



# **FAMILY BULLETIN #3.6**

October 6, 2019

[www.nsd.org/northcreek](http://www.nsd.org/northcreek)  
[northcreekpta.com/](http://northcreekpta.com/)

Running Calendar (please note - this is the best info we have but dates do change on occasion)

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
6	7 *Wear <b>BLUE</b> to school for National Bullying Prevention Month	8 *Principal Coffee - 7 AM (Main Office)	9 *Block Day (2,4,6)	10 *Block Day (1,3,5,7)	11 *Jag of the Month Breakfast (7 AM) *Homecoming Assembly *Theater Department Show (7 PM)	12 *Theater Department Show (7 PM)
13	14	15	16 *Senior Pancake Breakfast! *PSAT Day (Special Schedule)	17 *Regular 1-7 Day (no blocks) *Picture Re-take Day *Homecoming Community Dinner @ 6:30 PM	18	19 *Homecoming Dance (8-11)
20	21	22	23 *Block Day (2,4,6)	24 *Block Day (1,3,5,7)	25	26
27	28	29	30 *Block Day (2,4,6)	31 *Block Day (1,3,5,7)	November 1	2

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## ACTION ITEMS

### 1. Senior Portrait Deadline Fast Approaching - **October 25, 2019**

The deadline for receipt of senior portrait photos for the yearbook (those not taken by Dorian) is Friday, October 25, 2019.

Submission requirements are listed on the North Creek website: <https://northcreek.nsd.org/activities/class-of-2020> (look on the left navigation bar for Yearbook Photos and Yearbook Senior Ads). Families must follow the quality and sizing guidelines which are given to us by our printing company.



### 2) Coffee with the Principal!

Have you ever wanted to have coffee with the Principal (ok - don't groan). I welcome all our families to meet me on October 8 at 7 AM in the Main Office. This is a very informal time to have coffee, talk, ask questions and make connections in our community. Our Family Liaison, Mayala Martinez will be there too and Mayala's job is to connect all our families!

Future Principal Coffees will be on November 5 and December 10 (dates after Winter Break TBD).

### 3) Food Deliveries to Students = Sorry.....

While having Uber-eats or Grub-hub deliver food to your student on campus might seem like a cool idea, those random adults (who are not background checked) pose a safety risk to all our students and staff. Please know that having food delivered **is against NCHS rules** (and is found on page 22 of the Student Handbook). Thanks in advance for helping us keep our 61-acre campus as safe and secure as possible!

### 4) National PSAT Wednesday Plans - October 16

High schools across the country, including all 4 Northshore comprehensive high schools, will be giving the PSAT on Wednesday October 16. This will mean a all students have a different schedule for October 16 than usual. Details are below:

#### 10th and 11th Graders

- Almost all 10th and 11th graders in Northshore take the PSAT
- Very few "opt out" and those receiving Special Education services have alternate plans (for the most part - a few of our kids receiving Special Education services do take the PSAT)

#### 9th Graders

- Some 9th graders elect to take the test even though it is not designed for 9th graders
- The overwhelming majority of 9th graders will have a 4-part experience on PSAT Day:
  - Part 1: An assembly on making every student feel welcome, valued and included (with guest presenter Erin Jones)
  - Part 2: How to stay "cyber safe" in this age of digital media
  - Part 3: How to stay healthy in this age of teen vaping and drug use
  - Part 4: How to stay academically honest (a session on how to avoid plagiarism etc.)

## **12th Graders**

- This is a special day for Seniors! They have many fun (and some mandatory) events to attend
- We start off with a special “Seniors Only” Pancake Breakfast for the seniors cooked by staff and parents!!!
- It’s followed by a **mandatory Senior Class Meeting** where seniors will work with Jostens to design their **Graduation Announcements** and determine what their **Commencement Tassel** looks like
- That is followed by a **mandatory session with Counselors** so that all seniors complete the State Graduation Requirement of finishing their **High School and Beyond Plan**
- After these sessions, seniors will review the Senior Timeline and will participate in the 1st Annual (the 1st ever) **Commitment to Graduate Assembly**
- Once the assembly ends, Seniors will head off to lunch and then Advisory to finish out the early release Wednesday
- If your Senior is in Running Start or WaNIC, please alert them to this day and check to see if they might be able to attend. If not, information will be available in the Counseling Center for Running Start students (who still have to do a High School and Beyond plan).

