



The Town Crier

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REBEL NEWS

December, 2019

Important Dates

December 13	Winter Spirit Assembly
December 18	Choir concert, 7pm, PAC
December 19	Staff Appreciation lunch
December 23 - January 3, 2020	Winter break - no school
January 8	8th grade parent night
January 14	Fear Free ACT registration deadline
January 15	PTSA meeting, 7pm, library
January 16	MLK Jr. Assembly
January 18	Fear Free ACT, library, 8:30am
January 20	MLK Jr. Day, no school
January 22-24	Finals

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InvestEd supports students at Juanita High School

JHS PTSA would like you to know about InvestEd which distributes donations from individual donors, foundations and corporations to schools across Washington to help kids in need stay in school.

Students receive immediate help with small items ranging from academic fees to art supplies. Little things can make a big difference in a student's life.

PTSA also works alongside JHS counselors to provide Rebel Care donations like healthy snacks. PTSA donations are made possible by our Pass the Hat fundraiser, rewards donation programs (Smile.Amazon and FredMeyer) and employer matching. Thanks so much!

Please consider a tax-deductible donation this holiday season to help JHS students in need stay in school. Learn more about this important effort in the following "What is InvestEd?" video:



Designate your online donation to JHS by selecting "Juanita High" from the partners menu at www.invested.org OR
Drop off at check at the JHS Bookkeeper, made out to "JHS - InvestEd".

Thank you to everyone who answered our requests for school supplies, healthy snacks, clothing items, caps n gowns in 2019. We have such a generous JHS Community!

If you have questions, please email any of our Rebel Care committee volunteers.
www.jhsptsa.com

Have you bought your Senior Celebration Tickets?

Senior Celebration tickets are still on sale. The price is \$200 and you can reserve a spot for your student with a deposit and pay in full later. To purchase tickets and complete the required sign-up forms, please follow this link [Senior Celebration Sign Up](#). Forms and check (or proof of online payment) can be turned in at the Main Office. (Limited scholarships are available, please see form for details). Forms can also be accessed on the JHSPTSAs website (jhsptsa.com) under the senior celebration tab.



The Senior Celebration After Graduation Party is a time honored tradition at JHS and many local high schools. A parent committee is working with the company Grad Nights to plan a fun, memorable, and safe senior celebration party following graduation on June 12, 2020! Visit the website www.gradnights.com to see possible places and activities.

Senior Celebration Volunteer Opportunities

It does take quite a few volunteers to make this event a success and there are many ways big and small for you to help. If you would like to be added to our list to be notified of Senior Celebration volunteer opportunities, please email alofquist@msn.com or pamzack@comcast.net with Senior Celebration Volunteer in the subject line. WE NEED YOU!

Teacher Appreciation December 19

The PTSA Staff Appreciation committee is planning a luncheon for the JHS staff on Thursday, December 19th...and we need your help! We want to show our JHS staff that we appreciate all they do by providing a delicious, hearty lunch because we think they are "SOUP-er!". We know how busy everyone is, especially this time of year, so please don't feel that it has to be homemade (although we love homemade!). You can sign up to contribute at: <https://www.signupgenius.com/go/70a094dafae29a4f58-jhsstaff2>

If you are unable to contribute food, but you'd still like to make a donation, we now have an option for you to donate money directly to the staff appreciation fund. Here's the link for donating: <http://jhsptsa.com/Page/PTSA/Staff%20Appreciation>

As always, thanks for your support for our fabulous JHS staff!
Julie Doherty and Tamsyn Carter



Open PTSA Position

Here's an upbeat, happy kind of job. **PTSA Awards Committee** recognizes Rebel staff and parents that make our school great. This job takes place in the spring. The previous committee lead has left excellent notes to follow.

Please contact Susan Vossler vosslers66@gmail.com if you are interested.

SUPPORT JHS PTSA THROUGH SMILE.AMAZON

MAKE YOUR CHARITY "JUANITA HIGH SCHOOL PTSA" TODAY!



When you start your shopping at the [Smile.Amazon.com](https://www.smile.amazon.com) page, your designated charity receives 0.5% of eligible purchases, at no cost to you!

