



Kang Crier

Lake Washington High School PTSA

School

ACT and SAT: Pre-College Tests for Juniors

ACT and SAT I: They sound more like alphabet soup than acronyms for pre-college tests. Four-year colleges require one of these tests, and testing is normally done during the spring of the junior year and in the fall of the senior year.

The American College Test (ACT) or the Scholastic Aptitude Test (SAT I) is required by both in-state and out-of-state 4-year schools. Colleges accept either one. The SAT I or ACT is also required of those planning to participate in NCAA Division 1 athletics, for those applying to military academies, and for those applying for most scholarships. SAT II subject tests are required for some of the more selective colleges; usually these colleges require two or three SAT II's. It's a good idea to take one of these at the end of the junior year or as soon as the subject-specific class is finished.

Students are strongly encouraged to prepare for these tests by reviewing directions, reading sample questions, and taking a sample test. Students should also register for these tests as early as possible. Many students take these tests in the spring; delaying registration may mean testing at a distant location. All of this information—as well as helpful tips—is available on line at www.collegeboard.com/ and www.actstudent.org.

Marilyn Hargraves
LWHS Counseling

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 to register!](#)

Martha Rames
Fear Free ACT/SAT Testing Chair

Pre-Med and More: Health Majors for Undergrads Today! Wednesday, March 6th

Sophomores and Juniors are welcome to join us at

12:55 pm in the LWHS College & Career Center

Many students indicate an interest in "pre-med" but are not aware of the multiple opportunities in this broad field. Dr. Todd Faubion, Faculty Director of Undergraduate Programs in the Department of Global Health at the University of Washington and long-time advisor to students interested in health fields, brings a wealth of knowledge and experience to share with students.

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

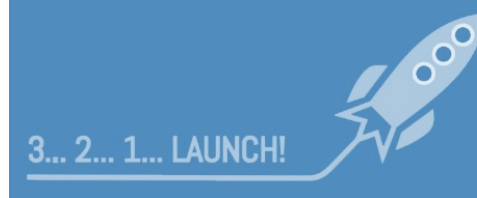
FAQs

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. [Click here for a full itinerary.](#) Sponsored by the LWPTSA Council.

Questions? Contact Irene Neumann, Event Chair, at FACE@lwptsa.net.



Click here for more information!

Register here!

LWHS Library Book Swap

The LWHS Library is currently collecting gently used young adult and adult fiction and nonfiction books for a book swap. Books are being accepted every day this week from 7:00 am until 3:15 pm. Then during lunches from March 11-15, students can pick up a book to take home. Any leftover books will be donated. Thank you for your support!

[Elizabeth Courage](#)
LWHS Library Media Specialist



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

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

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

Pam Hay and Mindy Lincicome
LWHS Senior Party Co-Chairs



[Click here for tickets!](#)

2019 Louise Sheeley Scholarship - Applications Due March 15th

Seniors - do not delay! The Sheeley Scholarship application deadline is just over a week away. If your student is a graduating LWHS senior and plans to pursue further education after high school, we encourage them to apply.

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.

The selection process is blind. All applications are due in the Career Center by Friday, March 15th at 3:00 pm. Seniors can pick up an application in the Career Center or on the [LWHS PTSA website](#).

PTSA Council Scholarships Available

The Lake Washington PTSA Council is pleased to roll out its 2019 Scholarship Program! Each year in the spring, Council offers several student scholarships and two \$500 staff scholarships. This year's Student Scholarship Program will include 12 scholarships of \$1,250 each plus up to 3 at-large scholarships as approved at the February 2019 LWPTSA Council meeting:

- 8 Merit scholarships
- 1 Education scholarship
- 1 Perseverance scholarship
- 1 Turn around scholarship
- 1 L.E. Scarr 2 year, technical or vocational scholarship
- NEW: 3 at-large scholarships



Applications for both staff and student scholarships are due by 3:00 pm on **April 1, 2019**. The Scholarship Program is funded by money raised at the Council's annual

Scholarship Basket Auction, by annual donations from the 43 PTSA's in the LWSD, and by donations from the greater community.

