



Lake Washington
High School

PTSA[®]
everychild.one voice.[®]

WILLKOMMEN स्वागत
欢迎 BIENVENIDA
WELCOME
BIENVENUE ようこそ
добро пожаловать
ترحيب BEM-VINDO

**Welcome to LWHS! High School Primer:
For Parents, By Parents**

What parents need to know:

Glossary (Common acronyms and terms)

1. What is different between middle and high school?
2. Parent to school communication
3. What to expect: keeping track of student work, assignments, grades and fees
4. Academics and tests during the school year
5. Graduation requirements
6. Counseling and College & Career Center services
7. Extra-curricular & social activities
8. Sports and Booster Clubs
9. Parent volunteering
10. PTSA is your Parent Tool

Glossary of Common Terms

- ▶ **ASB -Associated Student Body (ASB)** - made up of both elected and appointed positions who run the student government. Students in this group manage the student body finances, plan all events such as prom and Homecoming, and work on building a positive school culture. ASB also refers to a student's school ID card.
- ▶ **ASB Card** – All students are issued an ID card. An ASB Fee is required to participate in sports and other activities such as orchestra, band & clubs. ASB funds go to support cultural, athletic, recreational and social activities. Also provides free access to home sporting events. Fee is generally \$50 at the high school.
- ▶ **AP –Advanced Placement** - nationwide program that is designed to prepare students for higher education. AP classes provide rigorous, college-level curriculum in various subjects and the opportunity to earn college credits or advanced college standing.
- ▶ **AVID** – Advancement via Individual Determination – A school-based program offering additional supports to select students in the 9th and 10th grade.
- ▶ **Booster Clubs** – These non-profit organizations are parent-run which support and raise money for sports, music, and various other clubs in the school.
- ▶ **Capstone** – An AP Diploma Program offered at LWHS. Includes any combination of 4 AP classes plus AP Seminar and AP Research
- ▶ **CTE Dual Credit Courses** – Career & Technical Education. Through a partnership with community and technical colleges in the state, certain CTE courses provide students with the opportunity to earn both high school and college credit for the course.

Glossary of Common Terms (cont.)

- ▶ **ELL – English Language Learners**– ELL classes are offered at LWHS which empower new English-speaking students to both participate in classroom curriculum and attain English proficiency
- ▶ **PTA/PTSA – parent–teacher association (PTA) or parent–teacher–student association (PTSA)** - a formal organization composed of parents, teachers and staff that supports students and teachers, provides information to parents, is a community resource etc.
- ▶ **PSAT/SAT/NMSQT/ACT** – Various versions of standardized tests widely used for college admissions in the United States. Administered by outside organization. See collegeboard.org OR act.org.
- ▶ **SEL** – Social Emotional Learning – the district, school and counseling department facilitate curriculum provided by the district to support student mental health and social skills development
- ▶ **Running Start** – Running Start is a program in which juniors and seniors who qualify may enroll in college level courses at Bellevue College, CWU Sammamish, Cascadia College, or Lake Washington Institute of Technology and earn high school and college credit concurrently. All classes are taken at the college campus.
- ▶ **WANIC – Washington Network for Innovative Careers** - A skill center program - Courses offered through WANIC often introduce students to specific career paths. Students can also earn industry certifications. Some classes include culinary, nursing, EMT fields, mechanics, coding. Students sign up via the Counseling center and take courses as part of their regular school day and/or before or after school
- ▶ **504/IEP – Individual Education Plans** – plans put in place for special education students or students with special needs to support them in the classroom
- ▶ **Xello** – High School and Beyond Plan. A program all students complete in order to meet graduation requirements. Counselors help administer.

1. What is different

▶ High School

- ▶ Curriculum: **Grades, course selections and rigor start to really inform a student's post graduation path, especially if college is the goal.** Parents can help track work; however **students should become comfortable taking charge of their learning.** Parents sign off on their student's course selections.
- ▶ Communication: It's helpful for **student to form a connection with teachers** (also later for letters of recommendation). Good for student to know their school counselor.
- ▶ Extra-curricular: **Student involvement in clubs and/or sports are more targeted, and are highly recommended** for any, but especially college paths. Colleges like to see balance between academics and other outside interests. Students need to seek out activities and engage on their own. They can even start their own club! In addition to electives, ASB and leadership, HS also has Booster clubs that might plan outside activities.



