



# The Town Crier

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## JHS NEWS

September 2020

### Important Dates

Sept 21	Healthy Youth Development for Parents- Counseling Series
Sept 23	LWSD New Families welcome event
Sept 23	PTSA General Meeting
Oct 23	Relections Art Program - last day to register
Oct 26	Last day to register to vote in the U.S. general election and update your voter information online.

[JHS Website](#)

[JHS PTSA Facebook](#)

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### In This Issue

[Important Dates](#)

[PTSA President's Message](#)

[New Families Welcome Events](#)

[PTSA Meetings and Information](#)

[Nutrition Resources](#)

[From the Counseling Office](#)

[College Information](#)

[Reflections Art Program](#)

[PTSA Membership Role](#)

[Earn Money for JHS](#)

[Green Tips](#)

[Register to Vote Online](#)

[Emergency Preparedness](#)

### A Message from Kristen Dorwin, PTSA President

Welcome to the 2020-2021 school year! Much like our students, the JHS PTSA is working to adapt to conducting our work in a remote environment. We appreciate your patience as we continue to pivot how we operate.

The JHS PTSA continues to prioritize our mission of supporting students and families and being a resource for our community. All parents/guardians are invited to join the [PTSA](#). Our first PTSA General Meeting is on Wednesday, September 23rd from 7-9 pm via [GotoMeeting](#). Dial-in option: +1 (872) 240-3212, Access Code: 160-470-701.

As your new PTSA President, I plan to focus and lead our efforts on issues that matter the most to our families, and to support efforts on diversity and inclusion. I know the pandemic and remote learning are creating unique challenges. Please take a minute to fill out this brief [Survey](#) to let us know how things are going in your household. These results will help inform us on how we can work with the school to better support you and our school community.

Thank you,

Kristen Dorwin  
JHS PTSA President

### LWSD New Family Welcome Event

Have you just moved to the United States? Are you new to the Pacific Northwest or to Lake Washington School District? Lake Washington PTSA (LWPTSA) Council, in partnership with Lake Washington School District, welcomes you to the community! We proudly support the [New International Families](#) events, and they include flyers in Chinese, Portuguese, Russian, Spanish, and Vietnamese.

Families and guardians are invited to these free welcome events to learn about:

- Navigating the LWSD school system
- Resources and support available from the district
- PTSA and how to get be involved
- Relocation challenges
- How to support students through transition.

This year we will hold two shorter online sessions on September 16 and September 23. Live captions for both sessions will be available in Chinese, Hindi, Portuguese, Russian, Spanish and Vietnamese.

PART 1: WEDNESDAY, SEPTEMBER 16, 4:00-6:00pm  
Topics: Social, Emotional & Community Support for Students & Families  
Join Microsoft Teams Live Event here: [Session 1](#)

PART 2: WEDNESDAY, SEPTEMBER 23, 4:00-6:00pm  
Topics: Navigating the School System: Academics in LWSD  
Join Microsoft Teams Live Event here: [Session 2](#)

## JHS PTSA Meetings 2020-2021

### General Meetings:

- September 23, 2020 7:00 PM [GoToMeeting link](#)
- November 18, 7:00 PM [GoToMeeting link](#)
- January 20, 2021 7:00 PM [GoToMeeting link](#)
- March 24, 7:00 PM [GoToMeeting](#)
- May 19, 7:00 PM [GoToMeeting Link](#)
- June 9, 7:00 PM [GoToMeeting Link](#)

### Board Meetings:

- October 21, 2020 7:00 PM
- December 9, 2020 7:00 PM
- February 24, 2021 7:00 PM
- April 21, 2021 7:00 PM

