



The Town Crier

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REBEL NEWS

October, 2018

Important Dates

| | |
|----------------|--------------------------------------------------|
| October 19 | LEAP Day, no school |
| October 20 | Practice SAT, library |
| October 24 | Unity Day, wear orange! |
| October 25 | Reflections entries due |
| October 31 | Staff Appreciation event |
| November 12 | Veteran's Day, no school |
| November 14 | PTSA meeting, 7pm, library, college prep speaker |
| November 21 | Half day, 11am dismissal |
| November 22-23 | Thanksgiving holiday, no school |

[JHS Website](#)

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Principal's Message

Living in A World Seen Through Screens

Submitted by JHS Principal Kelly Clapp

As you all know we live in a world where a great deal of communication now happens through various social media, and this is particularly true for our young people who can text faster than most of us can type on a laptop. There is a great deal of research out there that

is investigating the negative effects of this increase in screen time and decrease in face to face communication.

On the day of PSAT testing, we showed the film, *Screenagers* to our 9th graders. We are currently trying to find a way to share the DVD with PTSA so parents can watch it at an upcoming PTSA meeting. Below is a synopsis of what the film is about.

"Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the average kid spends 6.5 hours a day looking at screens. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time- friction she knew all too well.

In SCREENAGERS, as with her award-winning documentaries on mental health, Delaney takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics and internet addiction. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, SCREENAGERS reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance."

Below is a short piece from Education Week that I shared with the JHS staff about a week ago that I think would be relevant for parents as well.

In this article in Education Week, Benjamin Herold reports on Common Sense Media's study of U.S. 13-17 year-olds' relationship with social media. CSM noted a shift from its study in 2012, when Facebook was dominant, to 2018, with much more intense sharing, ranting, gossiping, flirting, planning, and following the news on Snapchat, Instagram, and several other apps that aggressively compete for teens' attention. Now 89 percent of teens have their own smartphones and 38 percent say they check them "constantly" or "a few times an hour." Many educators feel they're fighting a losing battle with this siren call.

"The number one biggest thing," says Michael Robb of Common Sense Media, "is to understand your students' social media lives. It's really important to know how they're using these platforms and the types of experiences they're having." In the survey, teens said they are well aware of the potential for distraction and manipulation, but most said that social media make them feel less lonely, less depressed, and more confident. This was especially true for young adolescents who scored lowest on the survey's data on their overall social-emotional state. "This study brings much-needed nuance to our understanding of how social media impacts our most vulnerable children," says Amanda Lenhart of the Better Life Lab. "Overall, social media remains a positive force in their lives - connecting them, as it does all of us, to information and people who provide support."

That said, the Common Sense Media survey found that texting has overtaken face-to-face conversations as the preferred mode of communication. "It's possible that kids are getting caught in a type of self-fulfilling cycle," says Robb, "in which the time they do spend [communicating] face to face is lower quality, because they're distracted." He advises that parents and educators focus on the weak spot that teens themselves acknowledge: setting

limits on social media. This might include getting them to silence their phones while talking with others, doing homework, and sleeping. Two common-sense recommendations: parents should require that teens charge their phones outside the bedroom at night, and educators should set clear policies on the use of social media during the school day.

"Social Media Use Among Teenagers Is Rising Rapidly" by Benjamin Herold in *Education Week*, September 19, 2018 (Vol. 38, #5, p. 1, 14),

I shared these pieces with you because I think it is important we are all aware of how much time our students spend looking at screens and the effects it has on them. I also think it is crucial that we adults model healthy behaviors related to tech use. This includes the amount of time we spend looking at screens ourselves and refraining from the uncivil discourse that unfortunately permeates our society right now.

Please feel free to reach out if you think you think your student is struggling in this area. You can contact your student's counselor or an administrator and we are happy to help.

PTSA Fundraising Update

Thanks to all your donations, we achieved our Pass the Hat goal of \$11,000!

THANK YOU!

These funds will support academic success through:

- PTSA Classroom Grants,
- College scholarships for graduating seniors,
- Shakespeare play and Health Class speaker presentations,
- Staff appreciation, Rebel Care and more!

