



# Kang Crier

Lake Washington High School PTSA

School

## Registration for Advanced Placement Exams

Advanced Placement exams are scheduled for May 6th through May 17th. Registration will be open February 20th through March 6th at 1:30 pm. Any student taking the AP exam must register by this deadline. Students can pick up a registration packet from their AP teacher or from the Counseling Center beginning February 19th. The cost is \$96.00 per exam. Payment can be made one of two ways:

1. Payment by check: Students will submit payment to the LWHS bookkeeper in the return envelope from their registration packet. Payment is due no later than 1:30 pm on March 6th. Students need their school ID card with them when they pay for their exams. Registration is now complete.
2. Payment online: Parents can pay through Parent Access. The payment receipt must be printed, placed in the return envelope from the registration packet, and turned in to the Counseling Center by 1:30 pm on March 6th. **Registration will not be considered complete until the receipt has been received by the Counseling Center.**

Students have been preparing all year for their exams. If your student is unsure whether they should test, they should check with their individual subject teachers.

Marilyn Hargraves  
LWHS Counseling

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## Fear Free SAT and ACT Practice Tests

Hey there Kangs! We are ready for another year of Fear Free SAT and ACT Practice Tests with the Princeton Review. The Fear Free tests are a great way to get comfortable with the format and style of the SAT or ACT in a stress free environment. Upcoming tests dates:

- ACT on March 16th
- SAT on April 20th

All tests are taken in the LWHS library from 8:30 am to 1:30 pm, and give you the complete testing simulation. [Click here for more information and registration!](#)

Martha Rames  
Fear Free ACT/SAT Testing Chair

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**College Testing: What's New for 2019**  
**Today! Wednesday February 20th**

**Sophomores and Juniors are welcome to join us at**

## 12:55 pm in the LWHS Library

Daniel, an SAT/ACT coach at Prep Northwest, speaks to students today about what is new in college admission testing and how to best prepare for the tests. He brings years of experience in prepping students as well as understanding how to identify and work on areas needing attention.

Encourage your student to join us in the library for loads of information along with pizza and chocolate!

Upcoming presentations:

- February 27th: Mini College Fair hosted by the College and Career Center
- March 6th: Pre-Med and More...Health Majors for Undergrads

These PTSA-sponsored presentations are held Wednesdays after school at 12:55 pm, with pizza and snacks provided. Presentations are open to all students at no cost. Registration is not required. We encourage parents to ask their kids what they learned at these are student-only presentations.

Click the button for a complete list of presentation topics.

Please contact [Debbie Cossey](#) or [Judy Shedd](#) for more information.

[Judy Shedd](#)

LWHS PTSA College Application Workshop Chair



[Presentation Topics](#)

[FAQs](#)

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## Spring Sports Registration Now Open

Spring sports begin Monday, February 25th. All students interested in participating in a spring sport must complete the online registration and be issued an eligibility clearance card. Online registration through Parent Access is now open. Issuance of eligibility clearance cards (aka "Yellow Cards") from the Athletic Office begins Monday, February 11th and runs through Thursday, February 21st. If your child has participated in two sports already this year, their 3rd sport is free! Contact the [Athletic Office](#) if you have any questions.

Our Spring Sports Parent Meeting will be Thursday, February 28th, at 7:00 pm in the LWHS Main Gym. Parents of all spring sports athletes are expected to attend this meeting.

[Rick O'Leary](#)

LWHS Athletic Director

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## LWHS 2019-2020 Cheer Tryouts

Tryouts for the 2019-2020 LWHS Cheer Team will be held March 25th-29th. Students interested in trying out must attend one of the following informational meetings:

February 26th or February 28th at 3:15 pm  
LWHS Library

[Click here](#) for more information. Questions? Contact [Coach Julie](#)

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## Free Dance Classes Available for LWHS Students

Is your student interested in auditioning for the LWHS Theatre production of *Newsies* next year but worried about their dance skills? Or do they just want to learn how to dance? Choreographer Laura Garber will be teaching three dance classes on the dates listed below. All classes are from 3:00-5:00 pm in the LWHS Theatre.

- Friday, March 1st - Character/Expressive
- Friday, March 22nd - Tap

Question? Contact [Morgan Heetbrink](#), LWHS Theatre Teacher

## See Something? Say Something!

We've all heard this phrase in many different situations. Did you know the best source of information about student behavior comes directly from your students? It's all because they genuinely care about their school and especially each other. At times some students will share that they knew something for a while but neglected to tell someone else because they didn't want to become involved.



