



# Kang Crier

Lake Washington High School PTSA

School

## PSAT and High School and Beyond Planning Day Wednesday, October 16

Lake Washington High School will be a busy place on Wednesday, October 16. Our High School and Beyond Planning Day will feature testing and activities specifically planned for each grade level. Student attendance is mandatory. All programming begins at 8:00 am.

- **9th graders will pick up their individualized schedule in front of the gym at 8:00 am.** They will participate in the High School and Beyond plan using the online program Xello. They will also engage in a variety of curriculum activities as well as screen the documentary *Angst*, designed to raise awareness around teen anxiety and mental health.
- **10th graders will take the PSAT. Room assignments will be posted in the Commons beginning Wednesday, October 9.** There is no cost. Afterward, all 10th graders will work on their High School and Beyond plan using the online program Xello.
- **11th graders signed up for the PSAT will find their room assignments posted in the Commons by the end of the day Thursday, October 10.** Deadline to sign up is October 10 at 1:00 pm, and the fee is \$17. Payment can be made online (with a \$1.95 convenience fee) or at the ASB Bookkeeper. **11th graders who do not sign up for the PSAT should report to the gym to take the ASVAB (Armed Services Vocational Aptitude Battery).** After the testing, all 11th graders will screen the documentary *Angst*, designed to raise awareness around teen anxiety and mental health.
- **12th graders who do not take the PSAT should report outside to the table outside the Counseling Office before 8:00 am to receive the Senior Workshop Schedule.** Seniors will attend a variety of workshops designed for life after high school ranging from college applications and essay writing to Banking 101, resume writing, and basic car maintenance. **12th graders are also welcome to take the PSAT.** Deadline to sign up is October 10 at 1:00 pm, and the fee is \$17. Payment can be made online (with a \$1.95 convenience fee) or at the ASB Bookkeeper.

For more information about the PSAT, visit the [College Board Website](#).

If you have any questions about the PSAT or planned activities, please contact [Dana Greenberg](#), LWHS Associate Principal.

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## From the Counseling Center

### Registration for Advanced Placement Exams

AP Exam registration will run from October 14 through the end of last lunch on October 25. Students can pick up a registration packet from their AP teacher or from the

Counseling Center beginning October 8. Included in this packet are the registration envelope and an information handout. The cost is \$96 per exam; the cost for AP Seminar or AP Research is \$144 per exam. Payment can be made one of two ways:

- For those paying by check: Students will return the envelope with the test fee enclosed to our bookkeeper. Students pay at the window by the end of last lunch on October 25. Checks are made payable to Lake Washington School District. Students need their school ID card with them when they pay for their exams. Registration is now complete.
- For those students paying online: Parents pay through their parent access account. Students paying online must print a copy of their receipt, place it in the completed envelope, and turn it in to Counseling or the bookkeeper by 1:30 pm on October 25. Registration will not be considered complete until we receive the envelope with receipt inside.

If students are unsure whether they should test, they should, of course, check with their individual subject teachers.

Late registration will run from February 18 to February 27; there will be a \$50 per exam late fee. Details on the late AP registration process will be available in December. After February 27, we will not accept any AP Exam registrations. Advanced Placement exams are scheduled for May 4 through May 15.

### Senior Update

On October 16, while the freshmen, sophomores, and juniors are listening to speakers or taking the PSAT or the ASVAB, Seniors can select from six different workshops to attend. This allows them to select their preferred topic, ask questions, and have a plan moving forward. If Seniors wish to further discuss their post high school options, please encourage them to meet with their counselor.

### Marilyn Hargraves

LWHS Counseling Center

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## **Parent Help Needed to Spruce Up LWHS! Beautification Day is October 19**

LWHS PTSA and ASB team up to lead our fall Beautification Day on Saturday, October 19, from 9:00-11:00 am. Set-up begins at 8:30 am and parent volunteers are needed to help direct students, and/or join in the tasks of weeding, pruning, and mulching. Come for all or part of the event! If you have them, please bring well-labelled garden tools and gloves to share. We will have LOTS of mulch to move, so bringing a wheelbarrow gives you HERO status at this event! Motivating music, snacks and drinks will be provided. Community service hours tracked for students!



**IMPORTANT:** For service hours, please print and sign the [LWSD Volunteer Form](#) and bring it to the event. Students under 18 need a parent signature.

If you can help, please contact [Tere Kaufus](#), LWHS PTSA Beautification Team

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## **Scholarship Market Workshop November 6 from 6:30 pm to 7:30 pm**

Mark your calendars for November 6 at 6:30 pm in the Theater at LWHS! The College and Career Center is pleased to host a **Scholarship Market Workshop** with guest speakers from the College Planning Network. This workshop is designed to help students and parents identify scholarship sources and develop scholarship application techniques. The Washington State resource, [theWashboard.org](http://theWashboard.org), will be fully reviewed

and the process of matching students with scholarship characteristics will be discussed. This presentation will be especially helpful for Senior students and parents; however all grade levels are welcome.

