



Kang Crier

Lake Washington High School PTSA

PTSA

New Round of PTSA Sponsored Fear Free SAT and ACT Practice Tests

Did your student miss the first round of practice tests? No worries! We have additional Fear Free SAT and ACT Practice Tests with the Princeton Review occurring in December and January. The Fear Free tests are a great way for your student to get comfortable with the format and style of the SAT or ACT in a stress free environment. Scored tests will be returned to students in a free review session. Upcoming tests dates are:

- SAT on Saturday, December 14
- ACT on Saturday, January 11

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

Questions? Contact [Martha Rames](#) and [Kavita Joshi](#)
LWHS PTSA Fear Free Testing Co-Chairs

Reflections Arts Competition: Advancing to the Next Level

Sixty-four students participated in the Reflections Arts Competition sponsored by LWPTSA. This year's theme is: Look Within. In their artwork, students interpreted the theme by depicting mortality, family roots, feminism, the state of our planet, uncertainty, optimism, symbols in nature, community, and friendship.

After judges reviewed each entry in its respective Arts category, 16 students advanced to the Council level. Congratulations to the following students:

- Visual Arts category: Morgan Hasselbalch, Anna Fulton, Laura Wen, Jaime Church, Esther Strathy, Iida Jaervinen, Zih Fong Hsieh, Nicole Carpenter
- Visual Arts/Special Artist category: Lana Alharbi, Halli Young, Alexander Wong, Ryosuke Horai, Chad Curtis-Ames, Armita Baradari
- Music Composition category: Taara Elahi
- Film Production category: Samuel Miller



Thank you to LWHS staff members for their encouragement and support of the Reflections program.

Mark Your Calendar for the Reflections Art Show

The LWPTSA Council Reflections Art Show and Open House will be on Friday, January 10 from 5:00-8:00 pm at the Lake Washington Resource Center. Come celebrate all the

students who participated in the Council round of the Reflections Competition! All are welcome!

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

Donate to LWHS PTSA While You Do Your Holiday Shopping at Fred Meyer and Amazon

At Fred Meyer:

Visit www.fredmeyer.com/communityrewards. Go to "Are you a Fred Meyer Customer?" and click on the button "Link your Rewards Card Now." If you have not registered your Fred Meyer Rewards Card, create an account before linking 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.

On Amazon.com:

Visit 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 continued support of all of our LWHS students!

[Jody Lallas](#)

LWHS PTSA VP of Ways and Means

School

Disney's Newsies Comes to LWHS December 5-14

Let's Pack the House with Kangs!

LWHS students can buy *Newsies* tickets at lunch and at the door on Dec 6 for the Friday, Dec 6 performance at 7:00 pm - only \$5 each.

Reserved seating tickets are still available for purchase online via Brown Paper Tickets. Join us and be entertained by our amazing cast and live orchestra, perfect for the whole family!

[Jennifer Malick](#)

LWHS Theatre Booster Co-Producer



[Purchase tickets now!](#)

Coffee with Christina Tuesday, December 10 at 9:00 am

All parents are invited to attend Coffee with Christina on Tuesday, December 10 at 9:00 am in the LWHS College and Career Center, adjacent to the Commons on the first floor. Social time for parents will start at 8:30 am. Come join other LWHS parents for a time to connect with each other and participate in Q&A with Principal Christina Thomas.

From the Counseling Center

NCAA Initial Eligibility Clearinghouse

Juniors and seniors considering participating in intercollegiate athletics need to register online with the NCAA Clearinghouse. This registration certifies the eligibility of student athletes to participate in sports during their freshman year in college.

Quick Reminder for Parents of Seniors

If your senior is currently completing a graduation requirement outside of LWHS (for instance, taking an on-line course), remember that we must receive the final grade/transcript documenting the credit earned by June 1, 2020.

Marilyn Hargraves

LWHS Counseling Center

Study Packs Now Available for Purchase

The end of the first semester is approaching, and with that comes finals! We're sure you know how stressful this time can be for your students, but the junior class is selling Study Packs to help with these troubles. These packs contain supplies to help assist your students in their studies and prepare them for finals. The pack this year sells for \$8.05 (\$10 total with tax) with plenty of supplies like pencils, erasers, highlighters, and more! Study Packs are being sold online from now until January 14. Click the button below to order. The packs will be delivered to your students on January 16 so they use the supplies to help prepare them for finals. If you would like to include a personalized message to be included in your student's pack, or have any other questions, please email Thomas Bowers. The junior class would love your support, and would love to support your students as well!

[Click here to purchase!](#)

Come Join the LWHS Booster Club

The LWHS Booster Club is looking for a few good people. We need a President, a Treasurer, and a Webmaster. Do you have skills that you could lend to our school's Booster Club? Please contact Rick O'Leary, Heidi O'Connor or Susie Arnold for more information.

Seniors

College Application Workshop

Winter Break Fast Approaches!

Encourage your senior to wrap things up before break so they can have a stress-free vacation!

