

Eastlake High School Update

400 228TH NE; Sammamish, WA 98074 - PHONE: 425-936-1500

Marilyn Henselman, Update Coordinator

[EHS Sports Schedule](#)
[Weekly Bell Schedule](#)

Schedule for the Week of February 13-17, 2012

Monday, February 13 – 1,3,5
 Tuesday, January 14 – 2,4,6
 Wednesday, February 15 – 1-6 (Early Dismissal)
 Thursday, February 16 – No School
 Friday, February 17 – No School

Schedule attached at the end of this Update for class times.

Clubs and Activities Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Art Club @ 2:30-3:30 in B143 DECA @ 2:30-3:15 in C110 Speaker: UW Foster School of Business	Drama Team @ 3:00-4:00 in Theater Environmental Club @ 2:25-3:00 in C116.	DECA Workshop for State 12:15 in C110. Optional!	No School	No School

Homeroom Schedule

Monday	Tuesday	Thursday
Homeroom Activity	Academic Support	No School

The Lake Washington School District does not discriminate on the basis of race, color, national origin, sex, disability, age, gender, marital status, creed, religion, honorably discharged veteran, military status, sexual orientation including gender expression or identity, the presence of any sensory, mental or physical disability, or the use of a trained guide dog or service animal by a person with a disability, in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups.

SCHOOL NEWS

Eastlake High School is a recipient of the 2011 Washington Achievement Award

The Office of Superintendent of Public Instruction and the State Board of Education created the Washington Achievement Award to celebrate our top-performing schools and to recognize achievement in multiple categories. This highly selective award is based on your school's performance according to the Washington Achievement Index, a comprehensive measurement of how schools in Washington are performing over time. The Washington Achievement Award is given to elementary, middle, high and comprehensive schools in seven different categories: overall excellence, language arts, math, science, extended graduation rate (high and comprehensive schools only), improvement and closing achievement gaps. Eastlake High School is being recognized for: Overall Excellence - High

Eastlake Children's Hospital "JOG" Club is sponsoring a Coin Drive February 6 – 10 during lunch. The Eastlake "JOG" club will hold a coin drive during lunch in the commons February 6-10. It will be a competition between the Boys and Girls. All money raised will be donated from the Eastlake High School community at the Kiss 106.1 Radiothon in March to support uncompensated care at the Seattle Children's Hospital. Save your coins for a great cause!

WORK BASE LEARNING Eastlake is offering a work base learning opportunity for students who are currently employed. What do you need to do? If you have taken an occupational elective class in Family and Consumer Science, Technology, Business, Material Sciences you are eligible for this credit. Students must complete 180 hours of work during the course of the school year. If you would like to receive credit for working after school or on weekends, why not get credit for it! See Mrs. Henselman in room C113 for paperwork or contact her directly at mhenselman@lwsd.org.

SPORTS:

Eastlake Cheer is the highest ranked All Girl team in the state. They earned first place in the Small Varsity Division at the WIAA State Cheerleading Championships. They won the state title by over 20 points which outscored every All Girl team in each division. The team is coached by Kristen Couch and EHS teacher Krista Bjorge.

Please congratulate our undefeated 2011-2012 State Champions: Carly Aldrich*, Lauren Benveniste, Katie Crandall*, Melanie Davis*, Eve Franklin*, Emma Horton, Alex Johnson*, Michelle Lin*, Alex Merrick*, Kelsie McKenna, Ciera Nielsen*, Demi Peterson*, Lynee Pollis*, Emily Rapada*, Tyler Thomas*, Natalie Tyson, Lauren Wenzinger* and Kristen Winkle *State Competition Team Member

WINTER SPORTS UPDATE:

Congratulations to the Eastlake Cheer Team that won first place in the small group division of the State Cheer Competition in Everett last weekend. This is the first ever cheer state championship for Eastlake. Great job cheer!

Congratulations and good luck to these Eastlake Student-athletes who advanced to their district or regional tournament. Tournaments placers will advance to the state competition next week.

SWIM AND DIVE - These boys advanced to the District 2 Swim and Dive Championships this weekend at the UW Pool.