2. Parent to School Communication – Stay Connected

- ▶ **Curriculum Night** – Plan to go! It's the opportunity to meet each of your student's teachers and visit the classroom (there are no formal Parent Teacher Conferences in high school). Late Sept. this year.
- ▶ **Communication with Teacher** – Varies. Email generally best (see school website for staff directory). Students should take the lead.
 - Office Hours, TEAMS classroom pages, can set up TEAMS meetings
- ▶ **Communication with Principal: Christina Thomas** – Monthly Principal newsletter (archived versions online)
 - Coffee with Christina – see PTSA Website calendar (lwhsptsa.org) or school calendar (lwhs.lwsd.org) for dates
- ▶ **General** - LWSHS Website, *Instagram ([lwhs_alwaysrising](https://www.instagram.com/lwhs_alwaysrising)), *Facebook & *Twitter (*NEW)
PTSA Website, PTSA Facebook & private discussion group, Bi-monthly Newsletter (sign up for Kang Crier!)
- ▶ **Other (students)**- School Video monitors, Morning Announcements, Kang News (also on website & Instagram), The Pouch Student Newspaper, ASB Instagram (general & class specific – must follow)

2. Parent to School Connections – key contacts & info

LWHS.LWSD.org

Contains all the information you need to contact key personnel and LOTS more info!

Administrative Team: Roles vary, assigned to grades

Principal: **Christina Thomas**

Assoc. Principals: **Tim Schultz, Aric Kooima, Melissa Super-Greene**

Dean of Students: **Joe Joss**

Athletic Director: **Rick O’Leary.**

Oversees athletics, advises booster clubs

Activities Coordinator: **Zach Grundl**

ASB/Leadership Advisor and oversight for student clubs and social activities

Absence/Late Arrival/Early Dismissal:

425-936-1701 OR LakeWashingtonHSAttendance@lwsd.org

Other info you will find here:

Counseling Dept – Students assigned to counselor by last name

Health Room – nurse available part time to help with medications or sick students

Library Staff – full-service library on sight and ebooks available. And, affiliation with KCLS

School Bus Route Info/Orca Pass - (provided by King County Metro) – see Transportation/Parking

School Parking Info – students need passes, visitor parking available

Bell Schedule can change throughout the year for various reasons

3. Keeping Track of Student Assigned Work, Grades & Fees

- ▶ **Microsoft TEAMS:** Learning management system and a gradebook used by staff, students, and families in LWSD Schools (*NEW this year). Students and parents can track student grades, work and assignments. Tutorial available.
- ▶ **Skyward Family Access:** Legacy grade book and attendance system still available. Sign up for absence & grade alerts
- ▶ **FEES: Online Payment Portal** (district website) **OR onsite School Cashier** (cash or check ONLY!)
 - **ASB Card** - All students are issued a school ID card. Students who wish to participate in an after-school sport, music or club need to pay an ASB fee – usually \$50. Also provides free admittance to home sporting events
 - **Misc. fees** – yearbook (optional), PE shirts, class fees, parking, sports or club fees, test fees, fines (i.e. Late books, laptop repair)
 - **Lunch accounts** – My School Bucks online pay portal. Can also pay by check to lunchroom cashiers (not school cashier)
 - **Other** – some fees cannot be paid through the online portal and are generally paid in person to the cashier at the school (checks or cash only). Examples include – parking (if needed), NMSQT/AP test fees, loaner equipment (calculators)
- ▶ **Social Events** – Dance tickets, etc. are generally sold by ASB during lunchtime or before/after school. PTSA also sells tickets for the Senior Party at these times.

Note: financial assistance is available to help students with school related fees. See school counselor

- ▶ **Student Store:** Students and parents can purchase Kang Themed attire and other items. Open during lunch located on the 2nd floor. Pop up store at other events (i.e. future freshman night)

4. Academics & Tests in High School

Course Catalog – available on school website. parents must sign off on student selections

- Electives – Lots offered! Good way to explore areas of interest.
- Course and elective selections are not guaranteed – based on space, timing, other course offerings, needs of graduating students, etc.
- Students have an opportunity to request schedule changes at the beginning of each semester

Class Curriculum – Assignments, tests, grading – see class TEAMS pages.

Homework – varies by class and student

AP Classes – National program designed to prepare students for higher education. College credits may apply if student opts to take the national tests (held in the spring) and achieves minimum required scores

Career and Technical Education (CTE)- College in the High School. Some LWHS courses also come with the opportunity to receive college credit through local community colleges – fees apply. Examples - See course catalog

ELL or English Language Learning – Classes are offered to empower new English-speaking students to both participate in classroom curriculum and attain English proficiency.

Running Start- Juniors and Seniors may apply to finish their high school years at Bellevue College, LW Tech or Cascadia. Discuss with counselors.

