



# Kang Crier

Lake Washington High School PTSA

PTSA

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

If your student hasn't taken the Fear Free SAT or 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

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## LWSD Special Education Awareness and Inclusion Resource Fair

### February 25, LWSD Resource Center

It's time for the 2020 Community Resource Fair! Come check out and talk to vendors offering after school, summer, and other recreational activities to students on IEPs, 504s, IHPs and their families. [Click here for more information.](#)

Questions? Contact [Gwen Harbi](#), LWHS PTSA Special Needs and Inclusion Chair

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## College Application Workshop

### College Presentations for Juniors and Sophomores Begin March 4!

Have your student attend our weekly presentations for juniors and sophomores to help them launch their college journey. Debbie Cossey, an experienced college counselor, has curated a slate of 5 topics to engage your student in their college selection process. Our topics address the many options they have when it comes to navigating this next chapter of their lives.

### Spring Topics:

March 4: College Planning: Tips and Tools for Making Your College List



March 11: How to Pay for College

March 18: College Testing: What's New for 2020

March 25: Get to Know Your Colleges: College Visits and College Fairs

April 1: Bridging the Gap

All presentations will be held on Wednesdays after school in the library, beginning at 1:00 pm. They last about 30 minutes. No registration is required and food will be provided. Presentations are open to all students; we hope to see many curious Kangs there!

These are student-only events but we encourage parents to ask their kids what they learned.

[Click here](#) for information on each topic. Find answers to [Frequently Asked Questions here](#).

[Judy Shed](#)

LWHS PTSA College Application Workshop Chair

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### **Calm Café Still Needs Volunteers!**

The Calm Café is a designated space for students to eat in a less chaotic environment. Unfortunately, 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](mailto:calmcafe@lwhsptsa.org) if you would like to be added to the Signup Genius distribution list for Calm Café volunteering.

Please consider volunteering so we can continue to make the Calm Café possible for LWHS teens!

Questions? Contact [Jeannine Dougherty](#), LWHS PTSA Calm Café Chair

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### **WSPTA Essay Contest**

This statewide essay contest explores the important and varied influencers in the lives and education of children – from the children's perspective. Everyday children are exposed to a variety of people and each one has an opportunity to influence the path a child decides to take. The essay contest is a platform for students to share their appreciation. The contest is open to all students in grades K-12. The application deadline is **March 1** each year. Find guidelines, application forms and more [on the WSPTA website](#).

**School**

### **ASB Leadership Opportunities**

Is your student interested in a leadership role next year? Have them come to Room 168 **tomorrow, February 12**, either before school (7:30 am) or after school (3:00 pm) to learn about leadership roles at LWHS! We'll present information about ASB, Class, and Commissioner roles. Have your student come on by and grab an application!

Questions? Contact [Rebecca Yoon](#), ASB Communications Director, LWHS Student Board

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### **From the Counseling Center**

#### **AP Exam Summary Sheets**

Students received an AP Exam Summary sheet that lists the AP Exams that they have paid/registered for. This summary is just for their information. Please review it carefully with your student. If they feel like they would like to register for additional AP Exams, they

can take advantage of the late registration dates to enroll in additional exams. Again, this summary sheet is just for their information. They don't have to do anything with it.

### **Late Registration for Advanced Placement Exams**

LWSD is offering a late AP Exam registration window from February 18, 2020 through the end of the school day on February 27, 2020. Students who register during the late AP Exam registration window will incur a \$50 per exam late fee in addition to the \$96 per exam fee. Students will pay with check or cash; checks are made payable to Lake Washington School District. No online payments will be accepted. The cash or check is placed in the registration envelope that is available in the Counseling department. Students need their school ID card with them when they pay for their exams at the bookkeeper's window. Students are encouraged not to wait until the final day to pay for their exam(s). Absolutely no AP Exam registrations will be accepted after the end of the school day on February 27, 2020.

