



Kang Crier

Lake Washington High School PTSA

School

LWHS Calm Café Now Open! Lunchtime Volunteers Needed!

Exciting News! The Calm Café pilot program began on Monday, December 10th. In order to make this quieter lunch space available for students, we need an LWSD-approved volunteer to be present in the room during both A and B lunches Mondays, Tuesdays, Thursdays and Fridays. You may volunteer for one or both lunches, on a regular or occasional basis. If you volunteer for both lunches on the same day, you will have a lunch break during the time the students return to class.

You can review the school bell schedule [here](#). Click the button below to sign up!

Click to Volunteer!

Thank you for making this "Calm" space for our students possible!

Questions? Contact [Jeannine Dougherty](#)

From The Counseling Center

The End is Near: Finals are Coming!

Dread. Anxiety. Fear. Many students experience one or a combination of these emotions when they think about semester finals. With careful planning, though, these emotions can be lessened. Preparation is the key. Students should know what is going to be tested and how the test will be formatted. For instance, will the semester exam cover the entire semester? Will the exam be essay questions or multiple guess? If there is anything that a student doesn't understand, meeting with the teacher early is critical. This translates into reviewing for the final early and consistently. Research has shown that cramming the night before simply doesn't work. Besides, who is there at 2 am to answer questions? Review textbook notes, homework assignments, the textbook, and the teacher's lecture notes. Sometimes forming a study group is helpful. Of course, it goes without saying that students think more clearly when they eat a good breakfast and have a good night's sleep. And, finally, it's important to remember that while that semester final is important, it is the process of learning that is most important.

Additional guidance and study tips can be found on the [LWHS Counseling Center website](#).

[Marilyn Hargraves](#)
LWHS Counseling

Seniors

January Deadlines?

There is still time for essay support! Encourage your student to come visit us for any last minute help they may need.

Help is available Wednesdays during ROO and after school in the College and Career Center.

Pizza. Snacks. Chocolate. Support. All free of charge!

Judy Shedd
College Application Workshop Chair



[More Information](#)

[En Español](#)

PTSA

PTSA General Membership Meeting **Wednesday, January 16th in the LWHS Library** **Social: 6:30 pm; Meeting: 7:00 pm**

Please join us for meet & greet time starting at 6:30 pm, followed by a brief PTSA business meeting beginning at 7:00 pm. We will have a guest speaker providing information on the levy, which will be on the April ballot, and how it would support our space needs at LWHS. Also, hear from new LWHS Associate Principals and learn about the work they do to support our learning community.

Tere Kaulfus
LWHS PTSA President

We Need YOU! Join the PTSA Board for 2019-2020

Hey, Kang Families! We are looking for volunteers to join the LWHS PTSA board for the 2019-2020 school year. Have a look at the [LWHS PTSA Officer and Committee Job Summaries](#) for descriptions of each board position.

We also have opportunities to help plan a variety of activities throughout the school year -- Senior Party, Senior Salute, community building and outreach events, and more! Contact any of this year's leadership to find out more about how you can get involved.

If you are interested in helping to serve our school and community, have questions, or would like to recommend board nominees, please contact one of the Nominating Committee members for more details:

Karen Tipp
Irene Neumann
Pam Hay

A big thank you to all the board members who have served this past year. We appreciate your contribution to our kids!

LWHS PTSA Nominating Committee

Make the Most of Your PTSA Membership!

It's never too late! Join the LWHS PTSA and take advantage of these great benefits! Memberships are good for the current school year and must be renewed annually.



Member benefits and discounts are available to all Washington State PTA members. You can find a list of [Benefits & Discount Codes](#) on the WSPTSA page. A sample of benefits is shown below:

- Seattle Boat Show Jan. 25 – Feb 2 - Buy one get one free ticket plus kids 17 & under get in free
- Office Depot - great discounts for school supplies
- LEGOBags.com - 50% off at LEGOBags.com plus kids go free to LEGOLAND Parks or Discovery Centers
- Monster Jam Jan. 11-13 - discounted tickets through Tacoma Venue Events-Tacoma Dome
- Tickets at Work - discounts on a wide variety of activities, hotels, and much more
- FedEx Office - special rates for printing
- and more!

