



FAMILY BULLETIN #3.3

September 15, 2019

www.nsd.org/northcreek

northcreekpts.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
15	16	17	18 *Block Day (2,4,6)	19 *Block Day (1,3,5,7)	20	21
22	23	24	25 *Block Day (2,4,6) *Senior Class Photo during Tutorial	26 *Block Day (1,3,5,7) *Curriculum Night/Open House @ 6 PM	27	28
29	30 *HC Tickets go on sale	October 1	2 *Block Day (2,4,6)	3 *Block Day (1,3,5,7)	4	5
6	7	8 *Principal Coffee - 7 AM (Main Office)	9 *Block Day (2,4,6)	10 *Block Day (1,3,5,7)	11	12

ACTION ITEMS

1. Curriculum Night / Open House (Mark Your Calendars)!

Our annual Curriculum Night / Open House is **Thursday September 26 from 6:00 PM to 8:45 PM**. This is a great opportunity to get to meet each and every one of your student's teachers and to learn a little bit about what your child experiences in class each day.

Please remember, with 1700+ students at NCHS, we won't remotely have enough parking (no high school in America has a parking lot large enough to accommodate all their families), so please consider walking if you live close by and carpooling if you live in a neighborhood with other Jaguar families. Overflow parking will be available at Fernwood Elementary (about a 3-block walk from NCHS).

2. Driving Your Student to School

If you drive your teen to school, please use the **SOUTH Lot for drop off and the SOUTH Lot ONLY** (off of 191st near the Main Office). The North Lot (off of 188th near Building 3 and the football field) is for student parking ONLY and is not a drop off site for parents. Extra parent cars in the North Lot just causes students who drive themselves to be late to school.

Thank you in advance for using the **SOUTH Lot ONLY** for student drop off. For more information, visit our website: <https://northcreek.nsd.org/our-school/parking-transportation>.

NEWS and INFORMATION

1) Homecoming is right around the corner!

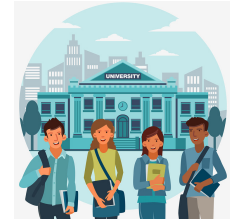
Homecoming is a great time for your student and family to connect and reconnect with others in our Jaguar community. There are several events in which all Jaguars can participate:

- ★ **Homecoming Community Dinner on Thursday October 17 @ 6 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!
- ★ **Homecoming Football Game on Friday October 18 @ 7 PM** - this event, like the Community Dinner, is for everyone in our community. Even if you don't love watching football, we all like seeing our friends and acquaintances in the community and this is a great event to do just that. Let's "Pack the Pop" for Homecoming and show our support of the Jaguar community!
- ★ **Homecoming Dance/Social on Saturday October 19 @ 8 PM** - this event, for the students, is a wonderful time for them to socialize and have fun in a safe, supervised location. While there is dancing and a DJ at the Homecoming Dance, there is also a non-dancing, more quiet space for students who want to socialize and see their friends, but who aren't so much into loud music or dancing. While lots of kids do dance, lots of kids hang out in the **non-dancing area** and play Jenga, take photos, play other games (like ping-pong) and generally just talk with their friends. Even if your student isn't a dancer or doesn't like loud music, all Jaguars are welcome at Homecoming! Last year, we had more than 800 kids at the Homecoming Dance! Let's shoot for 1,000 this year!

2) Senior Family Information Night

We invite all families of the Class of 2020 to an information night on **Monday October 28 @ 6:30 PM** in the Commons in Building 3. At this informational event, you will learn about:

- The Senior Timeline
- Commencement 2020 information
- Final week information
- Prom information
- College visit information
- Transcript information
- Etc.



We do hope to see all our families of “way-too-soon-to-be-graduating seniors” at this event!

One note for all Senior families: any student who wishes to participate in the Commencement Ceremony must be at school on Friday June 12th for a mandatory graduation rehearsal (as well as the Senior Breakfast and Salute to Seniors Assembly). Please do NOT make appointments for that day or plan any vacations for that day. Again, any senior who wishes to participate in Commencement must be in attendance on June 12, 2020.

3) 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. Various colleges come to campus, usually in the fall, to offer students an inside look at their respective campuses. Admissions representatives explain things like what degree programs are offered, what life on campus is all about, what there is to do in the surrounding area and much more! 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).

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

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

For example, we have 5 colleges visiting this week including Johns Hopkins and the University of Arizona.

4) September is #NationalSuicidePreventionMonth

This week—and all month long—we join many groups in observing both #NationalSuicidePreventionWeek and #NationalSuicidePreventionMonth by sharing information about ways we can help to prevent suicide in our families, schools, and communities. We believe that everyone has a role to play in this effort.

If you know someone that is struggling emotionally and needs support, or if you need support yourself, the Suicide Prevention Lifeline is available 24/7, online at suicidepreventionlifeline.org or by phone at 1-800-273-8255.

- [6 Myths About Suicide that Every Educator and Parent Should Know](#)
- [Why Do Adolescents Attempt Suicide?](#)
- [Seize the Awkward](#)
- [Suicide Prevention Awareness Month: Social Toolkit for Advocates](#)

5) Principal Coffee!