Marilyn Hargraves  
LWHS Counseling Center

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### **WANIC Applications Now Available**

The WANIC Academic Year 2020-21 application is now available online! The WANIC Skill Center offers high quality tuition-free technical and professional training for high school Juniors and Seniors. These year-long, advanced-level Career and Technical Education (CTE) programs are based on rigorous academic and industry standards and prepare students for career and college readiness. WANIC programs offer dual credit opportunities (both high school and college credit) and/or lead to industry certifications.

Courses include: Automotive Technology, Dental Careers, DigiPen Classes, Fire & EMS, Foundations of Manufacturing, Health Science Careers (Nursing), Medical Careers and more!

For more information about WANIC, check out [their promo video](#) or visit their website at [wanic.lwsd.org](http://wanic.lwsd.org). Applications can be found [here](#) and are due by April 15, 2020.

Please read the information on the website carefully. If you have any questions, feel free to email the WANIC Office or contact [Melanie Conroy](#), LWHS College and Career Specialist.

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### **Come to the Traveling Museum and PTSA Parent Social**

On February 19, LWHS will host The Unspoken Truths, Delbert Richardson's [American History Traveling Museum](#). All families are invited to visit the exhibits in the LWHS Commons from 6:00-7:30 pm. Afterwards, come to [Chainline Brewing Company](#) and get to know some other LWHS parents! Join us as we beat the winter blahs with some old friends (perhaps from Elementary School!) and meet some new ones. We hope you will join us!

Questions? Contact [Hae Sue Park](#), LWHS PTSA VP of FACE (Family & Community Engagement)

## **Seniors**

### **Senior Party: Inviting All Seniors**

Your Senior has been checking the boxes, preparing for the future. Have they bought their ticket to the Senior Party – an opportunity to celebrate graduation with friends and classmates? This event is SAFE (adult chaperones & an SRO officer on site) and FUN-FILLED (great activities & entertainment), and FOOD is provided throughout the

evening. This LWHS tradition is sponsored by the LWHS PTSA.



Tickets can be purchased online. Tickets are non-refundable.

- \$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](#).

**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 PTSA Senior Party Co-Chairs

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## LWPTSA Scholarships Available

The Lake Washington PTSA Council is pleased to roll out its 2020 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 13 scholarships of \$1,250 each:

- 8 Merit scholarships
- 1 LWEA/Bates scholarship
- 1 Perseverance scholarship
- 1 Turn Around scholarship
- 1 L.E. Scarr 2 year, technical or vocational scholarship
- 1 at-large scholarship

*Applications for both staff and student scholarships are due by NOON on April 2, 2020.* The Scholarship Program is funded by money raised at the Council's annual Scholarship Basket Auction, by annual donations from the 44 PTSAs in the LWSD and LWEA, and by donations from the greater community.

- Download the [Student Scholarship Application](#)
- Download the [Staff Scholarship Application](#)

For more information, contact Scholarships Co-Chairs Andrea Stoppani and Reva Racmachandran at [scholarships@lwptsa.net](mailto:scholarships@lwptsa.net).

## Community

### Drug Awareness and Prevention Panel Video

Did you know there are 2-4 opioid related incidences every week in north King county? And, one of the top places juveniles get opioids is from a parent's medicine cabinet! Parents are still the #1 influencers of their children – Be informed! Your voice matters!

This and more was covered at the December *Opioid Awareness and Prevention Panel* sponsored by LWPTSA Council. The panel included representatives from King County EMS, Kirkland Police Department, Youth Eastside Services, a LWHS parent and more. They covered topics of drugs, alcohol and opioid addiction, the extremely dangerous opioids currently out there and how addiction progresses, what 1st responders are seeing, interventions, and finally what parents can do.

If you missed it, you can [watch a video from the event](#) courtesy of the Lake Washington

School District.

If you have additional questions after watching the video, please email [parent.ed@lwptsa.net](mailto:parent.ed@lwptsa.net).

## Events

**February 12: ASB Leadership Information Meeting (for students)**

**February 13-17: Midwinter Break (No School)**

**February 19: Traveling Museum and PTSA Parent Social**

**February 25: LWSD Community Resource Fair**

**March 4: College Application Workshop Resumes**

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