



# Kang Crier

Lake Washington High School PTSA

PTSA

## LWSD Special Education Resource Fair - Tonight!

Come learn about and talk to vendors offering after school, summer, and other recreational activities and services to students on IEPs, 504s, IHPs and their families. Children welcome. Persons with disabilities who anticipate needing accommodations, those who need an interpreter, or who have questions about access may email [specialeducation@lwptsa.net](mailto:specialeducation@lwptsa.net) in advance of the event.

**When:** Tuesday, February 25 at 7:00 pm

**Where:** LWSD Resource Center

[Click here for more information.](#)

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

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## Last Chance to Take the Fear Free ACT Practice Test

The last Fear Free ACT practice test for the school year is scheduled for March 7, 2020. Seats are limited.

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.

[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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## College Application Workshop

**Next Week on March 4!**

### College Planning: Tips and Tools for Making Your College List

Juniors and Sophomores are invited to join us in the Library at 12:55 pm, right after school.

This interactive presentation will help students think about what

criteria needs to be considered when preparing a college list. Useful tips and tools for researching their college list will be given and time for questions will be included.



### Upcoming presentations:

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

Questions? Contact [Judy Shed](#), LWHS PTSA College Application Workshop Chair

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## Your Teen May Be Vaping: Here's What To Do

*From National PTA's "Our Children" digital magazine*

According to the CDC, the number of middle and high school students using e-cigarettes rose from 2.1 million in 2017 to 3.6 million in 2018—a difference of about 1.5 million youth. Over the past five years, JUUL and e-cigarette use among youth has skyrocketed, leading the Surgeon General and FDA to declare an “epidemic.”

The term isn't used lightly. These are highly addictive products that can harm adolescent brain development, and in a national survey of youth, one in five high school students reported using an e-cigarette, or “vaping,” in the past 30 days. The question isn't, “What will my child do **if** they're offered an e-cigarette?” it's “What will my child do **when** they're offered an e-cigarette?”

[Read the full article here.](#)

## School

### Spring Sports Start March 2

Spring sports are approaching fast! We'll get things started this coming Monday, March 2. [Click here](#) for more information about the sports offered. Registration is completed through "Final Forms" on the [LWSD website](#). Don't delay - sign up today!



[Rick O'Leary](#)  
LWHS Athletic Director

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### Come to Kanger Management's Improv Night and Showcase!

**Friday, March 6 at 7:00 pm**

Come join our *award-winning* improv team (2nd in state!) for a night of fun and improvisation!

These improvisers have been working all year and practicing to take YOUR suggestions and turning them into scene that will make you laugh so hard you'll cry.

Tickets: Admission is free, suggested donation \$5. Located in LWHS Theater.



Photo: LWHS Improv Team Lizzie Snyder, Jonah de Forest-Goldberg, Sara Leste, Nathan Lanum, Katherine Leavitt, Stephen Kaulfus, and Nikki Goddard

Jennifer Malick  
LWHS Theatre Boosters

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## From the Counseling Center

### Pre-College Tests for Juniors

ACT and SAT I: They sound more like alphabet soup than acronyms for pre-college tests. Four-year colleges require one of these tests, and testing is normally done during the spring of the junior year and in the fall of the senior year.

The American College Test (ACT) or the Scholastic Aptitude Test (SAT I) is required by in state and out of state 4-year schools. Colleges accept either one. The SAT I or ACT is also required of those planning to participate in NCAA Division 1 athletics, for those applying to military academies, and for those applying for most scholarships. SAT II subject tests are required for some of the more selective colleges; usually these colleges require two or three SAT II's. It's a good idea to take one of these at the end of the junior year or as soon as the class is finished.

Students are strongly encouraged to prepare for these tests by reviewing directions, reading sample questions, and taking a sample test. All of these—including helpful tips—are available on line at [www.collegeboard.com](http://www.collegeboard.com) and [www.actstudent.org](http://www.actstudent.org). Because so many students take these tests in the spring, students need to sign up early. Registering close to the registration deadline may mean testing as far away as Tacoma.

### Late Registration for Advanced Placement Exams

LWSD is offering a late AP Exam registration window 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 Center. 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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## From the Associated Student Body (ASB)

### ASB and Student Council Elections Coming Soon!

Elections for the 2020-2021 school year will be in March. If your student is interested in running for a position or applying to be a commissioner, have them see Mr. Grundl in room 168A or [email him](#) for more information.

### Tolo 2020

The 2020 Tolo Dance will be held on March 28 from 7:00-9:00 p.m. in the LWHS

Commons. The theme is a throwback to the 2000s with music, games, food and plenty of 2000 themed decorations. Ticket sales support the class of 2021 prom so encourage your students to attend!

Tickets will go on sale March 16 for \$15 with ASB card, \$17 without. Ticket prices will increase after the first week of sales.

Rebecca Yoon  
ASB Communications Director

## 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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### Student Auditions for Musical Performances and Speakers at Graduation and Senior Salute

Parents of the Class of 2020: Do you have a student who is musically inclined? Does your student have a passion for public speaking and might want to make a speech at Graduation or Senior Salute? If so, tell them to sign up for auditions, scheduled to occur on March 25, 26 or 27 after school. Interested students need to email Dr. King, Associate Principal, with their name, what they would like to do (speech or music number) and their preference of audition date. Speeches should be no longer than 7 minutes in length, and music must have accompaniment arranged for the audition. A committee of administrators, teachers, staff and counselors will determine the final program choices.

We look forward to hearing from all interested students soon!

Questions? Email Dr. Justyna King, LWHS Associate Principal

## Community

### Youth Mental Health First Aid Training

Join Balance in Mind and Evergreen Health for the upcoming Youth Mental Health First

Aid training on Saturday, February 29 at 9:00 am.

Youth Mental Health First Aid is a formal education program that introduces adults to the distinct risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help youth who are in crisis or experiencing a mental health challenge.

**[Click here to learn more and to register!](#)**

## Lake Washington Schools Foundation Annual Spring Luncheon: Be the Bridge

You are invited to attend the Lake Washington School Foundation's "Be the Bridge" benefit luncheon on March 26 from 11:30am-1:00pm at the Marriott Redmond. The event will feature Susie Kroll, Law Enforcement Mental Health Professional, and emcee Alison Grande, KIRO 7 Journalist.



This important fundraiser's theme is a call to action to **Be the Bridge** of support that our students need in the face of the youth mental health crisis our whole region is experiencing. If you would like to sit with fellow LWHS parents at the event, please email [Denise Campbell, LWHS PTSA President.](#)

**[Click here to learn more and to register!](#)**

## Events

**February 25: LWSD Community Resource Fair**

**February 29: Youth Mental Health First Aid Training**

**March 4: College Application Workshop Resumes**

**March 6: Kanger Management Improv Night**

**March 13: No school (District LEAP Day)**

**March 26: LWSF Luncheon: Be the Bridge**

**March 28: Tolo 2020**

[Website](#)

[Facebook](#)

[Join/Donate](#)

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[Fred Meyer](#)

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