



JANUARY 2021

THE TOWN CRIER

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PRESIDENT'S MESSAGE

In the midst of the pandemic and a seriously chaotic news cycle, your PTSA is continuing to focus on our goal of supporting our students. I would like to share the National PTA's statement about the recent riot at the U.S. Capitol ([National PTA statement](#)). Now, more than ever, it is important for us to work as a community to support student success and promote equity in our school system.

I would like to personally invite each of you to join us at our remote PTSA meeting on Wednesday, January 20th at 7 p.m. In addition to our important PTSA business, we will also be hearing from JHS College & Career Specialist Kendra Rodland about post-high school planning. Kendra will be joining us at 8 p.m. and will be available to answer questions. You can join us via GoToMeeting using this link: <https://global.gotomeeting.com/join/172583157>.

Other things:

PTSA ACTION NETWORK

To better amplify our voice, WSPTA has designated January 18-22, 2021, as Advocacy Week. Each day has a designated focus based on our member adopted legislative priorities. WSPTA will develop a new message each day based on the focus and send it to anyone who has signed up to receive action alerts through our [Action Network](#). We encourage you to sign up and participate.

Here is the current list of engagements (subject to change)

- Monday, January 18 - Call to action: Focus on anti-racism
- Tuesday, January 19 - Call to action: Focus on equity
- Wednesday, January 20 - Call to action: Focus on mental health and wellness

- Thursday, January 21 - Call to action: Focus on preserving and flexing funding
- Friday, January 22 - Call to action: Focus on safety and emergency preparedness

Lunch and Learn: College and Career Pathways

Did you know there are multiple ways for LWSD high schoolers to meet the requirements for graduation? Bring your lunch and learn with us on the third Thursday of the month. The January topic in College and Career Pathways is with Donneta Oremus, Director of College and Career Readiness for LWSD.

- When: Thursday, January 21 at NOON
- See the [Lunch and Learn schedule](#) on our website.
- Questions? Email Yumna Green at evp@lwptsa.net

Self Care Series from the Lake Washington PTSA Council

We are launching a new self-care series for 2021. Come join us on the third Friday of the month at 5 p.m. for a one-hour segment on tried and true strategies for maintaining your equilibrium. All are welcome!

- What: The Power of the 22 Second Hug
- When: Friday, January 22 at 5 p.m.
- Where: [Online via GoToMeeting](#) or dial (312) 757-3121 with Access Code: 751-400-157

Please view the schedule [here](#) or download a printable flyer.

Raven Care Committee



With our beautiful new school, there is now space for a Counselors Closet to store items such as school supplies, clothing items, personal hygiene, cleaning products, and non-perishable foods for JHS families in need. The Counseling Office and Futures School is doing an amazing job of reaching out to those families that need some support even when students are not in school.

Raven Care Committee is asking for help to keep this storage space well-stocked. Please consider a donation from this [wish list](#). You can either purchase and drop it off at the main office (note that it is a donation for the Counselors Closet), or choose the option to have it directly sent to JHS. Many thanks! For questions please contact Susan Vossler at vosslers66@gmail.com.

Make your donation go further. If you are signed up for Amazon Smiles, you will not only be supporting the Counselors Closet but also the JHS PTSA.

Please remember to start your list shopping at [Amazon Smile](#) for your shopping to benefit the JHS PTSA charity! More information about how to link your Amazon account can be found [here](#). Thank you!



REFLECTIONS AWARD OF MERIT

Congratulations to Annie Shin (11th grade) for receiving the district level Reflections **Award of Merit** for her visual arts entry "Piece by Piece." Her entry will **advance** to the WA state level of competition. Annie is recognized for her outstanding artistry. Please join me in congratulating Annie!

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SENIORS AND FAMILIES OF SENIORS
Happy New Year and Welcome Back!

N I O R S

Just a quick reminder for seniors to complete the following lessons in Xello, if you have not already:

1. Uploading your Resume
2. Financial Aid Resources for FAFSA/WASFA College, and Scholarships
3. 4-Year Course Plan & Educational Goals
4. Workplace Skills & Attitudes
5. Career Demand
6. Career Path Choices

Please let me know if you have questions/concerns about what to do.

