



DECEMBER 2020

## THE TOWN CRIER

In this issue:

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**PTSA President's Message**

**Juanita Cares**

**SENIORS**

**Thank you, Teachers**

**Counseling Office**

**Sustainability**

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### PRESIDENT'S MESSAGE

December is a great time for families to reflect on traditions. Although the pandemic might disrupt some of your usual holiday fun, I hope that your family is able to keep some cherished traditions, and maybe start some new ones as well. Now that JHS students have voted on our new mascot (Juanita Ravens!), we can start working to identify our school community's favorite traditions.

The PTSA is working with the school and the ASB to gather ideas about which traditions we would like to keep, new traditions we would like to start, and modifications we can make for this year so that we can continue to celebrate as a community, even during a pandemic. We want our traditions to be fun, meaningful, inclusive, and reflective of our diverse community. Please take a couple of minutes to share your thoughts with us on our traditions survey [here](#).

**Thank you, and Happy Holidays!**

**Kristen Dorwin (she/her)**  
**JHS PTSA President**

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### Juanita Cares (soon to be JHS Ravens Care)

We are accepting donations of caps and gowns in good condition from JHS alumni. Please drop off at JHS main office during school hours. Thank you.



## OUR IMPACT

During these challenging times, our community has stepped up to support our JHS families.

- The JHS PTSA collected and distributed gift cards
- KNN (Kirkland Nourishing Network) distributed food cards
- Columbia Athletic Club held a food drive
- Kiwanis and private donors donated Christmas trees



### From the JHS College and Career Center

**Financial Aid Applications are now OPEN!**

Please Go to [FAFSA](#) or [WAFSA](#) to get started. Contact [Mrs. Rodland](#) or [Ms. Shay](#) if you have any questions.

**Looking for scholarships?** Check out Teams for scholarships available for seniors and even underclassmen!

**Follow us on Instagram!** @JHSCollegeCareerCenter

## C E L E B R A T E S E N I O R S



### Attention Class of 2021 Parents!

We'd like to invite you to join the Facebook group for our JHS Class of 2021 Seniors as well as our Instagram page to keep informed, join in the discussions, pitch ideas and volunteer to help make the remainder of senior year a fun and memorable one.

[Join the JHS Class of 2021 Facebook Group](#)

[Follow on Instagram:](#)  
[@jhs2021seniorcelebration](#)

**First Up!** Have your Senior star in our "Senior Spotlight" by filling out the online Google form and uploading up to five of their favorite photos of themselves to be featured on our Instagram page. Please fill out the form [here](#).

**PTSA Senior Parent Contact:**  
**Juliana Canales**  
Email: [juliana.canales@gmail.com](mailto:juliana.canales@gmail.com) or  
call/text [206-660-8663](tel:206-660-8663)

This upcoming holiday season is the perfect time to extend a "THANK YOU" to JHS teachers and staff for their hard work and dedication! There are many ways to show your gratitude, including sending a video message, drawing a picture, sending an email or a poem, or simply sending a digital card. Teachers and staff work tirelessly to change the lives of their students.

We send a heartfelt 'Thanks and Happy Holidays' to the teachers and staff in the JHS community. We appreciate you.



May your  
holiday  
season be  
filled with  
peace, love,  
and  
harmony!

## FROM THE COUNSELING OFFICE

### 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 of the 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. These days the stresses are compounded by isolation, unemployment, and relentless societal turmoil. [Continue reading](#)



[Learn more about Balance in Mind](#)



Balance in Mind works with community partners to raise awareness about emotional and mental health challenges facing our youth, empower parents, and to build communities where our kids grow up healthy, resilient, and equipped for life. Find out more [here](#).

## SUSTAINABILITY

### Happy Holidays from the JHS Sustainability Committee

#### Holiday Green Tip:

Did you know broken holiday light strings can be recycled at McLendon's Hardware through January? [Find a location here](#).



#### A New Year's resolution to Recycle it Right!

Please watch your mailbox for the [2021 City of Kirkland Recycling Guide](#) - a resourceful tool for our community.

**Tip:** Contamination puts our recycling system in jeopardy. The following items should not be placed in recycling:

- \*bubble shipping envelopes
- \* plastic bags
- \*granola/candy bar wrappers
- \*juice pouches
- \*styrofoam
- \*food or food-soiled containers

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