

# ROYAL LEDGER



Lynnwood High School "Home of Royal Pride"



The **KNOW curriculum** will be available for Parents to preview at **LHS Curriculum Night**. This is the State and District approved **HIV/AIDS curriculum** that is used in all of the Health classes along with the Senior Experience. Parents from Semester 1 or 2 are welcome to view the curriculum in the Health classrooms (check your students schedule for room number) or contact Mrs. Board ([Boards@edmonds.wednet.edu](mailto:Boards@edmonds.wednet.edu)) for more information. **All students will receive a short presentation on HIV/AIDS yearly in advisory**. The District will also have the FLASH and KNOW curriculum available at the District Fair in January check the district calendar for exact date and time.

## 1<sup>st</sup> SEMESTER PROGRESS REPORTS

30 day report is mailed  
Oct. 20, 2008

60 day report is mailed  
Dec. 3, 2008

Final Semester grades are mailed  
Jan. 30, 2009

The Edmonds School District Health Services Department is **seeking part-time hourly vision screeners during the fall of 2008**. Training is provided. Potential screeners are required to attend a *training on Monday, June 16th 10:00-12:00 noon at the ESC in Board Room A*. You should be available to work between the hours of 6:30 am and 4:00 pm, as needed. All offers of hire are contingent upon passing a nation-wide criminal history check. For more information, please contact Cheryl Robinson, RN at 425-431-1064.

Dear Parents,

I have a challenge for you. For years, when I received the newsletter home from my own son's elementary school, I confess that, like many parents, I only read the first page of it. I always found some excuse for being too busy to thoroughly examine the entire thing. I found out recently that I am typical of most parents.

Now I am a reformed newsletter reader and strangely enough, I find that I actually know what's going on in my son's school before it happens. So, here is my challenge to you. Please try to read our entire newsletter. It is full of information that will be valuable for the entire school year. It will help you be an active, involved parent at LHS, and that will benefit students, staff and parents in our great school.

Have a great school year!

## **EDMONDS SCHOOL DISTRICT PARENT ADULT LITERACY PROGRAM** **Fall Classes**

**Date:** Begins September 23, 2008

**Days:** Every Tuesday & Thursday

**Time:** 6:45 pm to 8:45 pm

**Place:** Mountlake Terrace High School

**Contact:** Betsy Zeifman 206-542-0609

Pricilla Krueger 425-640-5404

Hinda Yukimura 425-745-1533



## **Important Yearbook Dates and Info:**

The last day to purchase an 08--09 yearbook is **January 22, 2009**. There will be **no more sold after that** and we will not be ordering extras so if you want one please **purchase it in the ASB office by that date at 3 pm**. They are **\$60 with ASB and \$65 without**. They can also be ordered online with a credit card at [www.shopjostens.com](http://www.shopjostens.com). The school website contains a direct link.

**Attention Seniors and Parents:** To be included in the Senior section of the 08-09 yearbook you **must get a free headshot** taken by Lumina Photography. **Call 425-355-1415 for available times and locations**. Senior dedication ads are also available. Order forms are in the Main Office and the ASB office. Prices vary. Deadline to purchase and submit photos is January 22, 2009. First come, first served while space lasts!

## **FEEDBACK PLEASE**

In a previous newsletter we asked for your feedback on our counseling services by filling out an online survey. We will be compiling the results and will share some of our observations on our Swift Website in the coming months. Thank you for taking our survey, and if you haven't, you can still visit our website and let us know how we're doing. Our website is:

<http://teacher.edmonds.wednet.edu/lhs/lhscounseling/index.php>



## Parents - 21 Tips & Ideas to Help You Make a Difference

### What's the biggest deterrent to your student using drugs and alcohol? *It's you!*

Look at the facts. Kids who learn from their parents or caregivers about the risks of drugs are 36% less likely to smoke marijuana than kids who don't; 50% less likely to use inhalants; 56% less likely to use cocaine; 65% less likely to use LSD.

**Still think there's not much you can say or do? You are the most powerful influence in your child's daily life.** But anti-drug parenting strategies rarely are instinctive, even for the best of parents. The 21 tips that follow can help you turn your child away from using alcohol and other drugs. You can do something; and you can start right now!

Lisa Lester

Student Assistance Specialist

[lesterl@edmonds.wednet.edu](mailto:lesterl@edmonds.wednet.edu)

425.431.5251

### Get Involved

Kids who are close to their parents are least likely to engage in risky behaviors. The more involved you are in your children's lives, the more valued they will feel, and the more likely they will respond to you.