## **5) October is National Bullying Prevention Month**

While the month of October is well underway, I wanted to remind everyone that October is National Bullying Prevention Month. This is a time where we must all work together to shed light on a topic that may be uncomfortable for some. It is reported that when bystanders intervene, bullying stops in 10 seconds a majority of the time. Here are some upcoming events at NCHS:

- Week of October 7th “World Day of Bullying Prevention”
  - Wear Blue to Support the Cause
  - Make Friends with Someone You Don't Know at School
  - Challenge Others to Be Kind
- Week of October 14th STAND UP for Others Week
  - STAND UP to bullying
  - Create Positive Messages to Hand out at School
  - Celebrate Differences and Similarities
- Week of October 21st Week of Inclusion
  - Continue to Encourage Inclusive Activities Throughout the School Day (especially during lunch)
  - Introduce Yourself to a Student Whom you Have Never Met before
- Week of October 28th Start the Week with Conversations Amongst Your Peers
  - Discuss How We Can Create and/or Change the Culture at School to decrease any instance of bullying

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## **NEWS and INFORMATION**

### **1) Did you know that the SafeSchools Tipline also allows you to send Kudos to any Staff Member?**

Click [HERE](#) to access the SafeSchools Tipline and please use this for either alerts or for kudos!

## 2) This Week's PTSA Newsletter

Click [HERE](#) for the latest PTSA newsletter!

## 3) Picture Retake Day is Coming

Retake day for North Creek High School is quickly approaching. If we did not see you on picture day or you would like a new image, Dorian Studio will be taking pictures on 10/17/2019. Do not miss out on ordering pictures of your student. Click [HERE](#) for more information.

## 4) Fall Sports Results - So Far....

- Boys Football: 3-1-1
- Boys Golf: 4-4
- Boys Tennis: 1-6
- Boys X-Country: 0-3
- Girls Soccer: 2-3-1
- Girls Swim & Dive: 0-4
- Girls Volleyball: 6-2
- Girls X-Country: 0-3



## 5) Did you miss 9th Grade Parent University?

While 125 parents attended, I know that some of you could not. Here are resources provided at that event that you might find valuable!

### **Slide Deck from the Presentation**

- Click [HERE](#)

### **Recommended Reading**

- Covey, Sean. *The 7 Habits of Highly Effective Teens*. Fireside, 1998.
- Faber, Adele & Mazlish, Elaine. *How to Talk So Kids Will Listen & Listen So Kids Will Talk*.
  - Simon and Schuster, 2012.
- Lythcott-Haims, Julie. *How to Raise an Adult*. St. Martin's Griffin, 2015. (Also a TED Talk!)
- Siegel M.D., Daniel J. *The Whole-Brain Child*. Bantam Books, 2012.

### **Social Media and Technology Resources**

- Children and Media Tips from the American Academy of Pediatrics  
<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Children-and-Media-Tips.aspx>
- Parental Control App  
<https://ourpact.com/>
- Take Control. Centre for Humane Technology  
<https://humanetech.com/resources/take-control/>
- Digital Guidelines: Promoting Health Technology Use for Children  
<https://www.apa.org/helpcenter/digital-guidelines>

## 6) Homecoming Community Dinner Volunteers Needed

The 2nd Annual Homecoming Community Dinner is on Thursday October 17 @ 6:30 PM. This event is for all Jaguar families (parents, guardians, grandparents, siblings, etc.). At this dinner, families share food and make connections in an informal setting at North Creek. Last year, we had a couple hundred community members come to the 1st Homecoming Community Dinner. This year, let's shoot for 500 community members coming to the 2nd Annual Homecoming Community Dinner!

We need family volunteers in order to make this community dinner a reality. Please use the link below to sign up for a volunteer shift.

→ <https://www.signupgenius.com/go/8050A4FA8AB2DA2F49-community>



## 7) Veteran's Day Assembly Request from the NCHS ASB Students:

Veteran's Day is coming up soon and ASB would like to include photos of Veterans from our NCHS school community. We are looking for pictures of family members, including the military branch rank (if known), and when they served. All of this information can be sent to [northcreekasb@gmail.com](mailto:northcreekasb@gmail.com) and must be submitted by November 1st to be included in the Veterans Day assembly!

Thank you!,  
North Creek ASB Veteran's Day Committee

## 8) Important Info from NCHS Nurse Jean

If your student is ill and needs to go home, they must visit the nurse in room 1149 to be signed out with parent permission. Please do not call the attendance line to release your ill student. Your student must sign out through the nurse in the health room. This information will then be shared with our attendance secretary at the end of each day. If you have any questions, please contact NCHS nurse Jean Christensen at 425-408-8806.

## 9) JAG NIGHT 2020

From Jen Loftus - Parent Coordinator of JAG NIGHT 2020:

JAG NIGHT 2020 is looking for volunteers to help plan the Fun and Safe All Night party for each and every student in the Senior Class of 2020. After a huge success with last year's party, we are excited to carry on this tradition!! Text 206-227-5050 to be a part of the planning committee!!



