



Kang Crier

Lake Washington High School PTSA

School

From the Counseling Center

Fall Schedule Reminder

Students will pick up their schedules the first day of school.

Farewell Seniors

Our seniors leave behind four years of academics, involvement in extra-curricular activities and athletics, and special friendships. This is a lot to leave behind! Most seniors feel this "loss" at the moving up assembly or at graduation. The up side of this, though, is that most of our seniors have plans for the fall. They are continuing their academic and social growth.

You have brains in your head.
You have feet in your shoes
You can steer yourself
Any direction you choose.

You're on your own. And you know what you know.
And YOU are the guy who'll decide where to go.

Dr. Seuss, *Oh, The Places You'll Go!*

It's been a pleasure working with the seniors this year. We're happy for their successes at Lake Washington High School, and we look forward to hearing about their continued successes in the years to come. Parents should feel equally proud for all their efforts of encouragement and support. I know we could not have been as effective without help from our families and our community. Congratulations to all!

Marilyn Hargraves
LWHS Counseling Center

LWHS Key Club Fundraiser for Venezuela

When: June 14, 5:30-8:30 pm

Where: LWHS Commons

Why: This year, LWHS Key Club has partnered with AP Spanish students to raise money for Cuatro por Venezuela and Threads of Hope. All proceeds will go to victims of the Venezuelan crisis. Many families struggle to provide basic necessities and have very little access to food, water and housing. Come join us for a viewing of *McFarland, USA* (PG). Movie night is a fun way for YOU to get involved!

Cost: FREE admissions! However, a \$5 donation is recommended and pizza and

concessions will be sold. Bring the whole family, as well as blankets and pillows to get comfy!

Questions? Contact s-nada@lwsd.org, s-oaquiree@lwsd.org, or eflores@lwsd.org

Seniors

Senior Salute: Tomorrow Evening Seniors: Wear Your Cap and Gown



This special celebration for Seniors and their families begins in the LWHS Gym from 7:00-8:00pm. Following the program, there will be refreshments in the Commons from 8:00-8:30pm. Seniors check-in from 6:30-6:40pm in the Auxiliary Gym. Doors open at 6:30pm for guests.

Be sure to bring your camera for photo taking at LWHS. Special seating has been set aside for those who have requested it in their RSVP. Parking can be difficult so allow adequate time for arrival.

An RSVP is NOT required to attend, but if you would still like to: please let us know how many people will be in your party by emailing LWHS.SeniorSalute@gmail.com. Please include the graduate's name, parent's name, special seating needs, and number of guests (not counting the graduate).

[Nikki Rinehart and Valerie Horvath](#)
LWHS PTSA Senior Salute Chairs

Senior Party: All You Need to Know!

We're looking forward to a fun and safe, all-night celebration June 17 after Graduation! Check-in begins 9:30pm at LWHS Commons.



It is imperative that both parents and graduates read and understand our [guidelines and rules](#) before the party. (Seniors attending must have already purchased a ticket. Ticket sales are closed.)

Questions? Contact [Pam Hay](#) and [Mindy Lincicome](#), LWHS Senior Party Co-Chairs

Graduation Cap and Gown Recycling

New this year! Want to see your student's cap and/or gown go to good use after the big day? Many have expressed a desire to "reduce and reuse" these relatively expensive garments and the PTSA wants to help! We'll be collecting donated caps and gowns in bins prior to Senior Party bus departure OR they can be dropped off anytime in the main school office during regular hours through June 20. Just look for the labeled plastic bin. The PTSA will store and offer these items to students next year. So, reduce the clutter and spark the joy by passing on your student's cap and gown!

[LWHS PTSA](#)

A Note of Gratitude

It's hard to believe another school year is coming to an end already! Reflecting back on the last 10 months, I am so grateful for all of the dedicated and hard-working staff, parents and students with whom I've had the opportunity to collaborate. Everywhere I look on the LWHS campus, I see acts of caring and commitment which support our students in their educational and extracurricular endeavors, and social-emotional well-being. It makes my heart happy!



Sincere thanks to the many parents who volunteer to support our students and staff. Whether it is for a PTSA-sponsored program, an LW Booster Club, in a classroom, in the library, or chaperoning a field trip, the time you contribute makes a real difference. For those of you that make financial contributions, we couldn't run many of our programs without you. And, finally, thank you to all who became PTSA members, allowing important advocacy action for children to continue at the local, state and national level.

I want to give a special shout out to the PTSA Board of Directors and Committee Chairs. I honestly can't imagine a more wonderful group of people with which to do this work! If you have any interest in joining this dynamic team, we have several positions still open for next year, including committee chair or co-chair positions for: Advocacy, Reflections, Fear-Free SAT/ACT Practice Tests, School Beautification and Emergency Prep. Send me an email to start a discussion about how *YOU* can volunteer with LWHS PTSA to make a difference for our students.

Best wishes for a safe and happy summer!

Tere Kaulfus
President, LWHS PTSA

And the Award Goes To...