We hope you will be able to join us!

Melanie Conroy  
College and Career Specialist

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## Calm Cafe

Do your teens know that the Calm Cafe exists during lunch A? Please help spread the word, "try it, you may like it a lot". The location is the 2nd floor west pod.

Do you have just 45 minutes during the week to volunteer? We need district approved volunteers to simply be a presence in the room. The CC is becoming increasingly more popular and we cannot continue to provide this calm lunch space option without your help. If you are willing to volunteer shoot me an email at [jeanninepd@msn.com](mailto:jeanninepd@msn.com), so I can add you to the Signup Genius which has been updated with the newest bell schedule. November 10-19 I will be traveling and therefore unavailable to volunteer. I would greatly appreciate your help!

THANK YOU for spreading the word and making it possible to provide this lunchtime option.

Jeannine Dougherty

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## School or District-Related Questions, Concerns or Comments?

Do you have a question or concern that cannot be resolved by your student's teacher or our high school administration? Want to share a compliment or suggestion? The Lake Washington School District [website](#) has an easy link that you can use to get answers or leave comments. If using your phone, click on the small blue rectangle that says "**Let's Talk!**". On your computer, click on the vertical orange bar on the right side of the screen that says "**Let's Talk! We Want to Hear From You!**".

Tere Kaulfus  
LWHS PTSA Co-President

## Seniors

### College Application Workshop

#### Is your student ready for their College Admission Interview?

College Application Workshop is now offering help in preparing for college interviews. Many colleges offer an interview -- on campus, over Skype, or in person with an admission representative or an alumni. Doing the interview gives colleges another opportunity to learn about your student. Our interview prep is provided by an experienced volunteer who has performed college interviews for a highly selective university. She'll share her expertise and help your student feel confident in their interview skills.



This service is available every WEDNESDAY after school, at 12:55.

**And don't forget about essay and personal statement support!**

There are THREE opportunities to meet with trained volunteers, just outside the College and Career Center:

- Wednesday ROO at 9:25 am
- Wednesday after school at 12:55 pm
- Thursday after school at 2:50 pm

[Click here](#) for more details.

Thank You!

**Judy Shedd**

College Application Workshop Chair

PTSA

## Sustainability at LWHS

The LWHS PTSA has added a Sustainability Chair this year to explore and create ways to reduce, reuse and recycle and support the current sustainability efforts happening at LWHS. LWHS has an active student led Green Team and last year the school earned the Level 2 status in the King County Green Schools program. (A Level 2 school meets the criteria for waste reduction and energy conservation.)



Join the PTSA and LWHS in its efforts! Here are some ways this month:

- October is Walk and Bike to School month
- Share your ideas/thoughts re: Sustainability with the new Chair
- Attend the Sustainability Fair at Kirkland City Hall on October 12, 1:00pm to 4:00pm

Questions? Comments? Contact [Pam Hay](#), LWHS PTSA Sustainability Chair

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## LWHS PTSA Special Education News

October is *Dis-"Ability"* History Month! FYI...

Did you know that these famous Historians had amazing Dis"abilities"? Thomas Edison, Albert Einstein, & Leonardo Di Vinci, just to name a few, **Celebrate Historical Abilities!**

**Save the date:** October 15, 2019, Special Education Group Monthly Meeting, LWSD Resource Building. Come and watch "Unspoken", a groundbreaking point-of-view journey into a non-fluent speaker's world. [Click here for more information.](#)

Get Connected! Please join in the discussions, share ideas, get ideas!  
[www.facebook.com/LWPTSASpecialEducationGroup/](http://www.facebook.com/LWPTSASpecialEducationGroup/)

[Gwen Alharbi](#)

LWHS PTSA Special Education Inclusion and Awareness Chair

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**Join Us for a Screening of *Angst*:  
Raising Awareness Around Anxiety  
October 22, 6:30 pm**



On October 16 during the school day, all Freshman, Sophomores and Juniors will be viewing the film, *Angst: Raising Awareness Around Anxiety*. Join us October 22 to see what they learned. Bring family and friends - it takes a village!

**When:** October 22, 6:30-7:30 pm

**Where:** LWHS Performing Arts Center  
**Who:** Ages 10+

Free to attend. Registration require. [Click here to learn more and to register.](#)

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## Do You Shop at Fred Meyer or on Amazon?

Hey LW Community! Did you know we have 2 EASY ways for you to direct donations for LW PTSA's programs for all our students while shopping at Fred Meyer or Amazon at no extra cost to you?

### Fred Meyer

Visit [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards). Go to "Are you a Fred Meyer Customer?", Click on the button "Link your Rewards Card Now." If you have not registered your Fred Meyer Rewards Card, you will need to create an account first before you can link Lake Washington HS PTSA to it. If you already have an account, you can link Lake Washington HS PTSA to your Rewards Card by looking up "Lake Washington High School PTSA" or finding us by our assigned non-profit number "NJ904". Once you have registered your card online, you'll get an email with a link to click on to activate your online account.

