



Kang Crier

Lake Washington High School PTSA

School

College Application Workshop Update

**You've Been Accepted...Now What?
Today! Wednesday May 15th at 12:55 pm
LWHS Library**

Especially for Seniors! We want your student to have the best chance to succeed as a college freshman. If your student is curious or anxious about what happens once they get to college, this presentation will provide them with details of what they can do to have a successful first year. Encourage your Senior to come hear Dr. Craig Lewis, a college professor and entertaining speaker.

Final presentation:

- May 22nd: Enjoy Your Summer AND Plan For College

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 student-only presentations. Click the buttons for a complete list of presentation topics and descriptions.

Please contact [Debbie Cossey](#) or [Judy Shedd](#) with any questions.

[Judy Shedd](#)
LWHS PTSA College Application Workshop Chair



Presentation Topics

Presentation Descriptions

FAQs

Poetry Slam

The next Poetry Slam will be held Thursday, May 30th at 6:30 pm in the LWHS theater. Come cheer on your friends - admission is free!

Interested in participating? Contact [Mr. Terich](#), LWHS English Department Chair

Capitol Classroom Wrap-Up

It was another successful, yet disappointing year for the AP Government students

concerning the Capitol Classroom project. As you may already know, the AP Government students pitched legislation ideas to Senator Patty Kuderer, Senator Manka Dhingra, and Representative Roger Goodman back in October 2018. Three of those ideas were drafted into legislation and introduced to the Senate this last session. The Bills were SB 5077 (banning single use plastic straws), SB 5187 (promoting composting in public schools) and SB 5477 (waiving College application fees to in-state public schools for low income students). SB 5077, our straw ban bill, made it the farthest by passing the Senate floor by a 27-21 vote and passing out of the House Environment and Energy Committee before dying a slow death in the House Rules Committee. Unfortunately, the House Rules Committee did not feel it deserved a floor vote. Hopefully next year's students can take it further. Mr. Dawson would like to thank all the students who put time and effort into making this project a success, as well as the PTSA for providing a grant to help support this project. In the end 14 students were given the opportunity to testify before a Senate or House committee to support one of these bills:

- Natalie Ada, Rhys Heenan, Sofia Brekkan (SB 5077 in Senate Environment Committee) 1/24
- Gurneen Gill, Dion Babst, Noor Abdulhameed (SB 5477 in Senate Higher Ed Committee) 1/29
- Bella Mott, Erick Moreno, Kartal Kaya (SB 5477 in Senate Ways and Means Committee) 2/14
- Gurneen Gill, Anna Captain, Paul Hedreen (SB 5187 in Senate K-12 Education Committee) 2/18
- Anna Kruse, Sage Boyd, Sophie Crane (SB 5077 in House Environment Committee) 3/14

You may watch videos of their testimonies on TVW.org.

Michael Dawson

LWHS Social Studies

From the Counseling Center

Looking for Something To Do Over the Summer?

Ah, the lazy days of summer. A few scattered here and there are great. Your student has worked hard all year and deserves some 'no list' days. But too many can get boring! Here are some great ways for them to stay busy and get ahead of the demanding upcoming school year:

- Class of 2022 and 2023: Begin thinking about post high school plans (apprenticeships, gap year, military, private career schools, technical colleges, two- and four-year colleges). Begin exploring and investigating details about these different programs and schools. Enrolled in an honors class next year? Make sure to complete the required readings. Check out potential scholarships.
- Class of 2021: Continue to explore interests and options. Consider all options: apprenticeships, military, vocational/technical colleges, two- and four-year colleges. Check out college websites or visit campuses. Make a list of colleges that are of interest. If your student has taken the SAT or ACT, they can review their strengths and weaknesses and take some timed practice tests. Check out potential scholarships.
- Class of 2020: Continue to refine the list of post high school options and narrow down choices. Polish a resume. Create a master calendar of due dates that honor deadlines. Headed to a 4-year school? Plan to retake the SAT or ACT if scores need to improve; register online for these tests and for SAT II Subject Tests if needed. Narrow college choices to four to six schools; determine if your student will apply for early admission. Check out potential scholarships.

