

# Eastlake High School Update

400 228<sup>TH</sup> NE; Sammamish, WA 98074 - PHONE: 425-936-1500

Marilyn Henselman, Update Coordinator

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

## Schedule for the Week of February 6-10, 2012

Monday, February 6 – 1,3,5  
 Tuesday, January 7 – 2,4,6  
 Wednesday, February 8 – 1,3,5 (Early Dismissal)  
 Thursday, February 9 – 2,4,6 (Late Start)  
 Friday, February 10 – 1-6

## Clubs and Activities Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Art Club @ 2:30-3:30</b> in B143 <b>DECA @ 2:30-3:15</b> in C110	<b>Drama Team @</b> 3:00-4:00 in Theater <b>Environmental</b> <b>Club @ 2:25-3:00</b> in C116. <b>JOG @ 2:30</b> in C132	<b>DECA</b> <b>Workshop</b> for State 12:15 in C110.	<b>International Club @</b> 7:50 in C229 <b>Spanish Honor Society</b> @ 8:00 in D229	<b>National Science</b> <b>Honor Society @</b> 2:30 in C125

## Homeroom Schedule

Monday	Tuesday	Thursday
Homeroom Support/New Schedules	Academic Support	Academic Support

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



Dear Parents:

I want to share with you the plans to remember [Stan Chapin](#), our school resource officer who passed away on Monday. The school and community outpouring of love and support for this remarkable man and his family matches what an influence he has had on so many. We will hold an assembly at 9 a.m. on Monday morning for students, staff and invited guests. Unfortunately, we cannot open this event to the many [Inglewood/Eastlake] family members and friends who are also mourning. We simply don't have enough space.

For ways to show your appreciation for Stan Chapin, go to the [Acacia Memorial Park & Funeral Home website](#), which provides information on the public visitation and funeral and also hosts a guest book to express condolences. A memorial service will be held at St. Brendan Catholic Church in Bothell on Tuesday, February 7th, at 1 p.m.

Sincerely,  
 Brad Malloy, Principal

**Congratulations to EHS Cheer** who competed this past weekend and received first place and their highest score from any competition in the past 3 years. The girls compete at the state tournament on Saturday, February 4, at Everett Event Center at 4:50pm. The cost for admission is \$9 adults, \$7 students, and \$7 seniors. Come out and support your Wolves. Good luck ladies!

**The EHS PTSA Board of Directors** wishes to thank the many staff and club members for submitting over \$23,000 in winter Grant Requests. Many of these requests were well researched and well deserved. The applications were judged based on the benefit to the school, number of students impacted, and availability of alternative sources of funding and future sustainability of the project. For the winter grants we were able to fund \$17,699 requests based on the approved PTSA budget.

So far during the 2011/2012 school year the EHS PTSA has funded \$42,789 in grants.

The EHS PTSA is proud to approve the following Grants:

<b>Amount</b>	<b>Department</b>	<b>Item/Program Summary</b>
\$750	Math	Fund a teacher to attend AP Training
\$2,250	Humanities	Fund 3 teachers to attend AP Training, increases available AP courses
\$3,600	Economics	Purchase latest edition Economics book for new AP class
\$1,200	Wolfpack	Share 50% purchase cost of grill for concessions and club fundraising
\$3,146	Humanities	Purchase 275 copies of The Odyssey by Homer, read by all sophomores
\$1,050	Library	Purchase ebooks that can be accessed 24/7 from home or school
\$775	Special Ed	Purchase accessibility tools for the Transition Learning Center
\$406	Humanities	Renew yearlong subscription to "UpFront" magazine
\$1,150	Counselors	Show "Finding Kind" documentary and "Men of Character" speaker for all students
\$2,772	Science	Purchase an additional 8 balances for the Chemistry dept.
\$600	Science	Update molecular model kits

**DECA PARENT/STUDENT MEETING Monday, February 6 at 6:00 p.m. in C110** parents and students attending State competition should plan to attend an informational meeting regarding the conference. All paperwork and payment must be made since the deadline for payment is February 8. Washington DECA has a NONREFUNDABLE policy regardless of upcoming events or situations. Therefore, please make sure you understand this policy before committing to State. Look forward to seeing everyone for a short meeting.