WANIC - A skill center program - Courses offered through WANIC introduce students to specific career paths. Students can also earn industry certifications. Some classes include culinary, nursing, EMT fields, mechanics, coding. Students sign up via the Counseling Center and take courses as part of their regular school day and/or before or after school

4. Academics & Tests in High School

Finals –

- Two times per year
- Daily class schedule is shorter to allow for study and review times with teacher

State Required Proficiency Tests

- High school students must pass tests, or state-approved alternatives, to be eligible to graduate. Minimum scores to pass these exams are set by the state board of education
- A student must attempt state assessments at least once before qualifying for alternatives in each content area. Exceptions apply (Special Ed, out of state transfer students)
- ▶ **ELA:** Smarter Balanced Assessment - English Language Arts (SBA-ELA)
- ▶ **Math:** Smarter Balanced Assessment - Math (SBA-Math)
- ▶ **Science:** Washington Comprehensive Assessment of Science (WCAS)

PSAT/NMSQT – A standardized test widely used for college admissions in the United States. ACT is another test a student may choose instead for college admissions. More info at www.collegeboard.org or www.act.org

- *PSAT (Practice SAT)* – given free to all sophomores during their Fall semester.
- *NMSQT (National Merit Scholarship Qualifying Test)*- the official route of entry to the National Merit® Scholarship Program. Juniors have the options to take this exam the same day the sophomores take the PSAT (fee applies)
- 504/IEP students should apply for accommodations early if needed – see school counselor

LWHS PTSA offers practice ACT/SAT testing opportunities for all students throughout the year
Free prep tutorials are offered through the Xello program students have access to on their netbooks.



5. Graduation Requirements



- ▶ **Graduation Requirement – Credits:** students need 24 credits in specific subject areas to graduate. Students have an opportunity to earn 28 credits during High School (7 classes per year x 4 years).
 - Seven (7) of the 24 credits are flexible credits; these include 4 elective credits and 3 Personalized Pathway Requirements that are chosen by students based on their interest and their High School and Beyond Plans.
 - Counselors work with student to make sure they are taking the classes they need for graduation. Sitting down with a school counselor is helpful if a student or parent has questions.
 - There are alternate ways to earn these credits, including Running Start, WANIC, outside credit, credit retrieval
 - Students can test out of some requirements (foreign language) or be excused from others if conditions met (PE)
- ▶ **Other Graduation Requirements:**
 - Pass state tests or approved alternatives to the tests
 - High School and Beyond Plan (Xello) – Students begin their plan in eighth grade and revise it each year as they progress through middle and high school. Students will explore their interests, discover potential future careers, and research post-secondary education options. The plan may guide some of the courses they choose to take in high school.

There are also **alternative high school pathways** – see www.lwsd.org/schools/high-school/high-school-guide

6. Counseling Office Services

- ▶ The Counseling Office (first floor) offers a whole host of services and your student will want to know who their counselor is (determined alphabetically). Encourage your student to meet with their counselor.
- ▶ Instagram: lwhscounseling
- **Course registration and scheduling**
- **Monitoring of student academic credits and on time graduation plans**
- **Academic, personal/social and career advising**
- **Coordination of referrals for community resources**
- **Presentations delivered in classroom or other settings (SEL)**
- **Guidance for post-secondary planning and application requirements**
- ▶ Why might a student or parent connect with their counselor? Make class change requests, request special accommodations (physical or mental), questions about graduation requirements, emotional health support, financial need, etc.

6. College & Career Center

The CCC is open to all students/parents. Provides resources to meet the many interests and needs of student's individual post graduation path.

College & Career Specialist: **Charolett Henderson**

chenderson@lwsd.org, 425-936-1710

- ▶ LWHS Rm180, first floor next to the Commons (Coffees held here)
- ▶ Career exploration
- ▶ WANIC info
- ▶ Running Start
- ▶ College planning
- ▶ Scholarships
- ▶ College visits
- ▶ Volunteer/community service/employment opportunities for students

LWHS
College and
Career Center



Located in Room 180

7. Extra-Curricular Activities – ASB/PTSA/School

- ▶ **ASB Clubs – generally meet after school or during lunch - Over 35 clubs!**
 - Clubs must have an advisor (generally a teacher or staff member) and oversight is provided by Leadership teacher
 - Some examples – Key Club, DECA, Green Team, Latino Peer Counselor, Model UN, Poetry, Robotics
 - Some are included as part of specific classes – DECA (Distributive Education Clubs of America)
 - Some clubs require students to meet specific requirements or have an application process– National Honor Society, Link Crew
 - Students can form their own club – fill out paperwork and must be approved by leadership
 - Fees sometimes apply including for outside competitions. Scholarships are available

- ▶ **PTSA Supported Activities for students**
 - Fear Free Testing
 - College Application Workshops
 - Parent And Student Educational Programs
 - Sustainability Programming
 - Senior Events – Salute and Senior Party
 - Reflections – National PTA Art Competition
 - Grants for existing clubs