### Amazon

Visit [smile.amazon.com](http://smile.amazon.com) and select Lake Washington High School PTSA. This will direct donations (0.5% of purchase price) from your eligible purchases.

Thank you for your continuing support of all of our LWHS students!

Jody Lallas  
LWHS VP, Ways and Means

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## Does Your Employer Provide Corporate Matching?

If you have donated to the LWHS PTSA Pass the Pouch drive, and would like to apply for Corporate Matching, please contact [Jody Lallas](#) for any necessary paperwork you need for your employer.

Thank you for your support!

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## Reflections Arts Competition Theme: Look Within

This an opportunity for your student to use their creative talents to explore their own thoughts, feelings and ideas; it is an opportunity to Look Within.

**What is Reflections?** Reflections is a National PTA arts competition offered through the LWHS PTSA.

**Who can participate?** Any student attending LWHS.

**How to participate?** Students enter a piece of art that goes through a judging process at the high school level with the potential to advance to the Council, State and National level.

**What are the Art Categories?** Visual Arts (2D only), Music Composition, Photography, Literature, Film Production or Dance Choreography. There is also a Special Artist Division (for students with disabilities).





**How to get started?** Review the Rules for the art category and the Checklist for Success, both located on the [PTSA website/Programs](#) or [LWHS website/Students/Families](#). Reflect on the theme. Create a piece of art. Submit the art along with a completed Student Entry Form to the main office by the deadline. Student Entry Forms are located on the website and in the main office.

**When is the deadline?** Friday, October 25 by 2:00 pm

**Questions?** Contact [Amber Wood](#), LWHS PTSA Reflections Chair

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## LWPTSA Council Brown Bag October 10

### Topic: Social and Emotional Learning

All are invited to our first Brown Bag of the year on Thursday October 10. Matt Gillingham, Associate Superintendent of Student and Community Services, will discuss what the district is doing to address social and emotional needs of its students. Bring your lunch and learn!



**When:** Thursday, October 10 at 12:00 pm  
**Where:** LWSD Resource Center Board Room

[Click here for more info!](#)

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## Washington State PTA Student Programs

### Student Engagement. Powered by PTA

Washington State PTA has a number of programs specifically for students. We hope you will encourage your student to participate in one or more of these fantastic opportunities:

- [WSPTA Essay Contest](#) - explores the important and varied influencers in the lives and education of children. Open to all grades. The submission form is located on the website and due by March 1, 2020. *(Formerly known as the PTA Men's Essay contest.)*
- [WSPTA Scholarship program](#) - for graduating seniors from Washington state public high schools with an active PTA. The online form is located on the website and submissions are due by March 1, 2020.
- [WSPTA/Game Development Competition](#) - a STEM program for students in grades 9-12 (with limited access for grades 7-8) who share their knowledge of computer science based on a theme. Intent to submit forms are due in January. *At this time we are searching for a volunteer to chair this committee for the program to continue. If you are interested in helping with this student-focused program please contact [Sharon Pfeiffer](#), WSPTA Program Director.*

**Community**

### Kirkland College and Career Fair November 7 starting at 5:45 pm at Juanita High School

**5:45-6:30** College Admissions Presentation in the Juanita Theater  
**6:30-8:00** Kirkland College & Career Fair in the Juanita Field House

You're invited to attend the second annual Kirkland College and Career Fair. Starting at **5:45pm**, LWHS and Juanita students and their families are invited to attend a

presentation held in the **Juanita Theater** by local college representatives on **how to maximize your college fair experience**.

Following the presentation, we will be hosting a **college and career fair** in the Juanita Field House with over 80 colleges and post-secondary opportunities including military, apprenticeships, trade and gap year programs.

Please contact [mconroy@lwsd.org](mailto:mconroy@lwsd.org) if you have any questions. See you there!

Melanie Conroy  
College and Career Specialist

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## 2019-2020 LWS D Excellent Staff Recognition Program

Lake Washington School District's (LWS D's) Excellent Staff Recognition Program welcomes you to share information about one of our excellent LWS D staff members with us. Have you been inspired by someone in our schools? Do you have a teacher, paraeducator, bus driver, principal, custodian, instructional assistant, office manager, school secretary or other staff member who has elevated your life or the life of your student? We want to hear your story! [You can visit the district website to view all of the recognized staff and to nominate a staff member.](#) #LWS DExcellentStaff



## Events

**LWPTSA Brown Bag Luncheon - October 10**

**Special Education Group Meeting - October 15**

**PSAT/High School and Beyond Planning Day - October 16**

**No School - LEAP Day - October 18**

**LWHS Beautification Day - October 19**

**Angst Screening at LWHS - October 22**

**Reflections Entries Due - October 25**

**Scholarship Market Workshop - November 6**

**Kirkland College and Career Fair - November 7**

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