### 10) Parent Volunteers NEEDED for Senior Pancake Breakfast

On October 16, we are offering our Seniors a special pancake breakfast (more details about the day to come). We need parent volunteers to help with actually grilling the pancakes and helping us provide the toppings (syrup, whipped cream, strawberries, blueberries, etc.). If you have a pancake griddle and want to help, please **use this link**

**(<https://www.signupgenius.com/go/70a0e49acae2e5-senior>) to sign up!!** This will be a very fun event - and only goes from 7:30 to 8:30 - so not a huge commitment.

### 11) College Visits to North Creek

One resource that can really help students in their journey to find the right "fit" for college is attending a college visit right here on campus. These visits are open to all grades, but are most beneficial to 11th and 12th graders. Students need to sign up for a college visit on Naviance, and it must be approved by their teacher (tests, quizzes, presentations, etc. come before attending a college visit). **There are at least 26 different colleges visiting North Creek in October alone!!!**

For more information, check this page on the NCHS website regularly:

<https://northcreek.nsd.org/counseling/college-readiness/college-visits>

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### READINGS & OTHER INTERESTING MEDIA

1. [North Creek scoops up victory over Inglemoor](#)
2. [Reaching for success on the soccer pitch](#)
3. [Instagram Now Lets You Control Your Bully's Comments](#)

## ATHLETICS CALENDAR

All Athletics Schedules and Locations can be found on [www.kingcoathletics.com](http://www.kingcoathletics.com) Here are our athletic games for this week. Some athletes will need to leave class early. Please note "Dismiss" times below for our awesome Jaguar sports teams.

Time	Sport	Level	Home	Visitor	Location	Dismiss	Depart
<b>Monday, October 7, 2019</b>							
3:15 pm	Boys Golf	Varsity	Bothell	North Creek	Mill Creek Country Club		
5:15 pm	Volleyball	Junior Varsity	Redmond	North Creek	Redmond High School		4:00 PM
5:15 pm	Volleyball	C-Team	Redmond	North Creek	Redmond High School		4:00 PM
6:00 pm	Girls Soccer	C-Team	North Creek	Lake Washington	North Creek High School		
7:00 pm	Volleyball	Varsity	Redmond	North Creek	Redmond High School		4:00 PM
<b>Tuesday, October 8, 2019</b>							
3:00 pm	Girls Swim	Varsity	Bothell	North Creek	Juanita Aquatics Center	1:25 PM	1:40 PM
3:45 pm	Boys Tennis	Varsity	North Creek	Woodinville	North Creek High School		
3:45 pm	Boys Tennis	Junior Varsity	Woodinville	North Creek	Woodinville High School		3:00 PM
5:30 pm	Girls Soccer	Junior Varsity	Issaquah	North Creek	Issaquah High School		4:00 PM
7:30 pm	Girls Soccer	Varsity	Issaquah	North Creek	Issaquah High School		4:00 PM
<b>Wednesday, October 9, 2019</b>							
4:00 pm	Boys Cross Country	Varsity	Mount Si	(4) Bothell...	South Fork	1:45 PM	2:00 PM
4:00 pm	Girls Cross Country	Varsity	Mount Si	(4) Bothell...		1:45 PM	2:00 PM
4:00 pm	Girls Soccer	C-Team	North Creek	Redmond	North Creek High School		
5:15 pm	Volleyball	Junior Varsity	North Creek	Bothell	North Creek High School		
5:15 pm	Volleyball	C-Team	North Creek	Bothell	North Creek High School		
6:00 pm	Girls Soccer	Junior Varsity	North Creek	Edmonds-Woodway	North Creek High School		
6:30 pm	Football	C-Team	Woodinville	North Creek	Woodinville High School		4:30 PM
7:00 pm	Volleyball	Varsity	North Creek	Bothell	North Creek High School		
<b>Thursday, October 10, 2019</b>							
3:00 pm	Boys Golf	Varsity	Redmond	North Creek	Bear Creek Country Club	1:15 PM	1:30 PM
3:30 pm	Boys Tennis	Junior Varsity	Bothell	North Creek	Northshore		3:00 PM
3:45 pm	Boys Tennis	Varsity	North Creek	Bothell	North Creek High School		
<b>Friday, October 11, 2019</b>							
7:00 pm	Football	Varsity	Redmond	North Creek	Redmond High School		4:30 PM
<b>Saturday, October 12, 2019</b>							
8:00 am	Volleyball	C-Team	Bothell	(14) -...	Bothell High School		6:45 PM
1:30 pm	Girls Swim	Varsity	Juanita	(16) Bellevue...	Juanita High School		



*Go, Jaguars!*