Ed Kim – 200 Free, 100 Back
Henry O'Neil – 50 free, 100 free
Jason Kroon – 50 free, 100 free
Richard Baron – 100 fly, 100 back
Rider Roedel – 200 IM, 100 fly
Chris Koehler – 50 Free
Antoine Signoretty – Diving
Gabe Wattenbarger - Diving

WRESTLING – Congratulations to these Eastlake Wrestlers who qualified to the Region 2 Wrestling Championships in Puyallup this weekend.

6th place at 138# – Mark Smith
5th place at 160# - Ryan Green
4th place at 152# - Ryan Wasserman
Kingco Champion at 170# - Eric Harper

Top 5 placers this weekend will advance to the State Wrestling Tournament on Friday and Saturday, February 10th and 11th at the Tacoma Dome.

GYMNASTICS – Congratulations to Nicole Rader who will participate in the district gymnastics meet this weekend at Sammamish High School.

Nicole will be competing in the Beam and Floor.

GIRLS' BASKETBALL - Good luck to the Girls Basketball team who is the third seed from the Crest Division, tonight they will play at Inglemoor in the first round of the Kingco League Basketball Tournament. The game begins at 7:30

Go Wolves!

SENIORS

Information Regarding Senior Send Off Night

The senior all night graduation party on June 19th is an Eastlake tradition that will keep our kids safe and give them a wonderful night full of memories. The price is \$135 through February 15th. At that time it will increase to \$145. By signing up early, you will be able to reserve space on the bus of your choice with your friends. Late sign-ups will be randomly placed on available busses. Orders can be turned in to the office. *All medical forms are attached to this e-newsletter.*

Save the date! The popular College Sorority Information Forum will take place Wednesday, February 29, 7 p.m., at the Redmond Library in Meeting Rooms 1&2. The library address is 15990 NE 85th St., Redmond. This is a don't-miss event for high school girls and their parents who want to learn about college sorority membership. The forum is sponsored by Overlake Alumnae Panhellenic.

University of Washington sorority members and alumnae from the UW and other universities are the event's featured speakers. Topics include the membership recruitment process, sorority life on campus, and the lifelong benefits of sorority membership. The audience is encouraged to ask questions.

Applications for Overlake Alumnae Panhellenic scholarships and registration forms for the UW Greek Preview will be available at the forum. The event is free and registration is not required.

For further information, contact Mary Anderson, 425-641-6922, Jean Cerar, 425-392-1821, or Anne Dumond, 425-883-8124 (scholarships), or visit www.overlakealumnaepanhellenic.org.

CAREER COUNSELING/SCHOLARSHIP OPPORTUNITIES:

UNIVERSITY OF WASHINGTON MATH ACADEMY is an intensive, four-week residential session held on the Seattle UW Campus in summer. Students engage in coursework created by UW math faculty and designed to develop the skills necessary to meet the high standards of college-level math and engineering. Students also have enrichment opportunities to explore the range of career opportunities available to engineers through lab tours, research projects, site visits and networking events.



"UW Math Academy out to broaden engineering's appeal"

The Seattle Times columnist Jerry Large writes about Math Academy students and advisers and efforts to close the gap between high school and college math.

[Read article »](#) | [Watch Math Academy video »](#)

As you can see from the [sample schedule](#), each week is packed with learning, activities, meals and also some down-time in the dorm.

Parents: Learn more about expectations for student behavior and supervision at Math Academy in [Parent FAQs](#).

Teachers and Staff: Download the [Math Academy save-the-date flyer](#) and overview to share.

Find more facts and photos in the [2012 Mathematics Academy slideshow](#).

Who Can Attend Math Academy?

The Mathematics Academy accepts **current juniors** with a 3.0 average or better, who successfully complete a minimum of pre-calculus by the end of their junior years, and will be eligible to begin calculus during the fall of their senior years.

What Are the Costs for the Math Academy?

The Math Academy program is **free** for student participants. This opportunity is made possible thanks to the University of Washington College of Engineering, and the generous contributions of our corporate and individual donors.

Applying to Math Academy

The [application for Summer 2012](#) is now available as a PDF file.

UW Nurse Camp 2012: Are you currently a high school sophomore or junior interested in learning what the nursing field is all about? Do you want to know how to get into nursing school? Apply to participate in the University of Washington School of Nursing's Nurse Camp 2012! This FREE week-long day camp is geared toward increasing access and opportunities in nursing to minority and low-income high school sophomores and juniors

The University Of Washington School Of Nursing and University of Washington Medical Center are excited to be offering UW Nurse Camp 2012 from June 25-29, 2012. This will be our 4th year of this nursing-specific day camp program for **high school sophomores and juniors.**

The past 3 years were a tremendous success. Each year, stellar campers spent the week getting introduced to nurses, faculty, students and staff at the UW, along with our community partners. They got CPR training, spent a few days at the UWMC in actual clinical experiences, and spent the week in sessions on workshops geared toward preparing them for what to expect in college.

