



# The Town Crier

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REBEL NEWS

October, 2019

## Important Dates

October 18	LEAP day, no school
October 25	Reflections submissions due
October 26	Community Open House, 11-2
November 5	Registration deadline for Fear Free SAT
November 7	Kirkland College Fair, Fieldhouse 5:30pm - 8pm
November 9	Fear Free SAT, 8:30am
November 11	Veteran's Day, no school
November 13	PTSA meeting, college planning speaker, 7pm, Commons
November 14	Senior meeting, cap & gown order
November 14-16	Juanita Drama <i>She Kills Monsters</i> Performing Arts Center, 7:30pm
November 21-23	Juanita Drama <i>She Kills Monsters</i> Performing Arts Center, 7:30pm

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**Please Contribute to Pass the Hat Fundraiser**



## Fear Free Practice SAT and ACT Tests

The Juanita High School PTSA and The Princeton Review have partnered to provide the opportunity for students to take a "Fear Free" practice SAT and/or ACT tests on 4 Saturdays this school year. Scores are not reported to anyone other than the student. Students will receive their test results via email and will return for a Test Review session about 1½ weeks after the test.

The last ACT practice test is on January 18; the SAT practice tests are on November 9 and March 21. Sign up on the PTSA website, or email Sara Carroll at [jhscollegeoutreach@gmail.com](mailto:jhscollegeoutreach@gmail.com), if you can't sign up online. More information can be found at the [JHS PTSA Fear Free webpage](#)

## From our PTSA Legislative Representative

Legislative Assembly Input Opportunity: PTSA Legislative Reps are participating in a statewide Legislative Assembly on October 26-27. PTSA members have the opportunity to give input on the Washington State PTA's priorities for the upcoming Legislative session. You can find more information here:

<https://www.wastatepta.org/wp-content/uploads/2019/09/2019-Legislative-Assembly-Voter-Guide-FINAL.pdf>

and can print and fill out a survey with your thoughts:

<https://www.wastatepta.org/wp-content/uploads/2019/09/2019-WSPTA-Legislative-Principles-Issues-and-Resolutions-Survey-FINAL.pdf>

or just email your feedback to [kdorwin@gmail.com](mailto:kdorwin@gmail.com).

## Rebel Care - Donation Items Needed

The Counseling Office is requesting a few things to help students in need. They would really appreciate the following donations to help students succeed at school:

- \*school backpacks
- \*fruit cup snacks
- \*beef jerkey (snack size packets)
- \*sandwich peanut butter crackers

Please drop donations off at the Main Office or at the Counseling Office, clearly marked as "donation."

Thank you from the Rebel Care Committee Questions? [vosslers66@gmail.com](mailto:vosslers66@gmail.com)

## Reflections Art Contest is Here!

 NATIONAL PTA®  
**REFLECTIONS®**  
**LOOK WITHIN**



Reflections is a local, state, and national PTA creative arts competition.  
The theme this year is "Look Within."  
Submit your photo, video, story, music, dance, or visual art related to that theme.

The contest rules are important!  
Use this entry form: <http://jhsptsa.com/Page/Reflections/Reflections>  
**Deadline to enter is October 25** to the Student Counseling Center.

[lynetteapley@hotmail.com](mailto:lynetteapley@hotmail.com)  
text 425-785-3572  
Reflections Chair

## **Juanita Drama Opens the New Performing Arts Center with SHE KILLS MONSTERS**

Agnes is an average teenager growing up in the 1990's. Her sister, Tilly, is anything but average. When Tilly dies in a car accident, Agnes finds Tilly's Dungeons & Dragons notebook, and stumbles into a journey of discovery and action-packed adventure in the imaginary world that was Tilly's refuge. How

does Tilly deal with the bullying and pressure of her young life? She creates a world where the bullies and monsters are defeated!

In this high-octane dramatic comedy complete with a demon queen, dark elf, homicidal fairy, D&D monsters, and 90s pop culture, acclaimed playwright Qui Nguyen offers a heart-pounding homage to the geek and warrior within us all. "

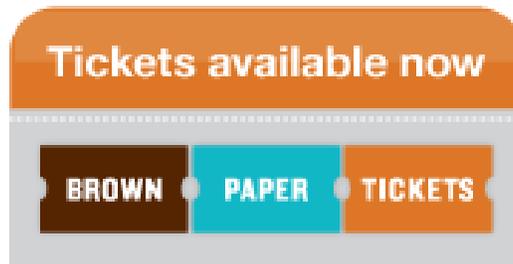
**A heart-warming tale of girl power, geek power, and learning to be and love exactly who you are." Chicago Tribune**

The play is for 12+ and includes mature themes, including bullying, and gender identity. *She Kills Monsters* quickly made it into the top 10 play choices for High School productions across the country in 2018-2019, and has received awards and praise for its message about inclusion. Juanita High School Drama is proud to bring *She Kills Monsters* to the Juanita Community.

90 minutes, no intermission, 12+ for mature themes

**"It will slash and shapeshift its way into your heart."  
The New York Times**

Tickets ONLINE with Brown Paper Tickets! Click here:



A promotional poster for the play "She Kills Monsters". The background is a dark, dramatic scene with a large, scaly dragon-like creature. Text on the poster includes: "Juanita Drama Presents Qui Nguyen's Epic Tale", "Nov 14, 15, 16 &amp; 21, 22, 23 '19 at 7:30pm", "Directed by Elizabeth McMurray-Hawk, Student Assistants Elizabeth Shirakian, Kiara Welsh", "Ages 12+", "Tickets online and at the door", "Juanita High School Performing Arts Center", and "For more information visit juanitadrama.org". There are also two quotes from The New York Times and Chicago Tribune, and a "BROWN PAPER TICKETS" logo with a price of "\$10/\$15".