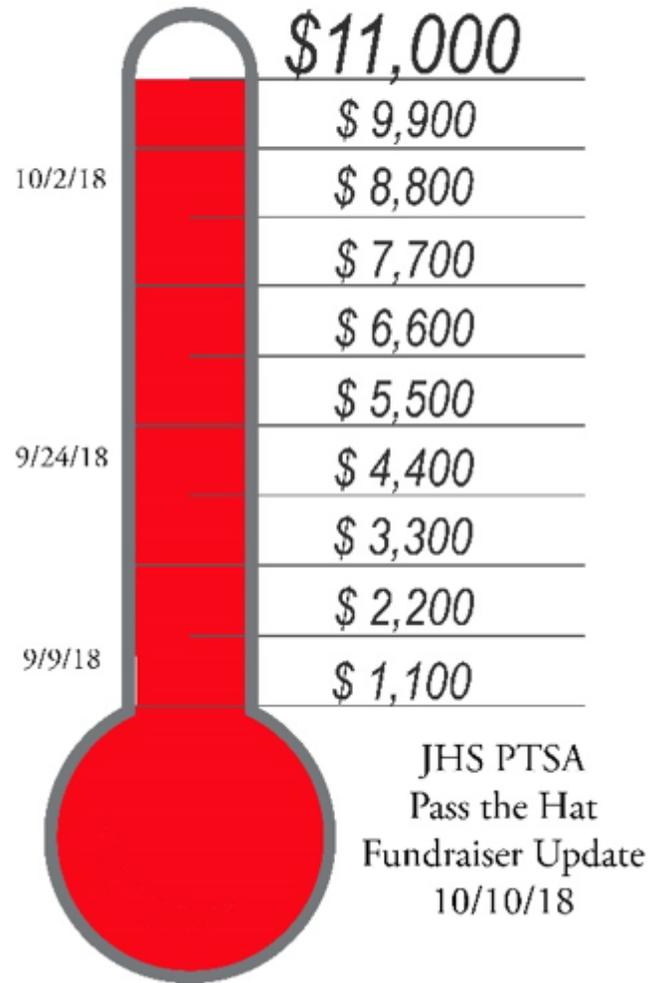
Your donations can go even farther if the company you work for will match donations and/or volunteer hours. Because of the generosity of several companies and their employees, employer matching contributions are an important part of our JHS PTSA's budget.

Our goal is to raise \$7,000 in matching funds.

If you think your employer has a volunteer matching program, please contact them about how to make your contributions go farther for Juanita High School PTSA. Every bit helps.

Thanks for all you do to help our students succeed.

Fundraising Goals



JHS Staff Appreciation October 31st 2018

Dear Parents,
We're providing a delicious healthy luncheon for our wonderful staff members on Wednesday, October 31st.

Here is where you guys come in. We need your help and participation by donating food to the teachers. They're what drive your students to be better versions of themselves every

day, and your students will remember some as teaching them valuable life lessons. They work hard 24/7 just to bring your kids the next lesson every single day. This is your time to say thank you for a job well done.

Please follow the link below to sign up to bring items on the morning of Oct 31st.

<https://www.signupgenius.com/go/70A094DAFAE29A4F58-jhsstaff>

If you have any questions please send them through the Sign-up link or email us at jhs.ptsastaffappreciation@gmail.com.

Thanks so much for your support and donations!

Monica Mutis, Perna Gupta, and Shannon Schill

Your JHS PTSA Hospitality Team



Student Directory

The Student Directory is currently in progress. Look for it in the next week or so through the JHS PTSA website. You must be a current member to view it. Log in with your ID and

password, then click on the Directory tab. Please remember this is a closed directory, only for current families of Juanita High School.

Teacher Grants Committee is Looking for Volunteers!

Help determine where JHS PTSA dollars will go within the Juanita HS community! We are looking for 3-4 PTSA volunteers to help review teacher grant proposals for the 2018-2019 school year. Volunteers will read all grant requests, meet once (possibly twice) and recommend which proposals should be granted. The recommendations will be voted on at the Dec 12th PTSA meeting. If you are interested in helping out, please contact Pam at jpmcbain@msn.com, with subject: JHS PTSA grants

Reflections is NOW!



Students can turn in a photograph, visual artwork (IE drawing or painting), film, music composition, dance, or written literature for the Reflections Art Show and competition! Artwork judged to be "exceptional" will advance to the District (and state and national!) level.

Entry Form and Rules for each category: <http://jhspts.com/Page/Reflections/Reflections>
Following the rules for your category is very important or your artwork can't continue on to districts.

DEADLINE: Thursday, October 25. Drop off in the Admissions Office.
Questions? Ask lynetteapley@hotmail.com or #425-785-3572

Check it out! <https://www.youtube.com/watch?v=TSvo7vS4Hgg>



2019 Reflections Call for Entries

Pantry Packs

Pantry Packs is sponsored by the Lake Washington Schools Foundation. Each pantry pack consists of non perishable snacks and quick easy to make meals that kids (or families) that need a little extra help can bring home every Friday.