Marilyn Hargraves

LWHS Counseling Center

Seniors

Senior Party: Less Than 5 Weeks Away

Is your Senior ready to party at this safe, fun-filled, all-night celebration that takes place the evening of June 17th after graduation?



Click here for more info!

Already purchased a ticket? Be sure your Senior has:

- Signed up for a bus. **If not, next bus sign-ups** are May 16th and 17th at lunch in the Commons
- Submitted a completed and signed Release Form at the bus sign-ups or to the Main Office. **Please note:** per the venue requirements, all Seniors and a parent/guardian must sign the form, regardless if the Senior is 18 now or at the time of graduation.
- Completed an Allergy Emergency Care Plan if they have any life-threatening allergies. It can be submitted at bus sign-ups or to the Main Office (placed in an envelope marked "Senior Party").

Still want to purchase a ticket?

- Tickets are still available. Last day to purchase is June 10th. Ticket cost is \$200 and non-refundable.
- Tickets can be purchased:
 - Anytime online, or
 - at bus sign-ups (a Registration Form must accompany payment and a Release Form is required for choosing a bus). Payment can be made by cash or check payable to LWHS PTSA.
- Contact us regarding scholarships.

4 more chaperones are needed! Chaperones needed from 9:00 pm June 17th (after Graduation) to 6:00 am on June 18th. To volunteer, contact the Event Chairs.

See information page for details, tickets, and required forms.

Questions? Contact Pam Hay and Mindy Lincicome, LWHS Senior Party Co-Chairs

A Cordial Invitation to Senior Students and Family Senior Salute 2019: Farewell to LWHS



Join us Thursday, June 13th for Senior Salute. This traditional celebration for Seniors and their families includes a program from 7:00-8:00 pm in the LWHS Gym with musical performances, poems, student reflections, and a brief speech by Faculty Member, Bethany Shoda. Following the program, there will be refreshments in the Commons from 8:00-8:30 pm. Seniors check-in from 6:30-6:40 pm in the Auxiliary Gym. They will stay there until it's time to process into the Gym to music played by the LWHS Orchestra.

Be sure to bring your camera as this is a great opportunity to take pictures of your graduate in cap and gown at LWHS. We will set aside seating areas for people with limited mobility and their families. Please RSVP with this request (see below). Please note: parking can be difficult so allow adequate time for arrival.

RSVP for limited mobility reserved seating: 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

Attention All Seniors!

We hope your Seniors can join their fellow 2019 classmates with the following activities. Please share these dates with your family and your students!

Senior Prom: Join us June 1st from 8:00-11:00 pm at The Georgetown Ballroom in Seattle for this year's prom! The theme is "Come Fly with Me". Early bird ticket sales will be May 20th-24th with a cost of \$50 with ASB card and \$55 without ASB card. Regular ticket sales will be May 27th-31st with a cost of \$55 with an ASB card and \$60 without an ASB card. All student fines must be paid before tickets can be purchased. If you're buying for your date, make sure their fines are paid as well. If you want to bring a date from another school, make sure to have them complete the Dance Guest Pass Page form, located at the cashier's office. You must have the completed form with you to purchase the tickets.

Senior Sunset: Our Senior Sunset will be held Sunday, June 16th, the night before graduation to bring together the end of our Senior Year. We'll show *Ferris Bueller's Day Off* on the LWHS baseball field at Sunset. "*Life moves pretty fast, if you don't stop and look around once in a while you could miss it.*"

Mandatory Graduation Rehearsal: Rehearsal will occur June 17th from 9:00-11:00 am in the LWHS Gym, directly following Senior Breakfast. This rehearsal is **mandatory** for all Seniors walking in graduation.

Graduation: Monday, June 17th at 5:00 pm at Hec Edmundson Pavilion (University of Washington). Congratulations, Kangs!