1. Sign into your account, and under "Your Account"
2. Change your Amazon Smile Charity to Juanita High School PTSA
(note: Tacoma is our parent organization location)
3. Bookmark [Smile.Amazon.com](https://www.smile.amazon.com) to shop and give at the same time!

Juanita Drama Takes Home National and State Rankings!

On December 7, 2019, members of Juanita Drama travelled to Olympia to take part in IE Regionals, as part of Washington State Thespians. Juanita Theatre students presented

scenes from the recent production of *She Kill Monsters* as well as a number of individual solo performances. Each performance was adjudicated by three Theatre professionals and scored on National Theatre Rubrics. State Rankings were awarded to the following students for scenes from *She Kills Monsters*, by Qui Nguyen: Cindy Cao, Cherish Berner, Cate Gray and Diana Plenefisch, Group Scene; Brandon Lloyd, Samuel Gonzalez, Duo Scene. Seven students received State rankings in the category of Solo Songs: Elizabeth Shirakian, *I Don't Know How To Love Him*, from JC Superstar; Cate Gray, *She Used To Be Mine*, from Waitress; Ariana Welsh, *Carrie* from Carrie; Brandon Lloyd, *Stars* from Les Misérables; Cindy Cao, *Screw Loose*, from Crazy For You; Kiara Welsh, *I Love Play Rehearsal*, from Be More Chill. Sophomore Grace Lloyd scored a National Ranking with her performance of *Breathe*, from Lin Manuel-Miranda's, In The Heights. Congratulations to Juanita Drama's Troupe 3422, for a successful showing at this year's Regionals!



She Kills Monsters Opens New Performing Arts Center

Juanita Drama would like to thank the Juanita Community for our brand new Performing Arts Center! The Theatre's opening performance was *She Kills Monsters*, by Qui Nguyen. The show gave us a lot of opportunities to explore what the new PAC had to offer. We are looking forward to seeing everyone at our Spring Show in March!



Cate Gray, Sedona Holderman, Micah Jaeger Clementine Nelson, Rafika Pahud, Wyatt Patten, Emeline Sears open *She Kills Monsters* with an epic battle.



Cherish Berner and Cindy Cao as Evil Gabby and Evil Tina fail to convince Diana Plenefisch, as Agnes, to go along with their plans.

From the Counseling Office

May your Holiday Season be filled with Peace, Love, and Harmony!

Anxiety and depression among teenagers



Parents, counselors, and teachers are all aware there is a staggering increase in the number of students suffering from anxiety and depression, conditions that cut across all geographical, racial, gender, and financial demographics. In most cases, depression and anxiety are emotional signals that one's psychological health is not ideal and that one's psychosocial/relational needs (with self and/or others) are not being met. Some common causes of these conditions among adolescents are school stress, family and friends' problems, fear of failure, uncertainty about the future, financial difficulties, racism and sexism, overscheduling, and the constant stress of managing an image in social-media and relentless hyper-connectivity.

The staff at Juanita High School takes these conditions very seriously and is increasing the efforts to figure out how best to help. The counseling team supports students and families experiencing these situations, and partners with community resources to expand the range of services and referrals.

During the 12/12 and 12/19 Homerooms, STEM Global Health students are hosting informational presentations on the mental health conditions of anxiety and depression (separate presentations). Interested students should pick up an entrance ticket from Ms. Chesley or Mr. Clemente in advance. They must have an entrance ticket signed by their 3rd period (home room) teacher to be admitted. Announcements will be made in all classes, but please encourage your student to get a ticket and attend if you feel your child can benefit from these presentations.

Here are links to a few well written articles on the subject.

https://www.nytimes.com/2017/10/11/magazine/why-are-more-american-teenagers-than-ever-suffering-from-severe-anxiety.html?_r=0

https://www.huffingtonpost.com/renee-jain/9-things-every-parent-with-an-anxious-child-should-try_b_5651006.html

<http://time.com/4547322/american-teens-anxious-depressed-overwhelmed/>

SAT and ACT practice: Visit www.number2.com, a great FREE website that offers practice questions for the most common tests. PSAT results from last October will be distributed in January.