Please be aware this is a DAY camp; transportation and overnight accommodations are NOT provided. In camp, you will have the opportunity to: Shadow nurses at UWMC in various different units , Get your CPR certification, Learn how to prepare for college and how to prepare to get into nursing school, Have a chance to learn in the School of Nursing Learning Lab, Connect with nurses, students and faculty at UW, your future mentors, Meet new friends, Get cool free stuff!

Students will be selected based on how well they match themselves and their interests to the field of nursing. Space is limited to the 24 most qualified applicants who also meet our eligibility requirements. Deadline APRIL 16, 2012. Everyone will be notified of their status no later than May 15, 2012. Download your application now at <http://nursing.uw.edu/nurse-camp> Any questions? Contact Carolyn A. Chow, phone: (800)759-NURS

SUMMER EXCELLENCE FOR JUNIORS: The Summer of Excellence 2012 in the Honors College at WSU invites high school students who have completed their junior year to the Pullman campus for one week at the end of June. The objective is get a the experience of what an honors program is like at a major research university.

DATES-"The Summer of Excellence" will run from June 24 through June 30, 2012. A closing ceremony on June 30 will allow the students to share their experience with their families.

WHO CAN ATTEND-Up to 30 high school students who have **completed their junior** year will be accepted to attend following a competitive application process. The application requires students to reflect on their academic interests and aspirations.

WHAT THE PROGRAM IS ABOUT-WSU faculty members will teach mini classes on a number of different subjects. This unique learning environment will allow the students to interact with WSU professors from a wide variety of fields, such as engineering, creative writing, math, entomology, pharmacy, music, and the sciences. Current Honors students from around the state will serve as mentors 24/7 every day of the program. Fun learning activities will take place throughout campus and participants will explore the Palouse region around Pullman in structured activities such as kayaking, rock climbing, and walks.

APPLICATION DETAILS- The application form will be available online soon to download. Check this page often!

<http://honors.wsu.edu/summerprograms> The deadline to submit the form is May 1, 2012. A \$500 refundable registration fee is required (no refunds will be made after June 1.) Scholarships may be available upon request. if needed; please contact Honors College Dean Libby Walker at perkins@wsu.edu.)

SCHOLARSHIP OPPORTUNITIES

Rotary College Scholarship Program

The Rotary Club of Sammamish offers a scholarship to assist and encourage Sammamish high school seniors to pursue a post-secondary education with an emphasis on service to the community. The Rotary Club will award up to one scholarship for each of the three City of Sammamish high schools. Each selected student will be awarded a scholarship of up to \$4,000. Selection will be based on involvement in community service, leadership in school and community activities, personal qualities, academic record, letters of recommendation, an essay and an interview. Applications are available in the Career Center. Deadline to apply is March 28.

Executive Women International Scholarship Program

The EWI Scholarship Program is designed to encourage, motivate and assist high school seniors intending to pursue a business or professional career. Each high school may enter one senior student. One student will be selected from the applications received by the deadline. EWI will award one \$4000 scholarship and one \$1500 scholarship. Deadline to apply is February 21st. Applications are available in the Career Center.

VOLUNTEER OPPORTUNITY

Vegfest – A Healthy Vegetarian Food Festival

Volunteers are needed for a variety of roles at Vegfest. You don't have to be a vegetarian to volunteer but you will learn about vegetarian food choices and the benefits and help others by providing them with opportunities to try new foods. This event will be held at the Seattle Center Exhibition Hall on Friday, March 23rd through Sunday, March 25th. To volunteer, just visit www.vegfest2012.org/volunteer.aspx where you can learn about all the jobs and shifts available and complete the online application form. This event is run by Vegetarians of Washington, a volunteer based nonprofit organization.

Two weeks ago, we discussed the relation between mental health issues and substance use. We also discussed the importance of identifying the signs and symptoms of depression and anxiety. Understanding how to identify depression and/or anxiety can help us address the issue(s) before they become overwhelming and we resort to unhealthy coping mechanisms such as substance abuse.

