

Dear LWHS Kang Students and Families,

My name is Kelsey Cummings and I am one of the new high school counselors at Lake Washington this year. I am also going to be the LW's coordinator for our student resources. Lake Washington High School participates in many programs in the community, dedicated towards meeting the needs of families and students who attend. Our goal is for every student to feel welcome and able to access what they need to learn and achieve. To support this goal, there are several programs and opportunities throughout the year, that provide support to families. If your family is in need of support this year, please read about each program listed below to learn about the types of resources we are working with. If your family would like to be considered for any of the below programs or services for this year, 2020-2021, please complete the following survey. If you have any questions about the survey form, please feel free to contact me, Kelsey Cummings, via email at kelcummings@lwsd.org

<https://forms.office.com/Pages/ResponsePage.aspx?id=P2fUH5bfIUaGOKHYjEyF1xydILWWQWBliFw7AOLkyAIUNTNBV0tPT0ZUWIM1Q1NNMUFOT1U4REtYNy4u>

Please only one form per student. We hope to receive responses from families by next **Friday, October 2nd** so we can collect/coordinate as many of the needed supplies as possible to support our students and families. However, if you have a change in your family's needs after this date, the form will be available year-round. Please note: Your privacy is important, therefore all information collected from the survey will be kept confidential by the school counselors. We will do our best to provide families with the resources they request; however, due to limited availability, we may not be able to serve families in all requested areas. If your family needs to update requested supports during the school year, please contact your counselor.

Lenore Gallucci – A-CLA: lgallucci@lwsd.org

Cameron Miller – CLE-GOO: cammiller@lwsd.org

Dawn LaMance – GOP-JAC: dlamance@lwsd.org

Cameron McGinnis – JAD-LAD: nmcginnis@lwsd.org

Taylor Reuhl – LAE-NGO: treuhl@lwsd.org

Kelsey Cummings – NGP-SIL: kelcummings@lwsd.org

Marilyn Hargraves – SIM-ZZZ: mhargraves@lwsd.org

Pantry Packs

Pantry Packs, run by the Lake Washington Schools Foundation, helps students and families by providing food for weekends and vacations when school breakfast/lunch is unavailable. With community donations of time, funds, and kid-friendly food, volunteers put together the meal packs and deliver to more than 46 participating schools. Coordinators distribute packs on the last day of the school week to students in need.

Operation School Bell – Assistance League of the Eastside

Assistance League of the Eastside, an all-volunteer organization, oversees Operation School Bell.

Financial hardship can affect *any* family. We help students in need by holding shopping events at Fred Meyer stores and inviting children pre-selected by personnel from the Bellevue, Lake Washington, and Northshore school districts. Our funds let kids shop for new clothes, shoes, and coats. It is our belief that new school clothing will contribute to a child's self-esteem and successful school experience.

Through this program, students whose families need assistance due to financial hardship have the opportunity to shop for clothing at a local Fred Meyer store. Shopping will usually take place in October

and students who are selected will be notified. The number of available spots is limited and participation is not guaranteed every year.

Kirkland Nourish Network

Kirkland Nourishing Network is trying to fill some gaps in food security. We work with school counselors to help families in need, while we seek more sustainable solutions for families. Due to Covid-19, our program will be supplying schools with grocery gift cards this year, rather than food boxes.

If you are in need of additional local COVID-19 resources and support, please visit

https://www.kirklandwa.gov/Residents/Public_Safety/Resources_for_Kirkland_Residents_Impacted_by_COVID-19.htm

Free and Reduced Lunch

- If you were approved for free or reduced meal benefits in the 2019-20 school year, you will continue to receive these benefits until October 13, 2020. You must have a new [2020-21 free and/or reduced application](#) **submitted by October 1** in order to avoid a lapse in meal benefits.
 - English and Spanish Free/Reduced Application:
<https://resources.finalseite.net/images/v1596665135/lwsdorg/un3avgk9eihvp5zzfybf/Free-and-Reduced-Forms-Packet.pdf>
- If you did not receive meal benefits during the course of the 2019-20 school year, or are new to the Lake Washington School District, you may apply at any time by filling out an [application](#). Eligibility will be determined within 10 days of receipt of application.
- Hard copies of the application form will be available at the meal distribution locations.
- Completed application can be scanned and emailed to: F-RMealApp@lwsd.org, or printed and mailed to: LWSD Business Services, 16250 NE 74th St., Redmond, WA 98052

Reminder: LWSD Meal Support

Grab and Go Meals and Limited Meal Delivery

The USDA made a decision to allow school districts to continue providing free meals to all students ages 1-18. This is great news for our families! Meal orders for both Grab and Go and Limited Meal Delivery options will be accepted from 2:00 p.m. the previous day until 6:00 a.m. the day of pickup. Grab and Go Sites will be available at LWSD middle schools including Finn Hill, Inglewood, Kamiakin, Redmond, Rose Hill, and Timberline. Limited Meal Delivery will be available at select locations throughout the district, pickup times vary depending on location selected. Please visit the Student Meals website for more information. <https://www.lwsd.org/fall-2020/grab-go-student-meals>

Kindly,

LWHS Counseling Team