Every year our PTSA recognizes individuals for their dedicated service and commitment to our Kang community. This year we are pleased to announce the following award winners:

Golden Acorn Award to **Shai Hinitz & Robin Maffeo**, for their volunteer work with our award-winning robotics team, Code Purple, where they patiently & tirelessly mentor students in design, build and coding.

Golden Kang, The Outstanding Educator Award to **Amy Sullivan**, *aka "Sully,"* for her devotion to students "above & beyond the call of duty," including support of the Feminist Club, Creative Writing Club, and the Kind Club.

Outstanding Advocate Award to **Melanie Conroy**, for her "unwavering dedication and commitment to ensuring successful post-high school pathways for all students."

Outstanding Student Advocate Award to **Anna Captain**, for her dedicated service to her school, classmates and community.

A contribution to the Washington State PTA Scholarship Program will be made in honor of each of these award recipients. We offer the award winners, **along with all of the amazing volunteers and staff in our LWHS community**, our heartfelt gratitude for their outstanding commitment, dedication and service. We truly appreciate you!

LWHS PTSA Board of Directors

Lake Washington PTSA Council Scholarship Award Winners Announced

The LWPTSA Council recently announced their 2019 Scholarship recipients. Congratulations to the following LW Students who were selected to receive a scholarship award!

Merit Scholarships:

- Taryn Akemi Chisholm
- Heses Jung

Dr. L.E. Scarr Scholarship:

- Taylor Rickels

At-Large Council Scholarships:

- Hayes Raubacher

We Don't Want You to Leave, But...

This is the final issue of the Kang Crier for this school year. If your last LWHS student is graduating and you no longer want to receive this newsletter, you can easily unsubscribe by scrolling to the bottom of this email and clicking the "SafeUnsubscribe" link.

Community

Anxiety and Depression in Teens

Based on statewide rates, a typical 10th grade classroom of 29 students would include about:

- 10 students who said they felt nervous, anxious or on edge or couldn't stop or control worrying in the last two weeks
- 12 students who have felt sad or hopeless for two weeks or longer in the past year
- Three students who attempted suicide in the past year

Data: 2018 Healthy Youth Survey taken by 230,000 youth in Washington State

How can we as parents best support our students? Coach Sheri Gazitt of Teenwise Seattle recently spoke at the PTSA-sponsored *Taming Teen Stress Workshop*. Here are a few of her pointers parents can use to help support teens:

1. **STAY OUT OF THE EMOTIONAL TRENCHES.** If your teen is going through a difficult emotional time, keep your own emotions in check. When you emotionally jump right in with them, it exacerbates what they are going through. Process your own emotions on your own time. Your job is to be there for your teen and ensure them that they are strong enough to get through the difficult times.
2. **STOP FOCUSING ON GRADES.** Many teens believe that their parents' top priority is grades. This is because parents ask about homework, tests, grades, and projects on a continual basis. Many parents are checking grades daily. The majority of conversations between parents and teens are about school, grades, and college. There needs to be a shift in our focus as parents. Focus on their interests, their dreams, their friendships.
3. **BUCK THE SYSTEM.** Be brave enough to buck the system. Say no to chronic stress, sleep deprivation, and busyness. Forget about making choices based on how it will look on the college application. Be willing to embrace the here and now and have faith that your teen will find success because they are filled with excitement, curiosity, and joy. Forget about the GPA. Spark the joy.

Want to learn more about how you can identify or help youth struggling with a mental health crisis? Lake Washington Schools Foundation (LWSF) is offering a Youth Mental Health Certification Course on June 22. [Click here](#) to learn more and register.

College Application Workshops Offered This Summer

Lake Washington School Foundation is offering several programs this summer to support LWSF students:

- College Application Bootcamp: June 29, 10am-3pm
- Applying to College 101: July 30, 2-4pm
- College Application and Essay Workshop: August 5, 2-4pm

For more information or to register, please visit the LWSF website.

**FIND
YOUR
FIT**

Summer Volunteer Opportunities in Kirkland

The Kirkland Downtown Association has many summer events coming up and needs help to put them on! Have your student sign up and earn community service hours and meet some new folks while helping make Kirkland a fun, vibrant place to live, work, and play!

Volunteer opportunities include:

- The Kirkland Wednesday Market runs Wednesdays thru September 25.
- The Celebrate Kirkland! 4th of July Celebration. Help with prep work and day of opportunities as well as day after cleanup.
- The Thursday Evening concert series at Marina Park in July and August

Email volunteer@kirklanddowntown.org if interested and for more information.

Does Your Student Need Transportation Over the Summer?

It's now easier than ever to purchase youth, senior and Regional Reduced Fair Permit (RRFP) ORCA cards. ORCA To-Go will be at Redmond City Hall and Kirkland City Hall on regular days and times each month. [Click here](#) for the schedule. At these times, customers will have access to full-service ORCA card sales and assistance for purchasing or loading bus fare on to a card.

See [ORCA options](#) for more information.



Events

Senior Salute - June 13, 7:00pm

LWSF Key Club Movie Night Fundraiser - June 14, 8:00pm

LWSF Graduation - June 17, 5:00pm

Full Day of School - Wednesday, June 19

Final Day of School (Half Day) - June 20, released at 11:10am

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