



Kang Crier

Lake Washington High School PTSA

PTSA

PTSA General Membership Meeting and Parent Education

When: January 22, 6:30 pm social time, 7:00 meeting

Where: LWHS Library

Parent Ed Topic: **Behind the Scenes with Officer King** - LWHS School Resource Officer (SRO)

Officer King is a member of the Kirkland Police Department and our LWHS assigned SRO. Come learn about the SRO program, what to watch for in your student, and current issues he is seeing in his work at our school including **school safety, bullying, and substance abuse**. Your questions will be answered too! [Watch this video](#) to learn more about the SRO program and the new service levels.

PTSA members may view minutes from our last meeting [here](#).

Questions? Contact [Denise Campbell](#), LWHS PTSA President

Last Chance to Take the Fear Free SAT and ACT Practice Tests

If your student hasn't taken the Fear Free SAT ACT Practice Tests yet, there's one last round scheduled for this year:

- SAT on February 29
- ACT on March 7

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. A review session by Princeton Review provides more tips and tricks to prepare for the actual test.

All tests are taken in the LWHS library from 8:30 am to 1:30 pm, and provide a complete testing simulation. Register for the February 29 SAT practice test before February 25!

[Click here](#) for additional information and registration instructions.

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

Calm Café Update

Great News!

The Calm Café will be offered at BOTH Lunch A and B during second semester (same location, second floor, west pod, room 270B). Please talk to your teens about this

alternative lunchtime option..."try it you just may like it, A LOT."

Sad News!

If we do not have approved volunteers to supervise the room, the Calm Café cannot continue to happen.

The new Signup Genius is ready for volunteers! You can volunteer for one or both lunches. Please email calmcafe@lwhsptsa.org if you would like to be added to the Signup Genius for Calm Café volunteering.

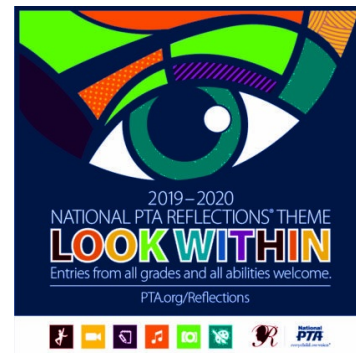
Thank you so much for making the Calm Café possible for your teens!

Jeannine Doughty
LWHS PTSA Calm Café Chair

Reflections: Five LWHS Students Advance to State

We are pleased to announce that the Reflections entry of the following students won an award at the Council level of the competition and will advance to the State level. Congratulations to:

- **Samuel Miller** won Outstanding Interpretation (1st) for "Do Not Go Gentle Into the Good Night" in the category of Film Production.
- **Esther Strathy** won Award of Merit (3rd) for "Splash" in the category of Visual Arts.
- **Lana Alharbi** won Award of Excellence (2nd) for "#Music Motivation" in the category of Visual Arts/Special Artist.
- **Halli Young** won Honorable Mention (4th) for "Immortal" in the category of Visual Arts/Special Artist.
- **Armita Baradari** won Honorable Mention (4th) for "Lake Washington High School" in the category of Visual Arts/Special Artist.



Stay tuned this spring when results from State level are posted.

Pam Hay
LWHS PTSA Reflections Chair

College Application Workshop

We'll see students in February when we begin weekly presentations focused on helping your student with their college exploration process. Stay tuned for more details.

Thank You!
Judy Shedd
College Application Workshop Chair



School

From the Counseling Center

Registration for 2020-2021 on January 16

Just a reminder that counselors will be out of our offices visiting local middle schools

during the next couple of weeks. LWHS students will register on line on January 16. In case your LWHS student missed information or registration, make-up will be January 22 in the Career Center. Our course catalog is available on the [LWHS website](#). We urge students to become familiar with the courses that they plan to register for—i.e. read the course content, amount of homework expected, etc. If your student is considering signing up for an honors or AP course, students should meet with their current subject teacher to make sure that the course is a good fit for them.

Semester 2 Schedules

Students will be able to view their second semester schedule on January 24. If they would like to change a semester elective, they need to download the “Schedule Change Request Form” (available on the LWHS website at 3:30 pm on January 24), complete it, and turn it in to the Counseling Center anytime between **January 27 and end of day on January 31**. If the counselor can make the change, students will be able to view their new schedule online. As always, schedule change requests based on teacher choice, teacher style, or lunch assignments will not be considered.

The End is Near: Finals are Coming!