We appreciate and understand this point of view. However, there are ways to share information where others don't know. LWSD utilizes the [SafeSchools Alert System](#). Anyone can anonymously contact LWSD 24 hours a day through this system. Here are the important numbers to remember:

Phone/text 425-529-5763

Email: [1342@alert1.us](mailto:1342@alert1.us)

So how can you help? Make this a topic of conversation the next time you're in the car or having dinner with your student emphasizing the importance if they see something to say something. Even if they don't think it's really important, let them know they can always report it. Thank you for your help and efforts in supporting your student and our school community!

## Seniors

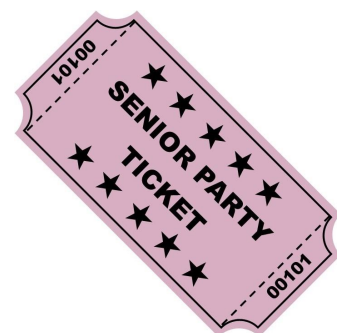
### Senior Party: Inviting All Seniors

Your Senior has been checking the boxes, preparing for the future. But have they bought their ticket to the Senior Party? This is an opportunity to celebrate with friends and classmates at a safe, fun-filled, all-night celebration sponsored by the LWHS PTSA. Lots of great activities, entertainment and food. It's a LWHS tradition!

**When:** Monday, June 17th - after Graduation Ceremony

**Start Time:** 9:00 pm (check-in begins) at LWHS

**End Time:** 5:30 am on Tuesday, June 18th at LWHS



[Click here for tickets!](#)

Tickets can be purchased online. Scholarships are available. Ticket prices are:

- \$180 now through April 30th
- \$200 after May 1st
- Tickets are non-refundable

## Now Accepting Applications for the 2019 Louise Sheeley Scholarship

Each year, the LWHS PTSA is pleased to award the Louise Sheeley Scholarship to graduating Seniors in honor of Ms. Sheeley, a former LWHS counselor. This year, the PTSA will offer four \$1,000 scholarships to LWHS Seniors who demonstrate academic excellence, involvement, service to the school and community, and a vision toward their future goals. Students are required to submit a response that details their qualifications along with two letters of recommendation and a current transcript. Scholarships can be used for books, tuition, or room and board at a vocational, 2-year, or 4-year college or university. If you are a graduating LWHS Senior and plan to pursue further education after high school, we encourage you to apply.

The selection process is blind. All applications are due in the Career Center by Friday, March 15, 2019. Seniors can pick up an application in the Career Center or on the [LWHS PTSA website](#).

PTSA

## Parents of Juniors & Seniors: Chaperones Needed for Senior Party 2019

Chaperones are needed for this once-in-a-lifetime evening where graduates celebrate with their classmates at fun, safe, alcohol- and drug-free venues. **JUNIOR** parents get a sneak preview before you have a Senior next year. **SENIOR** parents get the opportunity to be part of this LWHS tradition and spend time with a great group of students before their next journey begins.

If interested or need more information, contact [Pam Hay](#), LWHS Senior Party Co-Chair

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## LWHS PTSA Receives Award for Calm Cafe Program

On February 7th, LWHS PTSA was recognized by the LWPTSA Council with a "You Rock!" award for taking significant action in response to student needs. Working with LWHS administration and supported by the PTSA Board and volunteers, parent volunteer **Jeannine Dougherty** brought her vision of Calm Cafe to reality. This initiative provides an alternative lunch space for students overwhelmed by noise and congestion in the Commons during lunch. Students now have the option of going to a quiet classroom away from the hubbub to enjoy a relaxing lunch in an oasis of soft lighting, calm music and even desktop zen sand gardens! Many thanks to Jeannine for her efforts in making this program a reality, and to the other many parent volunteers who help staff Calm Cafe. **You rock!**



Can you volunteer for a 30-minute lunch shift to support this program? [Sign up here!](#)

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## LWPTSA Council Special Needs Group Resource Fair Save the date! February 26th, 7:00-8:30 pm

Please join the [LWPTSA Council Special Needs Group \(SNG\)](#) for its Annual Community

Resource Fair! Come talk to vendors offering after school, summer, and other recreational activities and other services to students on IEPs, 504s and IHPs, and their families. Children welcome.