Questions? Email [Anna Captain](#), LWHS Senior Class President 2018-2019

PTSA

PTSA Membership Meeting - May 22nd, LWHS Library 6:30 pm social, 7:00 pm business, 7:30 pm presentation

Please join us for our final PTSA membership meeting of the year! Following a brief business meeting, we will learn about homelessness in our LWHS community and how we can make a difference. A representative from The New Bethlehem Project, a permanent shelter being built across the street from LWHS, will share what is planned and answer questions. Additional presenters will share how their organizations support students facing homelessness. Come be inspired by the good work being done and learn how you can help!

Tere Kaulfus
LWHS PTSA President

Parents of Juniors and Seniors - 4 More Chaperones Needed for 2019 Senior Party

Only 4 more chaperones are needed for this once-in-a-lifetime evening where graduates celebrate with their classmates at fun, safe, alcohol- and drug-free venues. Chaperones are needed from 9:00 pm on June 17th (after Graduation) until 6:00 am on June 18th.

JUNIOR parents get a sneak preview before they 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 you think you're on our list of volunteers to chaperone but haven't received a follow-up email from the Chairs regarding the chaperone meeting in June, please let us know.

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

Donations for Senior Salute Needed

If you don't have a Senior this year, please consider signing up to provide refreshments for the Class of 2019 Senior Salute. Click the button below to contribute refreshments and paper goods. All donations should be dropped off at LWHS on June 13th in the Commons between 2:50-6:00 pm.

[Sheila Storrer](#)
2019 Senior Salute Committee

[Click here to donate!](#)

Senior Prom and Senior Breakfast Need Your Support!

It is definitely hard to believe that the end of the year is approaching and the Class of 2019 will be graduating! The LWHS staff needs help with the following events:

- Senior Prom chaperones: June 1st from 7:00-11:00 pm at the Georgetown Ballroom
- Senior Breakfast servers: June 17th from 6:30-9:00 am

Click on the button below to sign up. Any questions, please contact [Hae Sue Park](#). Thanks for your support!

[Click here to volunteer!](#)

LWHS Laptop Return - Volunteers Needed!

As we start to wrap up the school year, one of the major housekeeping activities is having the students return their laptops. The schedule for laptop returns this year is:

- Seniors on June 13th
- Underclassman on June 18th and 19th

All returns will occur in the LWHS Library during school hours. Multiple volunteers are needed for each shift. Please click the button below for available time slots for volunteering.

Questions? Contact [Elizabeth Courage](#), LWHS Library Media Specialist, or [Hae Sue Park](#), LWHS PTSA Volunteer Chair

[Sign up to volunteer!](#)

Thank You for a Successful Staff Appreciation Week!

Thank you to the fabulous Staff Appreciation Committee and especially to committee chairs Julie Tribolet and

Colette Ulloa for a delicious and successful Staff Appreciation Week. Each year, the PTSA provides one week of lunches, breakfasts or snacks to the LWHS staff and faculty, who work so hard all year to provide great educational opportunities for our students. This year, faculty and staff were treated to coffee and doughnuts, a bagel breakfast bar, a Mediterranean lunch, movie munchies and TGIF tropical fun.



Those who contributed to this successful week were Julie Tribolet, Colette Ulloa, Gwen Alharbi, Susan Bamberger, Magdalena Barger, Kirsten Barstow, Laura Bartoletti, Karen Bell, Chris Brandenfels, Heather Buchholz, Anne Buck, Linda Cheyne, Lori Chisholm, Brandi Comstock, Coco Davis, Arti Dhokia, Susan Dorroh, Megan Gardner, Tina Godfrey, Pam Hay, Vanessa Jones, Tere Kaulfus, Aimee Kommini, Colleen Kroeger, Maysaa Karkutly, Sandra Maffeo, Jeyce Mahesh, Danelle Mathews, Alison McElroy, Rachel Merlino, Ali Moore, Lisa Musil, Kathy Nguyen, Rhonda Odell, Connie Ozeki-Chinn, Hae Sue Park, Liz Parr, Rachel Pemble, Janis Rabuchin, Kay Rajalingam, Meredith Schwietzer, Kristina Summers, Alison Thomas, Lisa Vincent, Jennifer Wilson, and Christine Woskett. Thank you all for making this week memorable and wonderful!