**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](mailto:mhenselman@lwsd.org).

### **EASTLAKE HIGH SCHOOL SPRING SPORTS**

First Day of Spring Sports – **February 27**

Spring Sports Eligibility – begins **February 13**

Pay Sports fee at the bookkeeper's office and then bring receipt to Athletic Window.

**Eligibility hours are before school and student lunches ONLY**

**Spring Sports:** Baseball, Fastpitch, Boys Tennis, Track, Boys Soccer\*, Girls Golf\*

\*9<sup>th</sup> grade students living in the EHS attendance area may participate in golf and soccer

Sports Packets are available outside the EHS Athletic Window or can also be downloaded by going to the

EHS Sports Eligibility Website <http://www.lwsd.org/school/EHS/sports/Pages/Sports-Eligibility.aspx>

A **clearance card** will be issued only when all requirements have been met. **NO ATHLETE** is allowed to participate in practice/try-outs until the coach has received an athlete's clearance card.

**If you wait until the last day to register you may encounter long lines, missing paperwork, expired physicals, outstanding fines, office closed, etc. resulting in not receiving clearance!**

## SPORTS:

### Golf

**Pre-Season Meeting** will be held on Thursday, February 23rd at 2:45 pm in the EHS Library. **You must attend the preseason meeting to try out.**

First practice will take place at Sahalee Country Club on Monday, February 27th at 3:00 pm.

### Soccer (Boys)

#### Try-out Information

Monday February 27<sup>th</sup> - Players freshman and sophomores meet in press box with clearance card at 2:40 with session beginning at 3:00pm. Session will end at 4:30pm some players may be invited to the evening session as well.

Second session starts at 5:00pm with players to meet in the press box at 4:30pm. Session will end at 6:30pm.

Day two: 3:30-4:30 all players from the late evening session the night before.

All fresh/soph players 5:00pm-6:30pm

Day three: All players from the 3:30-4:30 session will try-out from 5:00-6-30pm and all those in the late session on day two will be in the early session on day three.

**Parent Meeting** - Wednesday, March 7th from 6:00 to 9:00pm for all three EHS soccer teams.

## SENIORS

**SENIOR DEDICATION ADS** are a wonderful way to congratulate your senior on the occasion of his or her graduation from high school. If you are not familiar with this tradition of showcasing your student's life, you need only to look as far as any Eastlake yearbook. If you do not have a copy of an Eastlake yearbook available, you can view one in the Eastlake front office or the library. You can mention their accomplishments, what they are looking forward to in the future etc. If you have old pictures and want to send them in, it would be in your best interest to copy the original photo in case we cannot return it. The dedication ads are due by February 15, 2012, but if you get them in before January 1st the price will be lower. Please contact Darin Fisher at [dafisher@lwsd.org](mailto:dafisher@lwsd.org) for additional information, pricing and a form to complete.

### 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](http://www.overlakealumnaepanhellenic.org).

## CAREER COUNSELING/SCHOLARSHIP OPPORTUNITIES:

### WaNIC REGISTRATION

Registration for the 2012-13 school year is now open for courses through WaNIC - the Washington Network for Innovative Careers. WaNIC is a consortium of seven school districts that share advanced level career and technical education courses. These courses are open to junior and senior students. There is no cost (except as noted for lab fees). Students must provide their own transportation.

For more information and details about the courses go to [www.wanic.org](http://www.wanic.org). Students must visit the class of interest prior to registration. Students should visit the Career Center for assistance with the registration procedure. See flyer for list of courses.

Students who are interested in the courses in the DigiPen WaNIC Academy must attend an information session at DigiPen. See flyer for dates.

DigiPen offers the following programs: Video Game Programming (AP Computer Science), Animation Academy (AP Studio Art), Robotics and Future Technology.

### COLLEGE SORORITY INFORMATION FORUM

The College Sorority Information Forum will take place Wednesday, February 29, 7:00 p.m., at the Redmond Library in meeting rooms 1 & 2.

This event is for high school girls and their parents who want to learn about sorority membership. University of Washington sorority members and alumnae from the UW and other universities are the featured speakers. Topics will include membership recruitment process, sorority life on campus, and the lifelong benefits of sorority membership. Applications for the Overlake Alumnae Panhellenic scholarships and registration forms for the UW Greek Preview will be available at the forum.

