



# Kang Crier

Lake Washington High School PTSA

PTSA

## COVID-19 Info and Resources

The COVID-19 pandemic calls on our community to think creatively about how to meet basic needs and maintain social connections while also blunting the spread of disease.

### Official Information

- [Lake Washington School District's COVID-19 page](#)
- [King County Public Health Coronavirus page](#)
- [Washington State Department of Health Coronavirus page](#)
  - [Coronavirus Fact Sheets in multiple languages](#) from WA Department of Health
- [US Centers for Disease Control and Prevention Coronavirus website](#)

### Local & State Resources for LWSD Families

- [Comcast Internet Essentials](#) - 2 months free to new Internet Essentials customers
- [Hopelink](#) - coronavirus response update.
- [King County Libraries](#) - All LWSD students have access to all public library online resources, ebooks, audiobooks and more. Learn how to use a [student account](#).
- [Pantry Packs](#) - weekend food packs will be distributed at LWSD meal sites.
- [United Way of King County](#) - resources for those impacted by coronavirus.
- [Washington Employment Security](#) - resources for employees and businesses.
- [Washington Department of Financial Institutions](#) - financial resources for Washington families.
- [Washington Health Benefit Exchange](#) - special health insurance enrollment period.

### Additional Resources

- [Talking with Kids about Coronavirus](#) from NPR
- [Talking with children about Coronavirus Disease 2019](#) from the CDC
- [Staying Connected at a distance](#) from UW
- [We want Social Distancing, Not Social Isolation](#) from Best Starts for Kids

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## Help Support Families in Need

Friends, we are so fortunate to live in the Lake Washington School District and that the district can provide free breakfasts and lunches during the current school closure (see [lwsd.org](http://lwsd.org) for more information).

If you would like to help provide additional food for these students, especially for dinners and for weekends, please consider a financial donation to Pantry Packs or to Kirkland Nourishing Networks, both of which ensure kids get nutritious meals when school is not in session. At the moment, financial donations are the most beneficial to the organizations because Pantry Packs buys food in bulk and Kirkland Nourishing Networks is distributing grocery gift cards to counselors in this current emergency.

**Pantry Packs** donations may be made at the "Donate Now" button or the "Amazon Wishlist" button at <https://www.lwsf.org/pantrypacks.html>. If you know of a child or children in our district who could use these services, please follow the link to "List of School Coordinators" near the bottom of the page. School Coordinators can help put you in touch with services at the various schools.

**Kirkland Nourishing Network** donations may be made through the link on their website <https://kirklandnourishingnetwork.org/>.

The LWHS PTSA is proud to recommend these organizations as we all work together to provide for the students we all serve.

[LWHS PTSA Board](#)

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## College Application Workshop

### Presentations postponed until further notice

All previously-scheduled presentations have been cancelled in compliance with Lake Washington School District guidelines. We'll publish an update if we are able to reschedule any of the presentations for a later date.

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



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## Sustainability at LWHS: Celebrating Earth Day

### RETHINK Yard Care and Our FoodPrint

Earth Day is April 22 and the PTSA, Green Team and other student groups had plans to celebrate the 50th Anniversary in a big way. Since schools are closed and life has slowed down, this is an opportunity to share tips and information with LWHS families with the focus on how we can **RETHINK** our impact on the world around us. With help from King County Solid Waste Division (SWD) and Earthday.org, there are many ways that we can Take Action.



#### NATURAL YARD CARE:

The Spring season is here and many of us are thinking about reviving our lawns, flower beds and vegetable gardens. King County SWD provides [5 steps to natural yard care](#) that save money and time, and protect our families' health and the environment. Earth Day's Take Action is to [plant a pollinator garden](#) to help sustain the planet's ecosystem.

#### OUR FOODPRINT:

Visits to the grocery store may be limited at this time so here are tips on buying, storing and using food wisely. [King County SWD](#) shares ways to best store food in the fridge (Smart Prep); defines what "Best if Used-By" means (Smart Storage); and provides recipes for using up leftovers (Smart Saving). To find out your FoodPrint, check out [Earth Day's FoodPrints campaign](#) and have your family [take this quiz](#).

#### STAY WELL and TAKE A MOMENT TO RETHINK

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

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## LWHS Reflections: State Ribbon Winner

Congratulations to **Samuel Miller** for winning the WA PTSA Reflections Award of

Excellence (second place) in Film Production for his work titled, "Do Not Go Gentle Into That Good Night." The LWHS Reflections program has not received a Film entry in at least the last 5 years so it's very exciting that Samuel, a Senior, showed his talent and won a ribbon in this category.