**When:** Tuesday, February 26th, 7:00-8:30 pm

**Where:** Lake Washington School District Resource Center

Please note that you can enter the building from the parking lot via back entrance. There is no entrance through the main entrance. The door will be locked.

Persons with disabilities who anticipate needing accommodations, have questions about access, or need an interpreter should email [special.needs@lwptsa.net](mailto:special.needs@lwptsa.net) in advance of the meeting. [Click here for additional information.](#)

Many thanks and we hope to see you at the Fair!  
LWPTSA Council SNG

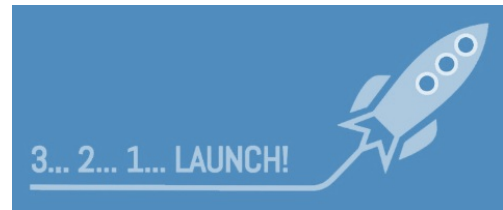
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## Adulting 101 for High School Students

Friday, March 8th (LEAP day)  
Noon to 4:00 pm  
LWSD Resource Center

High school students across the district will learn about all of following topics in one workshop: jobs and resumes, financial foundations, first year dorm life, entrepreneurship and fake news. Sponsored by the LWPTSA Council.

Questions? Contact Irene Neumann, Event Chair, at [FACE@lwptsa.net](mailto:FACE@lwptsa.net).



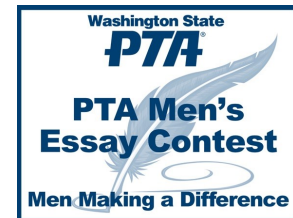
Click here for more information!

Register here!

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## Students Wanted to Participate in the WSPTA Men's Essay Contest Student Programs. Powered by PTA.

In an effort to help promote male engagement around the state of Washington, the objective of this contest is for students of all ages to write an essay about a male role model that has had a profound impact on their life. All men involved in a child's life (fathers, uncles, grandpas, brothers, step-fathers, mentors, coaches and friends) impact the children they care about. Essays must be mailed and received at the WSPTA office by March 1st.



Resource materials, including writing prompts and grade divisions, can be found on the WSPTA website. New this year is a promotion ideas flyer and a high school poster. If you are interested in being a judge (everything is done online) or serving on the committee, please contact Men's Essay Chair, Laura Peterson at [MensEssay@wastatepta.org](mailto:MensEssay@wastatepta.org).

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## Lake Washington Schools Foundation Bridge the Gap Luncheon - March 28th



Mark your calendar to attend the Foundation's largest fundraiser! Our keynote speaker will be Scilla Andreen, CEO of Indieflix, Inc. and Executive Producer of the anxiety-awareness documentary *Angst*. We will also be hosting 2 screenings of *Angst* prior to the luncheon. Stay tuned for more information about these screenings at [lwsf.org](http://lwsf.org).



LWHS PTSA will be hosting several tables and the luncheon. [Click here to register](#). Additional questions? Contact [Denise Campbell](#) or [Irene Neumann](#).

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## Capitol Projects Levy - Vote YES on April 23rd

The LWHS PTSA voted unanimously at the last General Membership Meeting to endorse and support the upcoming levy, which will greatly benefit LWHS by adding critical classrooms, an additional auxiliary gym, and additional Commons spaces.



Our PTSA will be working with the Lake Washington Citizens Levy Committee to support the effort in getting the YES votes needed. More info to follow on how you can help!

[Levy Overview](#)

Click the button for an overview of what the levy will fund!

Not registered to vote? [Register here!](#)

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## Volunteer Opportunities

Are you looking for ways to support our PTSA? We have a variety of volunteer opportunities and would love to hear from you!

Current volunteer opportunities include:

- Emergency Prep and Safety Committee - contact [Karee Oliver](#)
  - Life Hacks Workshop Program - contact [Jonathan Heuer](#)
  - The Calm Cafe - contact [Jeannine Dougherty](#)
  - LWHS PTSA Treasurer role - contact [Karen Tipp](#)
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## 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!](#) Submit your posting to [social@lwhsptsa.org](mailto:social@lwhsptsa.org).

## Events

**AP Exam Registration Opens - Feb 20th**

**Spring Sports Begin - Feb 25th**

**LWPTSA Council Special Needs Group Resource Fair - Feb 26th**

**LWHS Learning Community Band Concert - March 5th, 7:00 pm**

**LEAP Day - No School - March 8th**

[Website](#)

[Facebook](#)

[Join/Donate](#)

[Amazon](#)

[FredMeyer](#)

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