Before we delve into the signs, symptoms and effects of specific drugs, I want to discuss a phenomena known as "poly-drug use." Poly-drug use is defined as using two drugs in tandem/at the same time. **THIS IS EXTREMELY DANGEROUS!** Let's take a look...

Addition (1 + 1 = 2) = a term used to indicate using the same drug in succession or before the first "dose" has worn off. EXAMPLE: Drinking one 12 oz. beer at 10 pm, then drinking a second 12 oz. beer at 10:30. Our body digests/metabolizes ONE drink [12 oz. beer, 1.25 oz. of liquor, 6-7 oz. glass of wine] in approx. 1 hour, so we **ADDED** a dose before the first dose had worn off. This leads to increased intoxication.

Potentialiation (1 + 1 = 3) = a term used to indicate the combination of drug A and drug B used in simultaneously. Below are commonly abused drug combinations:

Alcohol + marijuana = decreased motor coordination, diminished gag reflex (we therefore cannot expel the alcohol if needed leading to increased risk of alcohol poisoning and choking on the vomit)

Alcohol + cocaine = Creates a chemical called cocaethylene which leads to elevated aggression

Alcohol + nicotine/caffeine = Caffeine and/or nicotine reduces the immediate effects of alcohol, therefore misleading the individual to think they are not intoxicated. This often results in the user increasing their intake of alcohol. Once the nicotine/caffeine wears off, the user is then impacted severely or "hit hard" by the effects of alcohol (remember Four-LoCo?)...this can lead to overdose, severely impaired decision making, etc.

If you or someone you know is experiencing difficulties w/ alcohol or drugs, or if you have any further questions, please email, call, or stop by my office! Thanks!

MUSIC NOTES:

Lionel Hampton Jazz Festival in Moscow, Idaho

Fri-Sun February 24-26, 2012.

Information packets were distributed and forms are due for this annual Jazz Band trip. Sharing a bus with Redmond High School Jazz Band has cut transportation expenses in half. Trip cost is \$126 per student (and \$178 for combo students). Please make your check payable to EHS Music Boosters by Friday, February 10, 2012. *Note: Jazz students will miss the full day of school on Friday, February 24.*

Need Volunteers & Hospitality Help: HS SOLO / ENSEMBLE Festival @ EHS Sat, Feb 11

We need you... Parents and Students from EHS MUSIC and all others interested as well.
email jrogers@lwsd.org to help.

Volunteer Time Slots/Shifts:

#'s indicated are MINIMUM required support.

- 🕒 8am-10am, 🕒 10am-noon, 🕒 noon-2pm, 🕒 2pm-4pm, & 🕒 cleanup.

24+ Adult volunteers needed to cover all Time Slots (4 shifts, 2 hours each):

- 1 ~ Check-in table** (lobby located: welcome everyone, handout programs)
- 2 ~ Scores/tabulation** (enter scores from judges' sheets to computer, upload)
- 2 ~ Hospitality** (breakfast, snacks, lunch) for adjudicators/directors
- 1 ~ Certificates** (generate per entry and add to school packets)
- 0-17 Room monitors** (hold entry during performances, keep adjudicator on-time)
- 0-12 Clean-up** (return stands to band room, setup rooms, turn all back to normal)



150+ Student helpers needed to cover all Time Slots (4 shifts, 2 hours each):

- 1 ~ Check-in table: help give directions to rooms/Eastlake map**
- 34 Room monitors for strings, piano, woodwinds, brass, percussion, vocals**
- 12 Clean-up**

Helpers can also direct people to practice/warm-up locations and to scheduled performance rooms.

WHAT IS THIS SOLO/ENSEMBLE EVENT???

Eastlake to host Northlake Regional Solo & Ensemble Festival Sat. 11-Feb-2012. Hundreds of music students from The Lake Washington and Northshore school districts, plus private schools in the area compete in Ensembles small (2-4) and large (5-16) and as soloists for a rating from a professional adjudicator. The winners of each division represent the Northlake League at the State competition at Central Washington University in April.

Band & Orchestra parents/students—2012 Silverwood, Idaho—This is a fun and educational musical competition with adjudication. Based on the number of interested students and support from our boosters, the trip cost is \$212/student. *There may be a few seats possibly still available for interested students in Orchestra or Band.* Initial deposit of \$125 was requested by 14-Dec, so the balance due will be \$87. Make checks payable to EHS Music Boosters; please send them in to your Director by February 28, 2012. [Silverwood trip does overlap Relay for Life at EHS, but students interested can support the cause by joining "Band Aid" team.]