If you or someone you know would like a little extra help, please contact Christina Hunsberger in the counseling office or email chunsberger@lwsd.org. (please include in your subject line: Pantry Pack). You can request a pantry pack either short term or long term as we realize circumstances change. All requests are kept entirely confidential. If you have a sibling signed up for Pantry Packs at a different school, your JHS student can still request one.

If you or your organization would like to DONATE to pantry packs, you can find more information at: <https://www.lwsf.org/pantrypacks.html>

If you or your organization would like to DONATE and keep it WITHIN the Juanita Rebel Care Community, please contact Pam at jpmcbain@msn.com. (please include in your subject line: Rebel Care)



Pantry Packs - Lake Washington Schools Foundation

With community donations of time, funds and kid-friendly food, 40 volunteers come together each month to "pack the packs." Volunteer drivers then deliver the packs to more than 42 participating schools, and each week school coordinators distribute the packs to hungry children in preschool through high school.

www.lwsf.org

Rebel Care

A healthy snack goes a long way for JHS students that come to school hungry. PTSA is purchasing some snacks for the counseling office but we're asking for your help this month to stock the shelf. Please consider a donation of protein bars or individual servings of nuts/dried fruit. Costco or Trader Joes have some good options. You may drop your donation off at the main office (until Oct 31) or have your student deliver it to the counseling office.

Thank you for your help in making sure every student at JHS has some nutrition on board for learning.



From the Counseling Office

Stay up to date!

Visit the Weekly Bulletin regularly and in just a couple of minutes a day you'll be up to date with school events, changes to the daily schedule, career and counseling opportunities, standardized testing, and all the important school related information your busy student may forget to tell you. The Weekly Bulletin is accessed through the school's website, under the Students/Families menu; look for 'Weekly Bulletin'. The bulletin for this week is [here](#).

Counselors meetings with Freshmen

To support your student's success in high school, in the next few weeks counselors will start scheduling short group meetings with their freshmen. The goal of these meetings is for freshmen and counselors to get acquainted, and for students to feel this is a safe and welcoming place where they can get academic and personal help. Students will receive a notification for the time and day of their conference a week or so in advance. It is the responsibility of the student to arrive on time for their meetings.

Personal/Social Development



Management of Stress and Anxiety in High School

Teens are constantly dealing with demands from school, extracurricular activities, parental expectations, social pressures, time constraints, negative self-image and changes in their bodies. Occasionally, more serious situations are part of the mix, such as family conflict, divorce, death of a loved one, an unsafe living environment, family financial worries and worries about the future.

Anxiety vs. Stress

Stress is a response to a physical, emotional, or behavioral challenge

- Typical physical symptoms include: rapid heart rate, muscle tension, headaches
- Sleepless nights, excessive worry, irritability

Healthy stress

- Stressors that lead to growth and improvement (think about how muscles respond to lifting increased weight)
- It's your body's way of heightening focus, strength and stamina. When properly managed, stress enhances a person's ability to perform quickly and effectively under pressure (as when it helps you pull off that deadline you thought was a lost cause)
- Short term

Anxiety.

- A sustained mental health condition that can be triggered by stress (or when a person has not developed successful coping mechanisms to ongoing stressors, such as being bullied, dealing with divorce, or juggling too many activities)

- Physical symptoms include, but are not limited to, fatigue, insomnia, nausea or headaches.
- Unlike stress, anxiety doesn't fade in the distance once the threat is mediated. Anxiety hangs around for the long haul and causes significant impairment in social, occupational, and other areas of functioning.

DE stressors

Parents can **help their teens work through their stress** by sharing the following tips:

- Set priorities. Decide what needs to be done first. Learn how to break a large task into smaller, more attainable tasks.
- Set realistic goals. Setting your sights too high is setting yourself up for stress if you can't realistically achieve them.
- Acknowledge your feelings. It is normal to feel overwhelmed when there is a lot to do. If you are feeling especially stressed or depressed, let someone know and try to figure out a way to cut down on some of your activities until you feel better.
- Learn to feel good about doing a competent or "good enough" job rather than always demanding perfection. You don't always have to be an overachiever.
- Take a break from stressful situations. Listen to music, talk to a friend, draw, write or watch a movie.
- Build a network of friends who help you cope in a positive way. Avoid negative ways of responding, such as using alcohol or tobacco.
- Share your talents by helping someone else. This will make both of you feel great.
- Recognize that sometimes making slight changes in your life can really add up to big feelings of relief.
- Learn stress management skills, such as deep breathing, progressive muscle relaxation and positive self-talk.
- Learn to accept yourself as you are. Identify your unique qualities and strengths. Learn to build on these strengths but always remember that no one is perfect.
- Last, but certainly not least, take care of yourself. A combination of a healthy diet, regular exercise and plenty of sleep helps relieve stress.