### ART INSITUTE OF SEATTLE - INFORMATION SESSION

An admissions representative from the Art Institute of Seattle will visit Eastlake on Tuesday, February 21<sup>st</sup> at 11:15 am. Students who are interested in the programs at the Art Institute are encouraged to attend this presentation.

### SCHOLARSHIP OPPORTUNITY

**Lake Washington PTSA Council Student Scholarships**— the Lake Washington PTSA Council is now accepting applications for their annual PTSA scholarships. The purpose of these scholarships is to provide recognition of overall achievement and community service by awarding monetary assistance toward the further education of selected graduating seniors from the LWSD high schools. All student scholarships are \$1,000 and will be awarded as follows:

*Qualification based on achievement and community service only*

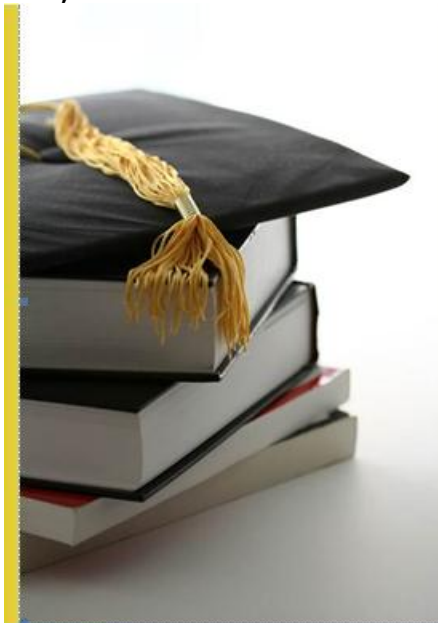
- Once scholarship to the top candidate at each of the LWSD high schools (6 awards)
- Two at-large scholarships selected from all of the remaining applicants
- The **Adria Klein Memorial Scholarship**, selected at-large

*Additional qualifications required*

- The **Dr. L.E. Scarr Scholarship** awarded to a student going on to a vocational/technical school or community college
- The **Dr. Karen Bates/LWEA Scholarship** for student pursuing an education degree
- The **Jay Ellis Memorial Scholarship** for a student pursuing a degree in music education

Applications are available in the Career Center or online at [www.lwptsa.net](http://www.lwptsa.net)

Deadline to apply is **April 9, 2012**



**Want to know  
more about  
Running Start?**

**Parent/Student  
Information Session**

**Tuesday, February 7<sup>th</sup>  
6:30 PM – 8:00 PM  
Bellevue College  
N201**

---

For More Information, Contact:  
Bellevue College High School Programs  
Phone: 425-564-2026  
E-mail: [hprograms@bellevuecollege.edu](mailto:hprograms@bellevuecollege.edu)  
Web Site: <http://www.bellevuecollege.edu/hprograms>

## Life-Threatening Food Allergy Emergency Care Plan (ECP)

Student Information			
<b>Student Name:</b>	<b>Life-Threatening ALLERGY to:</b>		
<b>Emergency Contact 1 (Full Name &amp; Phone #):</b>	<b>Emergency Contact 2 (Full Name &amp; Phone #):</b>		
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 _____			
<b>IF YOU SUSPECT A LIFE-THREATENING ALLERGIC REACTION TO FOOD, IMMEDIATELY ADMINISTER EPINEPHRINE AND CALL 911.</b>			
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:	
<b>Signature of Licensed Health Professional:</b> _____ <b>Date:</b> _____			
<b>Printed Name of Licensed Health Professional:</b> _____			
Action Plan			
<ol style="list-style-type: none"> <li>1. Administer Epinephrine AND CALL 911 (DO NOT HESITATE to administer Epinephrine).</li> <li>2. 911 MUST BE CALLED IF EPINEPHRINE IS ADMINISTERED.</li> <li>3. Advise 911 that the student is having a life-threatening allergic reaction AND Epinephrine is being administered. REQUEST ADVANCED LIFE SUPPORT.</li> <li>4. Note the time of Epinephrine administration: _____ AM / PM</li> <li>5. Place Epipen in the container provided AND send with emergency responders along with ECP.</li> <li>6. Call Parents or other emergency contacts.</li> </ol>			

## 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: \_\_\_\_\_