- \* Establish "together time."
- \* Don't be afraid to ask where your kids are going, who they'll be with and what they'll be doing.
- \* Try to be there after school when your child gets home.
- \* Eat together as often as you can.

### Communicate

Do you know your kids' favorite music group? What's cool at school? The more you communicate, the more at ease your child will feel about discussing drugs and other sensitive issues with you.

- \* Be absolutely clear with your kids that you don't want them using drugs.
- \* Be a better listener. Ask questions - and encourage them.
- \* Give honest answers. Don't make up what you don't know; offer to find out.
- \* Use TV reports, anti-drug commercials, news or school discussions about drugs to help you introduce the subject.
- \* Don't react in a way that will cut off further discussion.
- \* Role-play with your child and practice ways to refuse drugs and alcohol in different situations.

### Walk the Walk

Be a role model; the person you want your kid to be. What stronger anti-drug message is there?

- \* Be a living, day-to-day example of your value system.
- \* Know that there is no such thing as "do as I say, not as I do" when it comes to drugs.
- \* Examine your own behavior. If you abuse drugs or alcohol, know that your kids are inevitably going to pick up on it.

### Praise and Reward

What encourages a kid more than his or her parents' approval? The right word at the right time can strengthen the bond that helps keep your child away from drugs.

- \* Reward good behavior consistently and immediately.
- \* Accentuate the positive. Emphasize the things your kid does right. Restrain the urge to be critical.

### Lay Down the Law

Kids between the ages of 11-13 are at risk for drug experimentation. Despite their protests, they still crave structure and guidance. They want you to show them you care enough to set limits.

- \* Create rules - and discuss in advance the consequences of breaking them.
- \* Set a curfew and enforce it strictly.
- \* Have kids check in at regular times.
- \* Call parents whose home is to be used for a party.
- \* Make it easy to leave a party where drugs are being used.
- \* Listen to your instincts and don't be afraid to intervene if you sense something is wrong.

## Celebration!

### June

Nicole Umayam

**GPA:** 3.77

**Culminating Project:** Training for and running a Marathon

**Future Education:** Attend Humboldt State University to study International Relations

**Future Career:** Peace Corps



Matthew J. Sarb

**GPA:** 2.98

**Culminating Project:** Building and Learning how to play a Folk Harp

**Future Education:** Pursue a transfer degree through Edmonds Community College to Whitman College in order to obtain a Bachelor's Degree in Physics, then a graduate degree at the University of Washington to gain a Ph.D. in Astronomy

**Future Career:** Astronomer, possibly working with SETI or lunar colonization



# Your Counselors' Corner

Supporting Student Success



**Welcome back!** We hope that you had a fun and relaxing summer vacation. As we gear up for the new school year, we'd like to remind you who we are and how to contact us. Most email addresses for staff are [lastnameinitial@edmonds.wednet.edu](mailto:lastnameinitial@edmonds.wednet.edu). There are a few exceptions so if you think your email is not getting through, call us and check the address.

**The Counseling Center can be reached at 425-431-7530.** Also, check out our website for dates and information: <http://teacher.edmonds.wednet.edu/lhs/lhscounseling/index.php>

| COUNSELOR             | LAST NAMES | EMAIL@edmonds.wednet.edu |
|-----------------------|------------|--------------------------|
| Larry Wilson          | A – Fa     | WilsonLa@                |
| Brenda Zwahl          | Fb – Le    | ZwahIB@                  |
| LouAnn Apostolopoulos | Lf – Ro    | ApostolopoulosL@         |
| Debbie McGahan        | Rp – Z     | McGahanD@                |

**SCHOOL BEGINS AT 7:00am!** Please help your student get here on time to make use of tutorial. It's a great time to do homework, check with teachers, get clarification on assignments, or get work after an absence.

### **GRADUATION REQUIREMENTS:**

- Seniors must have 16 credits to be on track for graduation
- Juniors must have 10 credits
- Sophomores should have 5 credits
- If your student is behind in credits, it is important to meet with his/her counselor and develop a plan of action. If summer courses were taken outside of the Edmonds School District, it is your responsibility to see that we have a transcript indicating credits earned.