Beyond Normal Stress

In some cases, stressed teenagers who have **tried hard to deal with their stress** may still feel helpless. When teens feel they can't turn things around or feel like giving up, there may be danger. In this situation, it might be wise to have them talk to a professional who can help them sort out their feelings and get their life back in working order.

Hurley, Katie, LCSW. "Stress vs Anxiety: How to Tell the Difference"

Vertical Health LLC, 2018, <https://www.psycom.net/stress-vs-anxiety-difference>

College News

Senior Year College Application Timeline

By now students are settled in their classes and familiar with their new school and extracurricular responsibilities. It is not surprising that in many states October has been declared "College Application Month". This is the time of the year when seniors are focusing full force on the college application process, a puzzle with numerous pieces. This is a stressful time of the year for all seniors, but getting organized and planning are the most effective strategies for managing this process while keeping up with school and out-of-school commitments.

October

- The [FAFSA](#) opened October 1st, and while it doesn't close until the spring it is an essential component of the financial aid process. Even if you think you may not qualify for much help, it's worth filling it out. It's free (Free Application for Federal Student Aid), and you may qualify for more than you think.
- If it didn't happen in the summer or September, now is the time to narrow down the list of colleges and check individual college websites to determine application deadlines for each of your target schools. [Early Decision and Early Action](#) applications are typically due in November while most regular admissions applications are due between December and March. Be aware though that the application deadline for the [University of Washington, Seattle](#) is 11/15! Here is a comprehensive list of [2018-2019 application deadlines and admission fees](#) to Public Baccalaureates in the State of Washington.
- Take the SAT and/or ACT. If you are planning to apply to a 4-year college and haven't taken one of these tests you need to register for one as soon as possible to have scores ready for application deadline. Is one of your colleges requiring a Subject Test? Also, if you feel you can improve on your initial SAT/Act results take the tests for the second (at the most third) time. See the registration deadlines below.
- Ask for letters of recommendation at least three weeks prior to the deadline and provide your counselor and recommending teachers with answers to the Letter of Questionnaire (available in the counseling office).
- Finalize your college application essays and ask for help from your English teacher or other adult that can help review your statement and give you feedback

November

- If you are applying for Early Action or Early Decision the deadlines are happening now. Begin to finalize your Regular Decision applications. FAFSA is done? Great! If not, get on it.
- Outline your financial aid plan. Use the financial aid calculators found on individual college websites, also known as net price calculators, to determine how much your family will need to contribute for your college education. Create a list of all the financial aid options you plan to pursue along with the deadlines for each. Visit Mr. Navalinski in the Career Center for help finding scholarships that match your individual profile, and to see the list of Fall college visits if you are still undecided.

December

- Yes, the holidays are approaching, but also the Regular Decision application deadlines. Try to submit your applications at least a few days before the deadline. In

addition to your application forms, letters of recommendations, essays and other requested materials, your application will require you to the College Board (SAT) and ACT Student (ACT) websites to send colleges your official test scores reports. In case there is a glitch with the technology you'll have a few extra days to resolve it and submit your application on time. Pay close attention to scholarship deadlines as these may or may not coincide with the application deadline.

The following article from Khan Academy includes a helpful and comprehensive [Master Timeline](#) for Junior and Senior year.

Next month: The process for applying to and selecting a Community College and other post-secondary options.

Upcoming SAT and ACT testing dates and registration deadlines

Attention seniors! If you are planning to take the SAT or ACT one more time this year before applying for college, you need to register for the early administrations if you plan to apply to a four-year college by January. Check collegeboard.org and act.org for registration information and practice tests. Students on free/reduced lunch are eligible for a test fee and college application waiver from their counselor.

| SAT test dates | Register by | Late Registration (late fee required) | ACT test dates | Register by | Late registration (late fee required) |
|----------------------------------|-------------|-----------------------------------------------------------------------------|----------------------------------|----------------------------------|---------------------------------------|
| 11/3 | 10/7 | 10/24 for registrations made by phone or online Register | 10/27 | 9/28 | 10/19 Register |
| 12/1 Register | 11/2 | 11/20 for registrations made by phone or online Register | 12/8 Register | 11/2 Register | 11/19 Register |
| 3/9 Register | 2/8 | 2/19 for registrations made by phone or online Register | 2/9 Register | 1/11 Register | 1/18 Register |

Websites worth visiting

[Inside Higher Ed](#) A website with a wealth of information on admissions, careers, and the latest news in the higher education world.