College Application Workshop provides trained volunteers to assist with essay and personal statement editing THREE times a week, just outside the College and Career Center.

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

Encourage your student to join us for support and a snack!

[Click here](#) for more details.



Thank You!
Judy Shedd
College Application Workshop Chair

Senior Party Early Bird Ticket Price Ends December 31

Consider a gift for your Senior that says: "Way to go, your applications are in" or Happy Holidays! Buy tickets online or during lunch on Thursday, December 5, Friday, December 6 or Tuesday, December 10 (will be accepting Checks with a completed Registration Form). Tickets are non-refundable. Ticket prices are:

- \$165 from now to 12/31/19
- \$185 1/1/20 to 3/31/20
- \$200 4/1/20 to 6/8/20
- Scholarships are available – contact JoDee Hull, LWHS Athletic Secretary



How do I sign-up my Senior? For forms and details, [see the information page](#).

This safe and fun-filled post-graduation all-night party is sponsored by the LWHS PTSA. We provide the entertainment, transportation, food and a memorable end-of-the year experience.

When: Monday, June 15, 2020

Start Time: Check-in begins right after Graduation at Alaska Airlines Arena at UW

End Time: 6:00 am on Tuesday, June 16, at LWHS

Questions? Contact [Pam Hay and Christy Hentges](#)
LWHS Senior Party Co-Chairs

Community

2019 LWPTSA Scholarship Basket Auction

The Lake Washington PTSA Council cordially invites you to our 2019 Scholarship Basket Auction on Thursday, December 5 from 10:00-11:00 am at the LWSD Resource Center in Redmond - 16250 NE 74th Street, Redmond. Auction baskets are currently on display in the Resource Center, and you can bid now. All of the proceeds go to scholarships. Bidding must be done in person, although you can view the baskets [here](#).



The morning of December 5 we host a festive event with complimentary coffee drinks, fantastic raffle items and a door prize for people who have invited and brought a friend! Do some holiday shopping, or just enjoy mingling with other people who value and support education. You don't have to be present to win, so swing by the district headquarters when you are at Redmond Town Center and place your bids! If you have questions, email auktion@lwptsa.net. Otherwise, we look forward to seeing you on December 5!

Melissa Stone and Colette Ulloa
LWPTSA Council Basket Auction Co-Chairs

Parent Ed Webinar: Importance of Gratitude

December 9, 2019 from 7:30-8:30 pm

Staci Danford, M.A. is a Gratitude Neuroscientist who will help you understand how gratitude can change your teen's brain. It can increase levels of happiness and alter the brain's "feel good" chemicals to significantly raise the quality of life. Registration is required but the event is free.

Sponsored by Lake Washington Schools Foundation's Balance in Mind. Find recordings of previous webinars on their Facebook page.

Parent Ed: Opioid Awareness Panel

All parents are invited to an Opioid Abuse Awareness and Prevention panel at Redmond Middle School on December 12 at 6:30 pm. This unique panel of experts include representatives from Kirkland Fire/EMS, Police, LWSD SROs, a Clinical Psychologist with Northwest University and a parent who has experienced the loss of his daughter to opioid abuse. Download a flyer to share.

For more information contact Irene Neumann, Parent Education Chair, LWPTSA Council

LWSD December Brown Bag

All are invited to our December Brown Bag on Equity Efforts in Lake Washington School District. Bring your lunch and learn!

Topic: Lake Washington School District Equity Efforts

When: Thursday, December 19 at 12:00 pm

Where: LWSD Resource Center Board Room

Download flyers in Spanish, Russian or Chinese. Find the 2019-2020 Brown Bag schedule on our website.



All Aboard the Advocacy Bus

Sign up to ride in style and comfort with fellow LWPTSA advocates to Olympia for Focus Day on Martin Luther King Jr. Day, Monday, January 20, 2020! Members meet with legislators, tour the capitol, and demonstrate advocacy in action.

Note: Children are welcome on the bus as long as they are accompanied by a parent.

Send questions to Advocacy VP, Sarah Kimsey at advocacy@lwptsa.net



Upcoming IndieFlix Screenings: *Like* and *The Upstanders*

IndieFlix programs strive to build community, open up conversations, and inspire social and emotional learning. Topics address resilience, bullying, anxiety, screen addiction, impact of social media, belonging. Mark your calendar to attend one or all:

- January 23, 6:30 pm **Like** – Explores the impact of social media
- May 7, 6:30 pm **The Upstanders** – Reveals the power of peers to end bullying

All screenings held in the **Peter Kirk Elementary Commons** and are free to attend but

space is limited. [Click here to register.](#)

Events

December 5-14: *Disney's Newsies*

December 5: LWPTSA Scholarship Basket Auction

December 10: Coffee with Christina

December 19: LWSD Brown Bag Luncheon

December 23-January 3: Winter Break (No School)

January 10: LWPTSA *Reflections* Art Show

January 12: LWPTSA Opioid Awareness Panel

January 20: MLK Jr. Day (No School)

January 20: LWPTSA Focus Day, Olympia

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