Technology at Your Fingertips in LWSD

Date: Tuesday, May 21, 2019

Location: LWSD Resource Center at Redmond Town Center

Time: Networking 6:30 pm, Presentation 7:00-8:30 pm

Presenter: Joe Brazier from Microsoft's Worldwide Education Industry Team

All parents and community members are invited to the May 21st LWPTSA Special Needs Group meeting to learn what tools are readily available to all students to help with reading and writing literacy. Click below for more information!

[Gwen Alharbi](#)

LWHS PTSA Special Needs Liaison

[Click here for more info!](#)

Do You Want to Honor a FABULOUS Educator, Volunteer, or Student?

We are now accepting nominations for our four LWHS PTSA awards:

- Golden Kang / Outstanding Educator - for an outstanding teacher or staff member
- Golden Acorn - for an outstanding volunteer
- Outstanding Advocate - for an outstanding advocate of all children
- Outstanding Student Advocate - for a student who has made significant contributions in leadership and service

Feel free to nominate more than one person. Please use one form per nominee.

Deadline for nominations is Wednesday, May 22, 2019.

Awards will be presented at the Volunteer Tea on June 5th. Nominations forms, information and award criteria are available [here](#). You may drop off your nomination form(s) in the PTSA box in the LWHS main office or email the forms to awards@lwhspts.org.

Irene Neumann, Colette Ulloa and Christy Hentges
LWHS PTSA Awards Committee

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.

Community

May is Mental Health Month

The report of the [Washington State 2018 Healthy Youth Survey](#), taken by 230,000 youth across the state, has been released. 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



These numbers may seem high, in part because we don't talk openly about mental health and may not realize how many students are feeling distress. How can you help?

- Have open conversations about mental health. Only about half of students said they have adults to turn to for support when they feel sad or hopeless. About 13 percent of 10th graders who reported feeling sad or hopeless for at least two weeks in a row said they didn't have anyone to talk to. It can be difficult to start a conversation, but there are [many resources available to guide you](#).
- Know what to look for and ask questions. Keep an eye out for [common signs of distress](#) and the [warning signs of youth suicide](#). If you're concerned someone is thinking about suicide, it's important to ask them directly, even if it feels uncomfortable.
- Encourage youth to reach out for support. Everyone needs help sometimes. If you know a young person who is struggling, encourage them to talk to a trusted adult or access free, confidential support 24/7 by calling the National Suicide Prevention Lifeline at 800-273-8255 or texting HEAL to 741741 for the Crisis Text Line.
- Prioritize safety. If you believe someone is in immediate danger of suicide and has access to a firearm or other potentially deadly means, call 911. If they're struggling but not in immediate danger, help them [make a safety plan](#) and connect to services.

Black Girl in Suburbia - A Special Documentary Event

When: Friday, May 17th 6:00-8:30 pm
Where: LWHS Theater

Join us for a movie screening with Melissa Lowery, creator of the documentary *Black Girl in Suburbia*, followed by refreshments and panel discussion. Sponsored by the Lake Washington School District's Opportunity, Equity and Inclusion Department and supported by LWHS PTSA. Admission is free.

Questions? Contact [Icis Tirado](#).

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Sammamish High School is hosting their annual STEM Career Fair on May 29th from 5:00-8:00 pm. Join them for an extraordinary evening with STEM innovators from industry and academia. Students, parents, and interested community partners from across the Seattle area will learn about opportunities in STEM career fields. Highlights will include:

- Keynote address: Living the Nature Ethic by wildlife researcher and Bullitt Prize winner Carol Bogezi and MIT Inspire Competition winner Manoj Sarathy.
- Panel sessions covering major STEM topics--these sessions feature professionals who will share their stories and experiences, with time for Q&A.
- Time to connect with individual groups at demonstration booths, which provide information about various STEM fields and organizations!

Click the button below to register. For more information go to:
<https://bsd405.org/2019/05/stem-career-fair/>.

Register here!

Events

***Black Girl in Suburbia* Screening - May 17th**

PTSA Membership Meeting - May 22nd

No school: Memorial Day - May 27th

Poetry Slam - May 30th

Microsoft Ability Summit 2019 - May 30th

Taming Stress Workshop - June 5th

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