Thank you,
Mrs. Campbell
mcampbell@lwsd.org



From the JHS College and Career Center



Bio-Tech Hackathon

Live Wednesday Career Panels

Live Wednesdays are back! The next session is on Jan. 27th. Future sessions include Computer Science, Forensics, Health, Art, Psychology/Counseling, Food Careers, Engineering, Law & Politics, and First Responders. The schedule can be found here:

[College and Career Center](#)

WANIC Registration Opens Feb. 2nd

What is WANIC?

WANIC is the Washington Network for Innovative Careers. The WANIC Skill Center offers high quality tuition-free technical and professional training for high school Juniors and Seniors. These year-long, advanced-level Career and Technical Education (CTE) programs are based on rigorous academic and industry standards to prepare students for career and college readiness. **WANIC programs offer dual credit opportunities (both high school and college credit) and/or lead to industry certifications. cont.**

Programs are designed in three-period blocks allowing extended time to not only learn the theory of a subject but also get authentic hands-on lab experience. All classes earn Occupation Education high school credits and may offer other course equivalencies toward high school graduation requirements. **Online registration will open on February 2, 2021.** Contact the College and Career Center with any questions.

Financial Aid and Scholarships

Please visit the [College and Career Center](#) website for helpful information on financial aid for college, scholarships, virtual college tours, and much more.

ATTENTION STUDENTS SAVE THE DATE: April 6 - 7

Hello Ravens! A group of students from Juanita, Eastlake, and Tesla STEM high schools are organizing a biotechnology Hackathon for **April 6 -7**. There will be a thought-provoking challenge centered on healthcare problems and fun workshops to attend. Keep your eyes peeled for upcoming information on registration and challenge information so you could get a head-start!



FROM THE COUNSELING OFFICE

The second semester starts Monday, January 25, 2021

The staff from the Counseling Office and Career Center wishes all Juanita families a Happy New Year!!

New Year's Resolutions

Setting New Year's resolutions is an exciting and optimistic way of looking ahead to the next 12 months - the year feels squeaky clean and filled with possibilities. You've read this advice before: Start small, choose measurable goals, and write them down. The common practice is to set these goals at the beginning of January, but why can't we make resolutions all year long?

Not surprising given the current situation, for the month of January, we would like to share ideas on setting goals in the Mental Health/Changing your perspective category. The Circle of Influence/Circle of Concern is a concept described by Stephen Covey in *The 7 Habits of Highly Effective People*. The Circle of Influence refers to the things in our lives over which we have control (how we raise our children, what we eat, our attitude and beliefs, habits, behavior, and what we post on social, etc.). The Circle of Concern consists of all the things that are out of our control (what other people think about us, the weather, political views of our neighbors, etc.). Here is a [Resolutions Template](#) you can use to describe your goals and their specific details. Please [continue reading](#) to learn about some New Year's resolutions centered on expanding our Circle of Influence and shrinking our Circle of Concern, second semester, financial aid, and Running Start.

Sustainability

Green Tip

Does your New Years Resolution include living more sustainably? A new Sustainability Portal on the City's recently-launched website connects the Kirkland community with actionable environmental information. Residents can find easy steps to make their lives more sustainable, as well as helpful resources from the City's assistance programs. See what the City's doing to help the environment and how we are planning for our sustainability goals, including improving environmental social justice. <https://www.kirklandwa.gov/Resident/Sustainability>



We are Juanita High School Earth Corps, and we are concerned about the amount of single-use

plastic that we use in our daily lives, especially the plastics that end up in the environment. In 2019, plastic alone accounted for 14.0% of King County's total waste disposed of (2019 King County Waste Characterization Report). This metric does not include the plastic that is carelessly dumped into our public spaces, much of which is single-use plastic that ends up in our waterways. The World Economic Forum predicts that by 2050, plastic will outweigh [continue reading...](#)

The JHS Earth Corps team created plastic trash art to emphasize that there is **TOO MUCH** plastic in our oceans. They ask that your New Year's Resolution includes durable alternatives to single-use plastics: **reusable** water bottles, bags, straws, cups...and masks too! (there may be some restrictions due to COVID. Please check for store policy).

Visit our
website