Download the [Student Scholarship Application](#)

Download the [Staff Scholarship Application](#)

For more information, contact [Yumna Green, LWPTSA Scholarships Chair](#)

PTSA

Angst Documentary Screening **March 14th, 7:00 pm, LWHS Theater**

LWHS PTSA, in collaboration with Lake Washington Schools Foundation, is pleased to host a screening of *Angst*, an IndieFlix original documentary designed to raise awareness around anxiety. The film includes interviews with kids, teens, educators, experts, parents and a very special interview with Michael Phelps. The goal of the film is to help people identify and understand the symptoms of anxiety and encourage them to reach out for help. To find out more about the film, go to <https://angstmovie.com/>. The film screening is free to all attendees and will be held in the LWHS Theater.

In addition, Scilla Andreen, the Executive Director of *Angst*, will be the keynote speaker for the **Lake Washington Schools Foundation (LWSF) Spring Benefit Luncheon** on March 28th at the Marriott in Redmond. For more information about the luncheon or to purchase luncheon tickets, please [click here](#). If you would like to sit with other LWHS parents at the luncheon, please contact LWSF School Ambassador, Denise Campbell at communications@lwhsptsa.org.

[Tere Kaulfus](#)

LWHS PTSA President

March PTSA Meeting - Save the NEW Date! **Wednesday, March 27th, LWHS Library**

Our March LWHS PTSA General Membership meeting has been rescheduled for Wednesday, March 27th. You won't want to miss our very popular guest speaker, Anne Holmdahl of Common Sense College Counseling. Anne will be presenting on her extensive knowledge in the college prep arena. She has worked with hundreds of students to help them navigate the path through high school into college. She will also be sharing information around the AP capstone program that was just launched this school year at LWHS. As always, social time will begin at 6:30 pm, a brief business meeting starts at 7:00 pm, followed by our guest speaker. Hope to see you there!

[Tere Kaulfus](#)

LWHS PTSA President

Charting College and Your Student's Post Graduation Path **Tuesday, April 23rd, Noon - 2:00 pm** **Lake Washington Resource Center, Redmond Town Center**

Join us on April 23rd to hear from all four LWSD College and Career Specialists (CCSs). Come meet the CCS Team and learn about services that can assist with post high school options and college requirements for your student.

Questions? Contact [Irene Neumann](#)

LWHS PTSA Family and Community Engagement Chair

LWHS PTSA Seeking Board Members for 2019-2020 Connect and Be a Part of the LWHS Community

Want to put your skills to good use? Want to make a difference? Want greater insight into your student's school? The LWHS PTSA Nominating Committee is looking for people to serve on the 2019-2020 PTSA Board.

We are especially looking to fill the following Board positions:

- Treasurer
- Ways and Means
- FACE (Family and Community Engagement)

Other opportunities to get involved include:

- Reflections Chair
- Volunteer Coordinator
- Webmaster
- and more!

All positions can be shared by more than one person. [Click here for complete job descriptions.](#)

If interested and/or would like more information, contact the [Nominating Committee.](#)

Karen Tipp, Irene Neumann, Pam Hay
LWHS PTSA Nominating Committee

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

Calm Café Needs Your Assistance

The Calm Cafe needs volunteers on Mondays and Fridays, beginning March 1st. Absent new volunteers, the Calm Café will only be open on Tuesdays and Thursdays after that date. The Calm Café 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 Dougherty for her efforts in making this program a reality, and to the many other parent volunteers who help staff Calm Café.

Click here to volunteer!

March Staff Appreciation Event: TACOS

Please click on the sign up below and see if you are able to contribute to the LWHS Staff

Taco Bar event. Contributions are due on March 19th.

Gracias!

Julie Tribolet and Colette Ulloa
LWHS PTSA Staff Appreciation Co-Chairs

[Sign up here!](#)

New Trees Planted at LWHS

Many thanks to the 26 volunteers that withstood cold, wind, rain, sleet and mud to help plant 7 new trees, pull weeds and spread mulch on the LWHS campus. This Eagle Scout Service Project came about with support of the PTSA Beautification Team (funder), LWSD Field Maintenance, and Scout Troop 570. Volunteers included LWHS National Honor Society and Urban Gardening students, PTSA parents, and Troop 570 scouts and parents - a wonderful example of community collaboration and teamwork!



LWHS PTSA Beautification Team

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.

Events

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

LEAP Day - No School - March 8th

LWHS Band Winter Concert - March 13th, 7:00 pm

Angst Documentary Screening - March 14th, 7:00 pm

LWHS PTSA Membership Meeting - March 27th, 6:30 pm

LWSF Spring Benefit Luncheon - March 28th

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