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).

READINGS & OTHER INTERESTING MEDIA

Great news about some of our Jaguars!

1. [‘It’s just fireworks:’ North Creek lights its volleyball fuse](#)

I hate to keep sending these, but vaping is a health crisis for our kids that we all need to address. As you will read below, we have a case of the mysterious lung disease caused by vaping in King County. And you'll see that a teen is suing JUUL (a maker of e-cigarettes) because of what vaping did to his lungs.

The Healthy Youth Survey, administered to our Jaguars last year, showed that **50% of seniors had used a vape or e-cigarette at least weekly**. If 50% admitted to it on a survey, the number is probably higher. **The chances are your teen has tried vaping or is vaping.** We must act together and talk with our teens so that they, too, don't end up with lungs like a 70-year-olds (or worse).

2. [First case of vaping-related lung illness confirmed in King County](#)
3. [Teen sues vaping company JUUL after being left with “lungs like a 70-year-old”](#)
4. [E-Cigarettes: Talk to Youth About the Risks \(from the CDC\)](#)

Finally, for those of you who want your teen to wait a bit before they start dating, here's an interesting news report I think you'll like (I'm personally fine with the rule that teens shouldn't date until they are 25....).

5. [Teens who don't date may be more well-adjusted and less depressed, new study finds](#)

ATHLETICS CALENDAR

All Athletics Schedules and Locations can be found on 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
Monday, September 16, 2019							
2:45 pm	Boys Golf	Varsity	Newport	North Creek	Golf Club at Newcastle	1:00 PM	1:15 PM
5:45 pm	Volleyball	C-Team	North Creek	Kennedy Catholic	North Creek High School		
6:00 pm	Football	Junior Varsity	North Creek	North Kitsap	North Creek High School		
6:00 pm	Girls Soccer	C-Team	Inglemoor	North Creek	Inglemoor High School		4:45 PM
7:15 pm	Volleyball	Varsity	North Creek	Kennedy Catholic	North Creek High School		
Tuesday, September 17, 2019							
3:00 pm	Girls Swim	Varsity	Lake Washington	North Creek	Juanita Aquatics Center	1:35 PM	1:50 PM
3:45 pm	Boys Tennis	Varsity	North Creek	Mount Si	North Creek High School		
3:45 pm	Boys Tennis	Junior Varsity	Mount Si	North Creek	Mt. Si High School	1:55 PM	2:10 PM
5:30 pm	Girls Soccer	Junior Varsity	Newport	North Creek	Newport High School (Bellevue)		3:45 PM
7:30 pm	Girls Soccer	Varsity	Newport	North Creek	Newport High School (Bellevue)		3:45 PM
Wednesday, September 18, 2019							
4:00 pm	Boys Cross Country	Varsity	Redmond	North Creek	Hartman Park	2:10 PM	2:25 PM
4:00 pm	Girls Cross Country	Varsity	Redmond	North Creek	Hartman Park	2:10 PM	2:25 PM
5:15 pm	Volleyball	Junior Varsity	Mount Si	North Creek	Mt. Si High School		3:15 PM
5:15 pm	Volleyball	C-Team	Mount Si	North Creek	Mt. Si High School		3:15 PM
6:00 pm	Girls Soccer	C-Team	Lake Washington	North Creek	Lake Washington HS		
7:00 pm	Volleyball	Varsity	Mount Si	North Creek	Mt. Si High School		3:15 PM
Thursday, September 19, 2019							
3:15 pm	Boys Golf	Varsity	North Creek	Mount Si	Mill Creek Country Club	2:15 PM	
3:45 pm	Boys Tennis	Varsity	Eastlake	North Creek	Eastlake High School	2:10 PM	2:25 PM
4:00 pm	Boys Tennis	Junior Varsity	North Creek	Eastlake	North Creek High School		
5:00 pm	Girls Soccer	Junior Varsity	North Creek	Sumner	North Creek High School		
5:15 pm	Volleyball	Junior Varsity	Kings	North Creek	Kings High School		3:45 PM
5:15 pm	Volleyball	C-Team	Kings	North Creek	Kings High School		3:45 PM
7:00 pm	Volleyball	Varsity	Kings	North Creek	Kings High School		3:45 PM
7:00 pm	Girls Soccer	Varsity	North Creek	Sumner	North Creek High School		
7:00 pm	Girls Soccer	C-Team	Redmond	North Creek	Redmond High School		5:30 PM
Friday, September 20, 2019							
7:00 pm	Football	Varsity	Burlington-Edison	North Creek	BEHS Kirkby Field		4:15 PM
Saturday, September 21, 2019							
9:30 am	Girls Swim	Varsity	North Creek	Inglemoor	Edgebrook Pool		8:00 AM
11:00 am	Football	Varsity	North Creek-C	Lincoln (Seattle)-C	North Creek High School		
11:00 am	Football	Junior Varsity	North Creek	Lincoln (Seattle)			



Go, Jaguars!