[High School Counselor Week](#) Articles on every aspect of college attendance and financial aid.

number2.com : Free SAT/ACT online practice

[Occupational Outlook Handbook](#) The Occupational Handbook is a regularly updated publication from the Labor of Bureau Statistics that contains information about the training, education, earnings, expected job prospects, descriptions and working conditions of thousands of diverse types of jobs. It also provides job search tips, and links to the job market in each State. This site is a wonderful resource not only for students searching information on future careers, but also for parents looking for jobs or considering a career change.

Our Newest Voters!

On October 3, with the help of the League of Women Voters, we registered (and pre-registered) 55 JHS students to vote. Hopefully those students that are 18 years old will receive their ballots this month and will proudly cast their vote.



Here are some tips for voting:

- Consult your voter pamphlet and look at endorsements to help you vote.
- It's OK if you do not know how to vote on everyone or everything on the ballot. A partially completed ballot still counts.
- Remember to sign the outside of the ballot before mailing.
- No stamp is needed to mail your ballot. There are also drop off boxes at Kirkland City Hall and Kingsgate Library.
- Your ballot MUST be postmarked (or in a drop box) by Tuesday, Nov 6 or it won't count!

Thank you for participating in your democracy.
Your vote is your voice!

Emergency Preparedness

October's Safety Tip of the Month

TIP: Food allergies

In a District wide emergency, the school has a limited supply of food to feed students until they are picked up. The school may or may not have appropriate food to meet the needs of all students with food allergies.

SUGGESTION: If your student has food allergies, please feel free to bring in a 3-5 day supply of food in a box/container that is securely closed and clearly marked with your



student's name/grade and we will store it with the school's emergency supplies. You may also wish to provide your student with a few hour's supply to keep in their backpack at all times because it may take a little time to distribute the emergency supplies. (Bring to school's front office.)

Juanita High School PTA Emergency Preparedness,
Chair Jen Mahan
jen_mahan@hotmail.com

Green Tips

Did you know we send most of our recycling overseas? China has 'pulled the plug' on our recyclables because of too much contamination. That poses a problem to our long-standing tradition and pride of recycling.

We need to pay better attention to what can and cannot be recycled:

https://www.kirklandwa.gov/depart/Public_Works/solidwaste.htm

Also, we need to make sure our recycling is CLEAN and EMPTY.....rinse items and no liquids in our recycling bins!
Students that recycle at home are carrying those good habits over to our recycling program at school. Thank you!



Seattle JazzED is a non-profit music education organization in the Central District/Madison Valley. We're dedicated to creating awesome opportunities for kids. Over 900 students from 100+ schools come through our doors annually. You **pay-what-you-can** for any Seattle JazzED program, with free instrument loan assistance.

COLLEGE SUMMIT + AUDITION WORKSHOP - SATURDAY, OCT 27

Interested in playing music in college? **Learn how to set yourself apart** from the competition, prepare for recorded and live auditions, and select the school that's right for you. **Parents welcome!** Grades 9-12, all instruments and voice. Sliding scale fee. More information, **including list of participating colleges** and state universities attending at <https://www.seattlejazzed.org/college-summit/>

JAZZED ENSEMBLES PLACEMENT - SAT, NOV 17 & SUN, NOV 18

Play and perform under legendary local educators like Clarence Acox, Wayne Horvitz, Darin Faul and many more, alongside dedicated students from Seattle and beyond. Although most ensembles are **traditional jazz big bands**, students on **string instruments** can sign up for the [Creative Orchestra Project](#). Ensembles rehearse weekly, January through May 2019, with multiple performances. Sliding scale tuition means every family can pay at the level that works for them. **Grades 5-12, with one year of instrumental experience** can register for Ensembles Placement (Nov 17 or Nov 18) and get more information at <https://www.seattlejazzed.org/ensembles/> or call 206-324-JAZZ (5299).

NINA SIMONE VOCAL ENSEMBLE PLACEMENTS - SATURDAY, NOV 17

Let your voice soar! As Nina Simone was known to do, we bring together a broad range of styles, but are always steeped in gospel and folk traditions. Performing numerous original songs by director Cora Jackson, **this soulful group uses harmony to explore American roots music**. Ensemble rehearses Saturday afternoons, January through May 2019, with multiple performances. Sliding scale tuition means every family can pay at the level that works for them. **Grades 7-12, boys and girls**, can register for the Vocal Ensemble Placement and get more information at <https://www.seattlejazzed.org/vocal-ensemble/> or call 206-324-JAZZ (5299).

Robert Babs (he/him/his)
Program Manager, Seattle JazzED
206.324.JAZZ [5299]
[Serious Jazz. Serious Fun.](#)

STAY CONNECTED



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