### **SOPHOMORES:**

You made it through Freshman year! It's time to get focused and organized for your second year of high school. Join a club or a sport. No more excuses for not getting involved! Reach out and help our new Freshmen feel welcome.

### **SENIORS:**

This is your year! You should be thinking about your plans after graduation and how you are going to get there! Will it be work? An apprenticeship? Community college? Four-year University? The military? See your counselor and make plans now...

*Four Year University Application Timeline - September*

- Obtain application forms and observe application deadlines.
- Consider testing and/or re-testing (SAT I/SAT II/ACT).

**Check out scholarship and financial aid information on the web.**

[www.fastweb.com](http://www.fastweb.com)  
[www.scholarships.com](http://www.scholarships.com)  
[www.finaid.org/](http://www.finaid.org/)  
[www.savingforcollege.com](http://www.savingforcollege.com)  
[www.collegelink.com/clnk/scholarship/](http://www.collegelink.com/clnk/scholarship/)  
[www.schoolsoup.com](http://www.schoolsoup.com)

**DID YOUR CONTACT INFORMATION CHANGE???** If your address or telephone number changed, it's very important that you contact the Counseling Center at 425-431-7530.

### **IF YOU WANT TO CONTACT YOUR STUDENT'S TEACHER....**

Teachers can be emailed at [lastnameinitial@edmonds.wednet.edu](mailto:lastnameinitial@edmonds.wednet.edu), email addresses and telephone extensions are also available on the LHS website at <http://www.edmonds.wednet.edu/lhs/staff/>.

### **FRESHMEN:**

Welcome to LHS!! If you have any questions or problems, come see us in the Counseling Center. We're here for you! Communicate with your teachers, ask for help, make use of tutorial and take advantage of after school study clubs. Remember, **school starts at 7:00am!**

### **JUNIORS:**

Mark your calendars that the **PSAT** will be held on Saturday, **October 18, 2008, at Lynnwood High School**. This is particularly important for **Juniors**, as it not only provides excellent practice for the **SAT**, but also serves as the National Merit Scholarship Qualifying Test (NMSQT). **Sophomores** may also sign up to take the PSAT, but priority will be given to Juniors. Juniors may **sign up to take the PSAT starting October 6<sup>th</sup>**. The cost is \$13.00 and payment is taken in the Main Office. Checks should be made out to Edmonds School District.

**SAT Test Dates/Deadlines:** Visit [www.collegeboard.com](http://www.collegeboard.com) for registration information, cost is \$45.00.

**ACT Test Dates/Deadlines:** Visit [www.act.org](http://www.act.org) for registration information, cost is \$44.50.





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Lynnwood, WA 98037  
Fax: 452-431-7527

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# LHS PTSA

**Welcome to a new school year at LHS!** Your PTSA is fired up and ready for a great year. I'd like to introduce our officers for this year:

President – Madeline Herzog (425) 742-2528  
Vice President – Shawn Miklautsch  
Secretary – Jonna Barlow  
Treasurer – Gayle Smith

**We're looking for volunteers to chair the following committees:** Membership, Hospitality, Staff Appreciation, Website and Gift Wrap Booth. We also have a spot on our board for an "interested parent". Please call Madeline if you are interested.

**We encourage you to join LHS PTSA.** Membership is \$20/each or \$10/staff and student and supports our many programs, such as teacher grants, WASL snacks, staff appreciation, Senior Prep Night, and more. Membership forms are available in the office and on our website ([www.lhsptsawa.org](http://www.lhsptsawa.org)). We have found in the past that membership fees alone are not enough to meet our budget goals. This year we will also be actively asking for donations. *Watch for our "Pass the Hat" fundraiser at Curriculum Night on October 2<sup>nd</sup>.*

**Also, feel free to recycle your inkjet cartridges or old cell phones in the PTSA recycle box in the office.** We work through a company called EcoPhones, who recycle these items and provide a donation back to the PTSA.

**There is a Paver Form insert in this newsletter.** We are working with the Loyal Royal Booster Club to sell engraved brick pavers, which will welcome our students as they enter the new LHS building. Please consider purchasing a paver and being a part of this great new site!

**Our first board meeting is September 15<sup>th</sup> at 7:00 in the Career Center.** **Our first General meeting is October 13<sup>th</sup> at 7:00 in the library.** All are welcome. If you have questions, please contact Madeline Herzog at (425) 742-2528 or [www.lhsptsaneews@comcast.net](mailto:www.lhsptsaneews@comcast.net).