From the College and Career Center



College and Military Visits are continuing through November.

**COLLEGE FAIR** - November 7th - Over 85 colleges, military, and post-secondary opportunities will be represented!

**VOLUNTEER & JOB FAIR** - November 21st - During Home Room. Come and talk with representatives from the community and find out how you can get connected through a job or volunteer opportunity!

For details, visit the CCC or [Power School Learning](#).

Kendra Phillips  
College & Career Specialist  
Juanita High School  
425-936-1615

[kephillips@lwsd.org](mailto:kephillips@lwsd.org)

Follow us on Instagram: @jhscollegecareercenter

**SAVE THE**

**KIRKLAND COLLEGE FAIR**  
**NOVEMBER 7, 2019**  
.....

**5:30 - 6:15**  
**COLLEGE ADMISSIONS**  
**PRESENTATION**

**6:30 - 8 PM**  
**COLLEGE FAIR**

**DATE**

Juanita High School

Lake Washington High School



## 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.

### 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.

### November 5th is the end of first quarter

Stay up to date with your student's grades, attendance and academic calendar by signing into [Skyward](#) and [PowerSchool](#) regularly. Don't have an account? Register [here](#).

### 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 longer and can cause significant impairment in social, occupational, and other areas of functioning if not managed.

#### 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.psychom.net/stress-vs-anxiety-difference>

### 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 [2019-2020 application deadlines and links to colleges](#) in the State of Washington and around the country.
- 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 the 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 Ms. Shay 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 go to the College Board (SAT) and ACT Student (ACT) websites to send colleges your official test score 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.

## 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 the [College Board](#) and [ACT](#) websites 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	ACT test dates	Register by	Late registration
		<i>(late fee required)</i>			<i>(late fee required)</i>
11/2	10/3	10/22 for registrations made by phone or online <a href="#">Register</a>	12/14	11/8	11/22 <a href="#">Register</a>
12/7 <a href="#">Register</a>	11/8	11/26 for registrations made by phone or online <a href="#">Register</a>	2/8 <a href="#">Register</a>	1/10 <a href="#">Register</a>	1/17 <a href="#">Register</a>
3/14 <a href="#">Register</a>	2/14	3/3 for registrations made by phone or online	4/4 <a href="#">Register</a>	2/28 <a href="#">Register</a>	3/13 <a href="#">Register</a>
5/2	4/3	4/21	6/13	5/8	5/22
6/6	5/8	5/27	7/18	6/19	6/26

## 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.



### Green Tips from the PTSA Sustainability Committee

Did you know that the average person throws away 70 pounds of textiles every year?!? 95% of those clothes/shoes/linens could have been reused or recycled.

Even torn, stained textiles can be recycled through a program called Threadcycle. Take all textiles to Goodwill or Value Village. Waste Management will even pick up a bag of textiles at the curbside with advance notice.



Thank you from the PTSA Sustainability Committee



## 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 hours' 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](mailto:jen_mahan@hotmail.com)



**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 1300 students from 100+ schools come through our doors annually. You **pay-what-you-can** for any Seattle JazzED program, with free instrument loan assistance.

### **Seattle JazzED COLLEGE SUMMIT + AUDITION WORKSHOP - SATURDAY, OCT 26**

Professional musician, college professor, and one of the most sought-after teachers and performers in the Northwest, Jim Sisko will demystify the college audition experience for you. 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 national & local universities and music conservatories attending at [seattlejazzed.org/college-summit/](http://seattlejazzed.org/college-summit/)

### **Seattle JazzED ENSEMBLE PLACEMENTS - SAT, NOV 16 & SUN, NOV 17**

Play and perform under legendary local educators like Clarence Acox, Wayne Horvitz, and Deb Schaaf, alongside dedicated students from all over the Seattle-region. Opportunity for jazz musicians, singers, string players, and even drumline! The top two jazz ensembles travel to NYC in the spring. Ensembles rehearse January through May 2020, 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 16 or Nov 17) and get more information at [seattlejazzed.org/ensembles/](http://seattlejazzed.org/ensembles/) or call 206-324-JAZZ (5299).

### **NINA SIMONE VOCAL ENSEMBLE PLACEMENTS - SATURDAY, NOV 16**

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. Directed by Shaina Shepherd, this soulful group uses harmony to explore American roots music. Grades 7-12. Sliding scale tuition. Rehearse Jan-May 2020. More info at [seattlejazzed.org/vocal-ensemble](http://seattlejazzed.org/vocal-ensemble)

**JAZZED DRUMLINE PLACEMENTS - SATURDAY, NOV 16**

Have drumming experience? Be part of building a groove-based drumline on brand new Yamaha drums with director Tony Sodano (Seahawks Blue Thunder Drumline). FUN is the operative word. We'll be making the crowd move! Grades 7-12. Sliding scale tuition. Rehearse Jan-May 2020. More info at [seattlejazzed.org/drumline](http://seattlejazzed.org/drumline)

Britt Madsen (she/her/hers)

Deputy Director, Seattle JazzED

206.324.JAZZ [5299]

[Serious Jazz. Serious Fun.](#)

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[Forward this email](#)

STAY CONNECTED