Pam Hay, LWHS PTSA Reflections Chair

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## LWPTSA Scholarships Extended

Due to the King County school closures, LWPTSA Council has extended its scholarship submission deadline to May 1, 2020, and is now accepting applications via email. Please see the revised applications and instructions below.

The Lake Washington PTSA Council is pleased offer 13 student scholarships of \$1,250 each and two \$500 staff scholarships. The Scholarship Program is funded by money raised at the Council's annual Scholarship Basket Auction, by annual donations from the 44 PTSA's in the LWSD and LWEA, and by donations from the greater community.

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

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

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## LWHS PTSA Seeking Board Members for 2020-2021

### Connect and Be a Part of the LWHS Community

Want to put your skills to good use? Want to make a difference? Want greater insight into your student's school? The LWHS PTSA Nominating Committee is looking for people to serve on the 2020-2021 PTSA Board.

We are especially looking to fill the following Board positions:

- Executive Vice President
- VP Student Programs
- VP Student Support
- VP Ways and Means

There are other opportunities to get involved, so don't hesitate to contact us if you're interested. All positions can be shared by more than one person. [Click here](#) for complete job descriptions.

If interested and/or would like more information, contact the Nominating Committee at [nomcom@lwhsptsa.org](mailto:nomcom@lwhsptsa.org)

Denise Ferguson, Barbie Collins Young, Dan Olson  
LWHS PTSA Nominating Committee

School

Seniors

Community

**Lake Washington Schools Foundation Annual Spring Luncheon Moves to Virtual Format**

Recently in response to the coronavirus, we announced the necessary step to make the LWSF Be the Bridge Luncheon a virtual event! Today, we have more details to share.

While we can't come together in one room, we can still come together to **Be the Bridge** of support our students need. Now especially!



Please **join us, starting March 26th, for our Be the Bridge Virtual Event**. The virtual event will run for one week, ending on April 2.

Throughout the event week, we will share on our website, via email, and on social media inspirational stories surrounding the important work of the Foundation. You will also hear from our keynote speaker, Susie Kroll, Law Enforcement Mental Health Professional. This is a critical effort to raise the **\$250,000 needed** to continue to provide and grow our programs and grants for students, families and staff throughout the Lake Washington School District.

Now more than ever, we are counting on your support. To make a donation, visit [www.lwsf.org/bethebridge](http://www.lwsf.org/bethebridge). Together, we can be the bridge of support for all students.

Stay safe and healthy,  
Helen Sernett  
Executive Director  
Lake Washington Schools Foundation

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## Office of the Education Ombuds Survey and Webinar

OEO seeks your input on how OEO can best use its resources to support racial equity, inclusion, and positive outcomes for K-12 students. The survey is available in 10 languages, and takes about 1-2 minutes to complete. The survey is open through April 30, 2020.

Survey links: [English](#), [Spanish](#), [Arabic](#), [Chinese Simplified](#), [Chinese Traditional](#), [Korean](#), [Russian](#), [Somali](#), [Tagalog](#), [Vietnamese](#).

Or, join the upcoming interactive webinar on April 7 at 11:00 am to share your ideas with OEO Director Carrie Basas. [RSVP for the webinar here](#).

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## Shine Light on Depression

Depression and suicide are hiding in plain sight, affecting more and more young people. National PTA is part of a five-organization collaboration working to create real and hopeful conversations around mental health. Shine Light on Depression is a unique collaboration of organizations committed to raising awareness of depression and preventing suicide among young people.

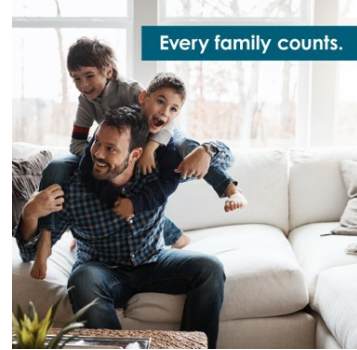
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## 2020 Census

Did you know children under the age of five are historically the most underreported group on the census? Reporting children on the census is critical in determining the resources they receive including public school funding. Join us and complete the [#2020Census](#).

- Download a [Census 101](#) factsheet
- Learn why Census [2020 matters for schools](#)

- Get [educational resources and activities for K-12](#)



## Events

### May 1: LWPTSA Scholarship Applications Due

[Website](#)

[Facebook](#)

[Join/Donate](#)

[Amazon](#)

[Fred Meyer](#)

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