Do you need to report an absence for your student? Visit your school's Attendance / Report and Absence webpage for more information.

Programs and Services

- Grading Practices
- ParentVUE - Grades & Attendance
- School Attendance Contact Information

ParentVUE

Synergy ParentVUE provides parents and guardians the ability to view their student's assignments, grades and attendance, as well as the ability to update crucial student information.

LOG INTO PARENTVUE

ParentVUE Guides

Attend on time every day!

- The biggest predictor of success is attendance.
- Monitor attendance in ParentVue
- Contact your student's teachers, counselor and administrator if you anticipate an extended absence
- Excuse all absences within 48 hours:
- Phone (425) 456-7206
- ihsattendance@bsd405.org



Supporting your Student

- Check grades and attendance at least once per week.
- Hold them accountable for attending every class on time every day. Be firm on this expectation!
- If your student is sick or needs to be excused from school, send a message to the attendance office within 48 hours.

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.

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.

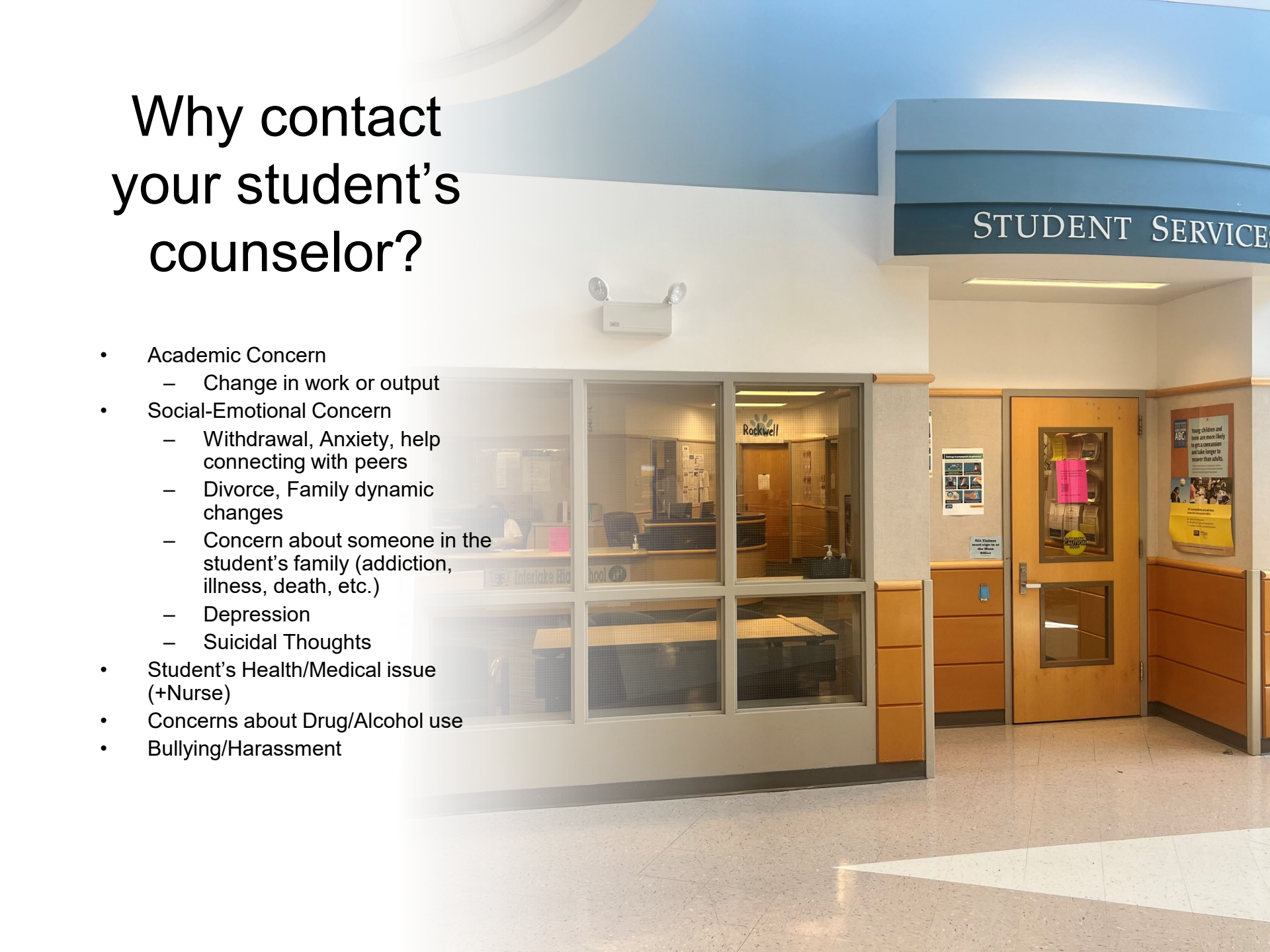
College Planning

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



Humanity * Scholarship * Integrity *

Why contact your student's 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 (addiction, illness, death, etc.)
  - Depression
  - Suicidal Thoughts
- Student's Health/Medical issue (+Nurse)
- Concerns about Drug/Alcohol use
- Bullying/Harassment

HOW to contact your student's counselor

- Call or email the Counseling Secretary to set up an appointment: 425-456-7231;
- E-mail the counselor and request an appointment. Usual response time is 48 hours.
- Counselors are not usually available for same day appointments, but you can schedule a meeting in person with the Counseling Secretary for later in the week.



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.
- If ill 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 the nurse.
- Pre-arranged absence forms are available.

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.
- We still need to TEACH expectations for behavior in High School—even though they look like adults, they are still KIDS.
- Talk about making healthy decisions BEFORE the opportunity arises.

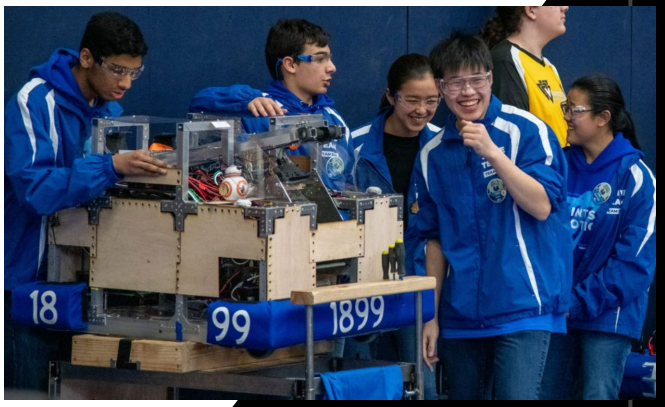
Things to keep in mind



- 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
- It takes a VILLAGE – Help support your friends’ students too

Are School Activities Important?

- YES! Encourage your students to attend assemblies, sporting events, theater productions, music performances, dances
- Adds to school spirit
- Helps with social/emotional health



Resources

- Counselors
- Administrators
- Teachers
- Coaches
- Other Parents





Student 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.
- Microsoft Teams
- 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 Enrique Astudillo (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!