Dread. Anxiety. Fear. Many students experience one or a combination of these emotions when they think about semester finals. With careful planning, though, these emotions can be lessened. Preparation is the key. Students should know what is going to be tested and how the test will be formatted. For instance, will the semester exam cover the entire semester? Will the exam be essay questions or multiple guess? If there is anything that a student doesn't understand, meeting with the teacher early is critical. This translates into reviewing for the final early and consistently. Research has shown that cramming the night before simply doesn't work. Besides, who is there at 2 am to answer questions? Students should review homework assignments, the textbook, and the teacher's lecture notes. Sometimes forming a study group is helpful. Of course, it goes without saying that students think more clearly when they eat a good breakfast and have a good night's sleep. And, finally, it's important to remember that while that semester final is important, it is the process of learning that is most important.

Marilyn Hargraves
LWHS Counseling Center

Study Packs Available for Purchase through Today!

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 through today, 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!](#)

After-School Study Assistance January 15

Have you heard? The LWHS LINK Crew and ASB will host a Snack and Study session after school tomorrow, January 15. Have you student join us in 1W (the shared space and classrooms) from 1:30-3:30 pm. Treats and tutors - what could be better as students prepare for finals?!

Questions? Contact [Zach Grundl](#), LWHS Leadership Advisor

Parent Ed: Suicide Awareness and Prevention Talk

Save the date for a Parent Education talk on Suicide Awareness with Peter Loft from UW's Forefront Center. [Download a flyer](#) to share.

When: Thursday, January 16, 7:00-9:00 pm

Where: Redmond High School

For more information contact [Irene Neumann](#), Parent Education Chair, LWPTSA Council

Suicide Prevention Lifeline: 800.273.8255

LWSD Welcome Event January 18, 2020

All new and international families are invited to a free welcome event to learn about navigating LWSD, resources and support available from the district, what is PTA and how to be involved and more. Translation service is available on request, please email Danit Erlich at FACE@lwptsa.net.

When: Saturday, January 18, 2020 from 9:00 am-12:30 pm

Where: Lake Washington Resource Center, 16250 NE 74th St, Redmond, WA 98052

Free RSVP

Questions? Contact [Danit Erlich](#)

LWPTSA Special Needs Group Meeting Addressing Disability in Schools January 21, 2020

The monthly PTSA SNG meeting is a great time to network with other parents, learn more about resources in our community and support for students with disabilities. Student care is offered during these meetings to assist you in being able to access this wonderful opportunity to meet with parents.

When: Tuesday, January 21

Time: 6:30-8:30 pm

Where: LWSD Resource Center Board Room 16250 NE 74th St Redmond 98052

Topic: One Out of Five: Disability History and Pride Project

Presenter: Sarah Arvey, University of Washington

Sarah Arvey is a PhD candidate in Special Education at the University of Washington. Her work focuses on centering the voices of students with disabilities and is the co-developer of the One Out of Five: Disability and Pride project. [Click here for more information.](#)

If you need childcare, please RSVP to specialeducation@lwsd.org in advance of the meeting. Please include your child's name(s), age(s) and any significant behavior notes so we can ensure we have enough staff to cover all the students. Please use the email subject line: Childcare at PTSA meeting. We look forward to seeing you all there.

[Gwen Harbi](#)

LWHS PTSA Special Needs Awareness & Inclusion Chair

Parent Ed: Parenting Toolbox for the Teenage Years

When: Wednesday, January 22

Time: 7:00-9:00 pm

Where: Eastlake High School Theater

EHS PTSA invites all district parents and caregivers to this free parent education event featuring the following topics:

- The Teenage Brain
- Drug and Alcohol Abuse and Healthier Options to Cope with Stress
- Social Media and Its Impact on Teens
- Building Strong Families: Practical Strategies for Improving Family Ties

[Click here for more details.](#)

Upcoming IndieFlix Showing: *Like*

When: Thursday, January 23

Time: 6:30-8:30 pm

Where: Peter Kirk Elementary Commons

Peter Kirk Elementary PTSA and Lake Washington Schools Foundation invite you to attend our next screening of *Like*, an IndieFlix Original documentary that explores the impact of social media on our lives. Social media can be a tool to help us share and connect with those around us but what else is happening? Are we addicted? How do we stop? Where do we start? What do we need to know? By understanding the effects of technology and social media, we can learn how to navigate it more safely together. The goal of the film is to inspire people of all ages, especially kids, to self regulate and empower ourselves to create a balance in our lives and to learn to be there for each other.

Limited space available, get your free spot today! [Click here to register.](#)

Events

January 16: Suicide Awareness Talk

January 18: LWSD FACE Welcome Event

January 20: MLK Jr. Day (No School)

January 20: LWPTSA Focus Day, Olympia

January 21: LWPTSA Special Needs Group Meeting

January 22: Parenting Toolbox for the Teenage Years

January 23: Screening of IndieFlix *Like*

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