7. Extra-Curricular Activities – ASB/PTSA/School

- ▶ School Dances – Homecoming (Fall), TOLO (Spring), Senior Prom (June) – open to all LWHS students (others need a signed pass from their school)
- ▶ Theater Productions and Musical Concerts – Check school calendar. Plan to attend!
- ▶ Other Student Run Events (Leadership)** – Talent Nights, Poetry Slam, Kangapalooza
- ▶ Leadership – ASB & Student Council. Elected and Appointed positions who run the student government, manage finances, plan events. Interested students should email leadership Teacher – Zach Grundl

****Students – Follow the ASB and Class Specific Instagram Accounts - [lwhs.asb](#), [lwhs.\(grad year\)](#), in school announcements, Kang News**



8. Sports and Booster Run Activities

- ▶ Fall Sports – register in August (teams may start practice during the summer)
- ▶ Winter Sports – register in November
- ▶ Spring Sports – register in February
 - Must have medical clearance to participate. Paper physical examination form turned into the athletic office – plan ahead
 - Registration is through the Final Forms system link on school athletics page
 - Some sports require tryouts and not all may make a team. Each season offers no cut sports
 - Fees apply. Payment via online LWSD payment system or via cashier at the school. There is a family yearly max. for participation. Scholarships available
- ▶ Booster clubs - help support most athletic teams (and some non-athletic clubs)
 - Hold their own fundraising events
 - Offer additional off-season activities and training
 - See LWHS Booster Club Facebook page for more info or contact individual coaches or advisors



9. Parent Volunteering



NOTE: All volunteers must be pre-approved by the district – access application on district website (LWSD.org)

- ▶ In School Opportunities: some classes (Urban Gardening, Art, Music), AVID tutors, one-time opportunities (Laptop pick up, school pictures)
 - ▶ PTSA Opportunities: Great way to get involved! Staff Appreciation, College App Tutors, Sustainability, so much more!
 - ▶ Booster Clubs: Support student athletics, music, theater and a few other clubs
- ** can't help in person?** Lots of ways to support via donations (Kleenex, Food, ...)

▶ **How to find out and sign up -**

- Direct emails from teachers
- School office
- PTSA Website – see volunteer section. LWHSPTSA.org
- Athletic or Activity Parent Meetings – held at the beginning of each season

District-Wide Information Resources

Lake Washington PTSA Council (LWPTSA) – www.lwptsa.net

Welcome New Families PTSA Council/LWSD event – 9/16 & 9/23 – 4 to 6pm

Parent Education Events – planned by the PTSA Council in conjunction with LWSD; speakers, documentary screenings, Brown Bag Lunch presentations

LWPTSA Special Education Group – meetings & support, lending library

Lake Washington School District (LWSD) – www.lwsd.org

Have a question? Go to <https://www.lwsd.org/help/lets-talk>

Lake Washington Schools Foundation (LWSF) – www.lwsf.org

Balance in Mind, Find your Fit College Help, Kids Coming Together, Pantry Packs

10. PTSA is your Parent Tool

▶ PTSA Programs that serve Parents:

- Communications like Kang Crier, e-postcards
- Website
- Membership meetings – Parent Education
- Coffee with Christina
- New Parent Welcome Committee
- Special Education Awareness & Support

▶ PTSA Programs that serve Teachers/staff:

- Staff Appreciation lunches/snacks/treats
- Kang Crier newsletter
- Grant opportunities (enrichment & ASB)
- Teacher classroom grants
- Golden Kang award
- Teacher section on website (www.lwhsptsa.org)

▶ PTSA Programs that serve Students:

- Reflections art contest/Game design contest
- FearFree SAT/ACT practice tests
- CollegeApp workshops and seminars
- Social Emotional Support Grants
- School supplies (Kleenex!, toner/printer paper)
- Senior Salute and Senior Party
- Grant opportunities (enrichment & ASB)

▶ PTSA Programs that serve All of the LWHS community:

- Emergency Prep supplies/organization
- School Beautification – plantings, clean-up
- Volunteer recruitment and organization
- Advocacy at the local, state and national level
- Funding for Students-in-Need

Pass the Pouch – our main fundraiser of the year!

Thank you to our
partners for
making this
resource
possible!



Lake Washington Council

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Lake Washington

School District

A National PTA[®] Initiative

The
Center for Family
Engagement[®]

Join our PTSA and/or Donate! Fill out our survey!

- ▶ **Next Event – PTSA General Membership Meeting
Wednesday, 9/16, 7pm**
- ▶ Join us or donate to Pass the Pouch! Be a part of making a difference at your student's school

<http://lwhsptsa.org/Home>

- ▶ Fill out our brief survey here –

<https://www.surveymonkey.com/r/Z6C77ZX>