## Nutrition Resources

1. LWSD received approval to provide free breakfast/lunch to all students who are interested, for all five days of the week. You can pre-order on the website at [PreOrder](#). Pick up locations are at Finn Hill M.S. and Kamiakin M.S. Delivery options include Juanita Trace and Kirkland Heights apartments.
2. \* ChurchHOME is providing boxes of groceries on Fridays between 2-5pm at their location on Rose Hill.9051 132nd Ave NE, Kirkland.  
Kirkland. <https://churchome.org/coronavirus>  
Upcoming dates: 9/23, 10/9, 10/23
- 3.\* Kirkland Food Hotline - The Call Center staff at Sound Generations will ask a few questions about the caller's situation to connect them with needed services. The only requirement to receive assistance with food is to be a Kirkland resident. #425-207-4777
- 4.\* [Hopelink Kirkland](#)  
11011 120th Ave NE 425-889-7880  
Prepackaged box of food - approx. 21 meals.  
Hours of service:
  - Tuesdays 12-4pm
  - Wednesdays 3-7pm
  - Thursdays 10am - 2pm

\* **LWSD and JHS are not affiliated with these organizations.**



## Counseling Office

Dear Parents and Guardians:

We would like to take this opportunity to welcome our new and returning students, and to introduce ourselves to the new Juanita High School families. We look forward to working closely with your student and making every effort to ensure your student receives as much assistance as possible during these challenging times. Below is a directory of the counseling office staff. Although Counselors are assigned based on your student's last name, please check their assigned counselor on Skyward. The name of their counselor appears as period 10, Grad. Standards.

<p>Jen Hamilton Counseling Secretary/Registrar (425) 936-1680 jhamilton@lwsd.org</p>	<p>Stefa Chow, Counselor Students A - De (425) 936-1611 stchow@lwsd.org</p>	<p>Angie Kilkenny, Counselor Students Dg - Ke (425) 936-1612 akilkenny@lwsd.org</p>
<p>Michelle Bainter, Counselor Students Kh - N (425) 936-1630 mbainter@lwsd.org</p> <p>Margaret Campbell, Counselor High School and Beyond (425) 936-1621 mccampbell@lwsd.org</p> <p>Leann Johnson Data Processor (425) 936-1605 lejohnson@lwsd.org</p>	<p>Christina Hunsberger, Counselor Students O - St (425) 936-1613 chunsberger@<a href="mailto:chunsberger@lwsd.org">lwsd.org</a></p> <p>Peggy Shay Scholarship Coordinator (425) 936-1616 pshay@lwsd.org</p>	<p>Inés Bergman, Counselor Students Su - Z and Spanish Speaking families (425) 936-1614 ibergman@lwsd.org</p> <p>Kendra Rodland Career Specialist (425) 936-1615 jjohnson@lwsd.org</p>

In an effort to meet the needs of all students, the Counseling Department stands ready to assist your student in dealing with a wide range of needs, including academics, career exploration, social/emotional development, and college admission. The best way to reach us is via email. Answers to the most commonly asked questions from counselors can be found on our [website](#).

As we approach college application season, we are updating procedures to make them more efficient. Please check our website for an updated [Letter of Recommendation](#) process, and visit the College and Career Center for updated information on scholarships, financial aid information, presentations, and college and career events.

### **National Suicide Prevention Awareness Month**

Suicide is the second leading cause of death for ages 10-24, as well as one of the leading causes of preventable death in our country. During this month, individuals and organizations are drawing attention to the problem of suicide and advocating the prevention of this tragedy. The pandemic has added enormous levels of stress and anxiety to our lives and taking care of our mental health during these times is especially important. Our school is doubling its efforts to support students and staff with emotional and social learning and resources. Counselors can meet with students via Teams, and during Homerooms students will have access to Social-Emotional learning lessons. Hanna Harrison, our Evergreen Social Worker, is available for virtual private counseling sessions and connection to community resources via Microsoft Teams and Evergreen's secure video chat. Please let your student's counselor know you want to connect with Hannah and she'll make the referral, or contact her directly at [c-harrison@lwsd.org](mailto:c-harrison@lwsd.org). In addition, there is an extensive series of group sessions offered through our partnership with Evergreen Hospital to support students and adults. Here is the current [List of Group Sessions](#).

### **PSAT**

October is the traditional month when students take the PSAT, but due to the current circumstances the College Board is offering alternative test days and a new test day in January. **We will not be able to offer the October 14, 2020 test this year**, but discussions are occurring right now about the possibility of administering the test at a later date if conditions permit. Please stay tuned.