Make sure to follow the [WSPTSA Facebook page](#) to get timely announcements of new benefits as well as information about student programs, advocacy news and much, much more!

Join now!

PTSA Donations Put to Great Use!

Thanks to the generosity of our PTSA Membership and Pass-the-Pouch donors, we have been able to fund additional grant requests, including:

\$500 - Winter Fest – Funding to purchase materials and snacks to support a fun, community-building event for elementary students put on by LWHS ASB leadership on January 16th.

\$1210 - Robotics Advisor Half-Stipend – This will fund an additional LWHS staff member to serve as an advisor for *Code Purple*, LWHS's award-winning robotics team, during their competition build season.

Additionally, the PTSA continues to fund and/or provide volunteers for ongoing programs:

- \$3,700 in \$100 Teacher Grants has been distributed to date
- Kleenex for all our classrooms to help prevent the spread of germs
- Toner and paper for student printers
- College Application Workshops – Spring focus is college info sessions for juniors
- “Fear-Free” SAT & ACT testing
- Staff Appreciation events
- Senior Party - planning is well under way

More school grants will be funded this winter & spring! If you would like to help support our Lake Washington students and staff, please consider making a donation by clicking the button below. Thank you to all who have already pitched in to support our efforts!

Tere Kaulfus
LWHS PTSA President

WSPTA Game Development Competition

There's still time! The [WSPTA Game Development Competition](#) Intent to Submit forms are due January 15, 2019. No need to have the whole game done until March 1st, but you do need to [fill out this form](#) by January 15, 2019.

[Click here for more info!](#)

LWSD PTSA Special Needs Group (SNG) Presents the Award-Winning Documentary "Intelligent Lives"

Join the [LWSD PTSA Special Needs Group \(SNG\)](#) on Tuesday, January 15th to see the award-winning documentary "Intelligent Lives" by filmmaker Don Habib. The documentary stars three pioneering young American adults with intellectual disabilities who challenge perceptions of intelligence as they navigate high school, college, and the workforce. Additional information can be found at <https://intelligentlives.org/about-film>. There will be a Q&A discussion after the film.

Networking: Meet other parents and Special Service Staff from 6:30-7:00 pm.

General Meeting: 7:00 pm-8:30 pm. Coffee & cookies provided.

Location: LWSD Resource Center, 16250 NE 74th Street, Redmond (Redmond Town Center). Please note: Enter the building from the parking lot via BACK entrance. Main Entrance Doors are locked.

The District offers complimentary child care for meeting attendees. If you would like to sign up for this service, please email smcenroe@lwsd.org. Include your child's name(s) and age(s) *at least three days prior* to the meeting date. Subject line of your email: "Child Care at PTSA/meeting". Last minute drop-ins accepted only when space is available as determined at the meeting time. No food or drinks are permitted in the child care area.

Requests for accommodations, questions about access, or requests for an interpreter should be emailed to special.needs@lwptsa.net.

Have a Shout Out to Share?

Want to share stories of your student's individual or team accomplishments representing LWHS? We're happy to post them on our [LWHS PTSA Facebook page!](#)

We would be delighted to include your student's photo as well. For team or event photos, all photos must be pre-approved by LWSD, per district policy. Group photos should be sent to [Jim Crouch](#). Please provide the names of all the students in the photos as well as where you are planning to have it published. Once permission is confirmed, you can submit your posting to social@lwhsptsa.org.

Events

LWHS Drama Performance: *A Delightful Quarantine* - Jan 11th & Jan 12th 7:00 pm

LWSD Special Needs Group General Meeting - Jan 15th 7:00 pm

LWHS PTSA General Meeting - Jan 16th 6:30 Social Time, 7:00 pm Meeting

No School: Martin Luther King Jr. Day - Jan 21st

[Website](#)

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