Please contact your music director if you need arrangements for making final payment(s), or if you need the information packet distributed to students. Permission and other required forms should be turned in along with your final payment amount.

Eastlake Music Department Websites

www.plateauorchestras.com

www.eastlakemusicclasses.com

Valerie Harris

Andrey Spichak

Judi Rogers

All Orchestras

Choir & Jazz Choir

Wind Ensemble, Jazz Band

Elementary Band Website (Mr. Spichak & Mrs. Rogers)

<http://plateaelementaryband.schools.officelive.com/default.aspx>

EHS Schedule 2011-12

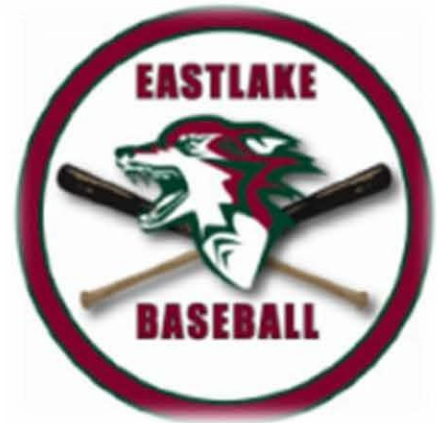
February 13-15

(No School Thursday & Friday- February 16 and 17)

Monday – 2/13	Tuesday-2/14	Wednesday-2/15
Tutorials 7:00-7:25	Tutorials 7:00-7:25	Tutorials 7:00-7:25
Period 1 7:30-9:15	Period 2 7:30-9:15	Period 1 7:30-8:10
Period 3 9:25-11:15	Period 4 9:25-11:15	Period 2 8:15-8:55
1 st Homeroom 11:25-11:55 2 nd Lunch 11:55-12:30	1 st Homeroom 11:25-11:55 2 nd Lunch 11:55-12:30	Period 3 9:00-9:45
1 st Lunch 11:15-11:50 2 nd Homeroom 11:55-12:25	1 st Lunch 11:15-11:50 2 nd Homeroom 11:55-12:25	Period 4 9:50-10:30
Period 5 12:35-2:20	Period 6 12:35-2:20	Period 5 10:35-11:15
Tutorials 2:20-2:40	Tutorials 2:20-2:40	Period 6 11:20-12:00
		All School Lunch 12:00-12:40
		Early Release 12:40

Eastlake Wolves 2012 Baseball Auction

**PLEASE JOIN US IN
SUPPORTING OUR EASTLAKE
WOLVES BASEBALL PROGRAM
AT OUR LARGEST FUNDRAISING
EVENT OF THE YEAR!**



DINNER & DRINKS TO BE SERVED ALONG WITH A LIVE &
SILENT AUCTION.

ONLY \$35 A PERSON IF YOU RESERVE BEFORE MARCH 14TH!
REGISTER ONLINE AT WWW.EASTLAKEWOLVESBASEBALL.COM
OR SEND A CHECK PAYABLE TO EHS BASEBALL BOOSTER
CLUB C/O DIANE LOOFBURROW, 24228 NE 7TH PL.

SAMMAMISH, WA 98074

WHEN: SATURDAY MARCH 24TH 2012

FROM 6:00-10:00 P.M.

WHERE: SAHALEE COUNTRY CLUB

ATTIRE: BUSINESS CASUAL (NO DENIM)

CONTACT: THELOOFS@COMCAST.NET

OR KELMCN@GMAIL.COM



ALL FUNDS RAISED AT THE 2012 AUCTION SUPPORT:

- UNIFORMS
- THE YEAR END BANQUET
- EQUIPMENT & FIELD COSTS
- SENIOR DAY

Life-Threatening Food Allergy Emergency Care Plan (ECP)