### **Juanita Cares Committee**

The PTSA Juanita Cares Committee works closely with the JHS Counseling Dept. to support students and families in need of assistance. **This is one of the many ways your donations to the PTSA impact students.** Thank you for supporting PTSA. If you or your student know of a JHS family or student who could use support during these challenging times, please have them reach out to the Counseling Dept.

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### **College Information**

'Live Wednesdays' provide students opportunities to connect with college admissions counselors. [Click](#) on the date to join these live events via Microsoft Teams.

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## I Matter Because...

The Reflections Art Program and competition is happening! The Reflections Program is a National PTA cultural arts competition with a purpose to provide an opportunity for students to use their creative talents by expressing themselves through their own original works. This year's theme is "I Matter Because..." Information about how to enter your creative work can be found [here](#).



## Want to Make a Difference?

We are looking for someone to lead our Membership, an essential PTSA role. The majority of your volunteer time is done on your own schedule via online. This position entails visits to the school to check the PTSA box in the office and to deliver checks to the Treasurer for deposit. Training is available, and this role is needed ASAP. The PTSA will be voting on candidates at the Sept 23 general meeting. For questions or additional information, please contact Susan Vossler at [vosslers66@gmail.com](mailto:vosslers66@gmail.com). Thank you for considering to be a part of the PTSA Board.

## Your Shopping Rewards can benefit JHS PTSA!

Did you know PTSA programs are supported by members, volunteers and donations? Please support PTSA programs by setting up your **Fred Meyer Rewards card** to donate to JHS PTSA through their Community Rewards program.

It's easy to set-up and does not cost anything. You shop, the company donates to PTSA, and you get to feel good about giving! Here's how you do it...

1. Sign into your account at [Fred Meyer Website](#)
2. Go to the Community Rewards section
3. Enter "Juanita High School PTSA" or "JWO73"
4. Click Save and you're done!

For more information, Fred Meyer has a frequently asked questions page at: [FAQ Fred Meyer](#). Thank you for your support.

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Sign into your Amazon account under "Your Account"

1. Change your Amazon Smile Charity to Juanita High School PTSA (Tacoma is parent organization)
2. **Bookmark [Smile.Amazon.com](https://smile.amazon.com)**. For your charity to receive donations, please shop at [smile.amazon.com](https://smile.amazon.com).

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## Our Environment

The PTSA Sustainability Committee welcomes new and returning JHS families! Our committee communicates monthly green tips on how we can collectively improve the health of our environment. JHS is proud to be a **Level One King County Green School**.

Did you know the City of Kirkland offers [Recycling events](#) throughout the fall for many items that cannot be recycled curbside? We thank you for recycling and helping to decrease our landfill.



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## Your Vote, Your Voice!

The general election is quickly approaching on Tues, November 3. Are you registered to vote? Is your student, if 18 years old, registered to vote? Do you need to update an address? No problem. You can make changes [online](#) or via your phone.





## Emergency Preparedness

### TIP #1: Emergency Contacts - Not just for medical issues

Although school is still remote due to the pandemic, we must be prepared for when school eventually opens up for students. Parents/Guardians have a network of people in case their student has a medical issue, but please think about who you would consider for a district wide emergency, i.e. early release snow day, earthquake.

SUGGESTION: Give your school a longer list of emergency contacts for District wide emergencies. For example, neighbors and parents of school friends. Be sure your contacts know how to reach you (phone/text/email).

### TIP #2: District wide student release procedures

Our District policy is to release your student only to persons you have listed as an emergency contact (See Tip #1). However, the reality is that high school students, particularly those with cars, are likely to self-evacuate and simply leave school campus. The school does its best to educate students that the procedures are there to protect them. SUGGESTION: Please help educate your student that if they simply cannot wait to be properly released, you want to know when they left the school, where they plan to go, and to communication to school personnel of their plans.

[Forward this email](#)

STAY CONNECTED



Juanita High School PTSA, 10601 132nd Street, Kirkland, WA 98034

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