Seniors: Continue working on college admissions applications. Remember that it takes some time for the Counseling Office to process your application and to produce official transcripts for you, and counselors need three weeks notice to prepare letters of recommendation. If you want to submit completed applications before the December holiday, please observe these deadlines.

Special programs offered at JHS include

Advanced Placement (AP)- a program administered by the College Board. It includes courses for highly motivated students who wish to pursue college-level studies in the high school setting. Qualifying grades on end-of-year AP examinations can be submitted for college credit and/or waiver of course requirements in the freshman year of college. JHS offers AP classes in English, mathematics, music, science, world languages, and social studies.

WaNIC - a consortium that offers approximately 80 professional/technical classes to high school students in participating school districts like Lake Washington School District. Classes in many vocational and academic disciplines are offered through WaNIC. Courses are intended for juniors and seniors, and the registration process for these classes begins in February.

Running Start - a dual enrollment program through which participating students may take college-level courses, tuition-free, at one of the area community colleges. Students simultaneously earn high school credit and college credit in eligible Running Start course work. Information sessions about Running Start will be held at JHS in March.

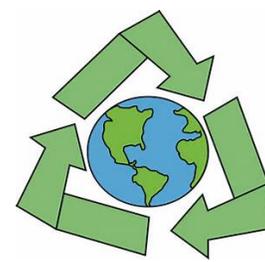
CTE Dual Credit - a program that combines high school and community/technical college classes in one course of study taken at the high school. Students who are successful in a CTE Dual Credit class can receive community college or technical college credit by submitting an application for credit and paying a \$46 fee. Many of the courses offered in the Occupational Education department at JHS are eligible for CTE Dual Credit. These courses have a special designation in the *Course Catalog*.

Contact the Counseling Office at (425) 936-1610, or visit us at www.lwsd.org/jhs.

Upcoming 2019-20 SAT Test Dates & Registration Deadlines

SAT test dates	Register by	Late Registration	ACT test dates	Register by	Late registration
		<i>(late fee required)</i>			<i>(late fee required)</i>
12/7 Register	11/8	11/26 for registrations made by phone or online Register	2/8 Register	1/10 Register	1/17 Register
3/14 Register	2/14	3/3 for registrations made by phone or online	4/4 Register	2/28 Register	3/13 Register
5/2	4/3	4/21 for registrations made by phone or online	6/13	5/8	5/22
6/6	5/8	5/27 for registrations made by phone or online	7/18	6/19	6/26

Consider less waste and sustainability when holiday shopping:
<http://www.lwptsa.net/2019/sustainable-gift-giving-tips/>



And while we are sharing gifts with family and friends this holiday season, let's also consider a gift to our environment and our community! Our cars are responsible for forty percent of the carbon emissions that are changing our climate and affecting our health. The City of Kirkland wants to make walking and biking safer, easier, and more accessible for everyone, but they need to hear from you!

Please take a few moments to respond to this important survey. Your thoughts will help the City update its Active Transportation Plan and develop Safer Routes to School Action Plans. These plans guide the City's future investments in transportation infrastructure.

<https://www.research.net/r/safe-and-active>

Or scan this QR code to take the survey:



Happy holidays from the PTSA Sustainability Committee



Emergency Preparedness

December's Safety Tip of the Month

TIP #1: Winter is here and wind storms become more common. Should a power outage occur please be careful about the use of in-home heating that can cause carbon monoxide (CO) poisoning. Commonly seen problems include indoor use of cooking grills; use of wood burning fireplaces without proper ventilation; and cars running in garages to heat the living space above the garage.

SUGGESTION:

- Install CO monitor; check CO monitor battery.
- Don't use generators or grills indoors, even in the garage.
- Check now to make sure gas and electric fire places are properly vented.

Carbon monoxide poisoning information can be found at the Center for Disease Control website: <http://www.cdc.gov/co/default.htm>

Here is a PSE link on storm safety: <https://www.pse.com/pages/storm>

TIP #2: The Lake Washington School District's Safety webpage (linked under "For Parents") has details on school closures and other information:
<http://www.lwsd.org/programs-and-services/safety>

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

Forward this email

STAY CONNECTED