Student Information			
Student Name:		Life-Threatening ALLERGY to:	
Emergency Contact 1 (Full Name & Phone #):		Emergency Contact 2 (Full Name & Phone #):	
Student should avoid contact with this/ these allergen(s):			
Other allergies:			
School:	Birthdate:	Grade:	Night-of-Event Bus #: <i>Onsite help to enter day of event</i>
Routine medications (at home/school):		Asthmatic? <input type="checkbox"/> YES <input type="checkbox"/> NO	Date of last reaction:
Is it medically necessary for student to carry their own EpiPen? <input type="checkbox"/> YES <input type="checkbox"/> NO		High Risk for life-threatening reaction? <input type="checkbox"/> YES <input type="checkbox"/> NO	
Please list the specific symptoms the student has experienced in the past.			
<input type="checkbox"/> MOUTH Itching, tingling, and/or swelling of the lips, tongue, or mouth <input type="checkbox"/> SKIN Hives, itchy rash, and/or swelling about the face or extremities <input type="checkbox"/> THROAT Sense of tightness in the throat, hoarsened and hacking cough <input type="checkbox"/> GUT Nausea, stomach ache/abdominal cramps, vomiting and/or diarrhea <input type="checkbox"/> LUNG Shortness of breath, repetitive coughing, and/or wheezing <input type="checkbox"/> HEART "Thready" pulse, "passing out", fainting, blueness, and pale <input type="checkbox"/> GENERAL Panic, sudden fatigue, chills, fear of impending doom <input type="checkbox"/> OTHER _____			
IF YOU SUSPECT A LIFE-THREATENING ALLERGIC REACTION TO FOOD, IMMEDIATELY ADMINISTER EPINEPHRINE AND CALL 911.			
Medication Doses			
EPIPEN (.03) <input type="checkbox"/>	EPIPEN JR. (0.15) <input type="checkbox"/>	ANTIHISTAMINE:	
Student May Administer: <input type="checkbox"/> YES <input type="checkbox"/> NO	Student May Administer: <input type="checkbox"/> YES <input type="checkbox"/> NO	_____ CC / MG (circle one)	
Repeat dose of EPIPEN: <input type="checkbox"/> YES <input type="checkbox"/> NO		Side Effects:	
If YES, when:			
Give (list medication) _____ _____ Teaspoons _____ Tablets by mouth		Side Effects:	
Signature of Licensed Health Professional: _____ Date: _____			
Printed Name of Licensed Health Professional: _____			
Action Plan			
<ol style="list-style-type: none"> 1. Administer Epinephrine AND CALL 911 (DO NOT HESITATE to administer Epinephrine). 2. 911 MUST BE CALLED IF EPINEPHRINE IS ADMINISTERED. 3. Advise 911 that the student is having a life-threatening allergic reaction AND Epinephrine is being administered. REQUEST ADVANCED LIFE SUPPORT. 4. Note the time of Epinephrine administration: _____ AM / PM 5. Place EpiPen in the container provided AND send with emergency responders along with ECP. 6. Call Parents or other emergency contacts. 			

Food Allergy Awareness Form

Senior name: _____ Date of birth: _____ Date: _____

Parent/Guardian: _____ Phone: _____ Cell/Work: _____

Health Care Provider treating food allergy: _____ Phone: _____

Do *you think* your senior's food allergy may be *life threatening*? NO YES

Did your senior's *Health Care Provider* tell you the food allergy may be (come) *life-threatening*? NO YES

History and Current Status:

Check the foods that have caused an allergic reaction:

- | | |
|---|---|
| <input type="checkbox"/> Peanuts | <input type="checkbox"/> Milk or other dairy products |
| <input type="checkbox"/> Peanut or nut butter | <input type="checkbox"/> Soy products |
| <input type="checkbox"/> Peanut or nut oils | <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Tree nuts (walnuts, almonds, pecans, etc.) | <input type="checkbox"/> Fish / shellfish |

Other allergies (Please list any other allergens.) _____

How many times has your senior had a reaction? Never Once More than once, please explain:

Does your senior understand how to avoid foods that cause allergic reactions? NO YES

What treatment or medication has your Health Care Provider recommended for use in an allergic reaction?

Have you used the treatment? NO YES

Does your senior know how to use the treatment? NO YES

Please describe any side effects or problems your senior had in using the suggested treatment:

Do you intend for your senior to eat parent party committee provided meals? NO YES

Will your senior be bringing medication / treatment to the party? NO YES

What do you want the parent planning committee to do at the party to help your senior avoid problem foods?

I give my consent to share with the chaperones, that my senior has a life-threatening food allergy.

NO YES

Parent / Guardian Signature: _____ Date: _____