

# Washington High School

Home of the Patriots!

James Hester, Principal  
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August/September 2017

## Principal's Message



Dear Washington High School Families:

On behalf of all Washington High School staff, it is a pleasure to welcome you to a new school year! We are busy preparing for the coming school year and look forward to seeing our students very soon. For those of you who are returning, we are so glad to have you back. And for those of you who are just entering Washington High School, we are pleased to have you as a part of our family.

Let me also take this opportunity to introduce myself. My name is James Hester and I am honored to be the principal at Washington High School. My roots in the Parkland community run very deep. I grew up on the corner of 116th Street and Park Avenue and attended Parkland Elementary School, Keithley Middle School, and graduated from Washington High School in 1988. After college, I returned to Washington High School where I taught and coached for seven years and served as Dean of Students for one year. After two years as an assistant principal at Kentwood High School, I jumped at the opportunity to return to Washington where I served as assistant principal for three years. I am now entering my eleventh year as your principal, and want to thank our students, staff, and parents for making my time at Washington High School so enjoyable. Student failure rates and suspensions rates have decreased sharply; our graduation rate is up, state test scores are at all-time highs, the number of students taking Advanced Placement classes continues to rise, and school pride has increased dramatically. This past year, our hard work was recognized by the national magazine, *US News and World Report*, where we were one of only four schools in Pierce County to be selected as a medalist level school, and one of the top fifty high schools in the State of Washington. *I am proud of the work being done by our students and staff. There is no place I would rather be than Washington High School!*

Parent and community support is essential to helping us achieve our mission. I encourage you to get involved this school year by asking your child about his or her school work, checking grades online, contacting the school, and attending co-curricular events and activities. Attached is a flyer about our annual **Back to School and College Career Night to be held in the Patriot Dome on September 21st from 6:00 p.m. to 8:00 p.m.** A light dinner will be served in the cafeteria at 6 p.m.; doors to the gym will be open at 6:30 p.m. for Back to School Night. I look forward to seeing you on September 21st and at other school events soon.

Best wishes to you and your family. **Go PATS!**

Kind Regards,  
James

### PATS TRAITS

Practice Positive Attitudes \* Act Responsibly \* Treat Everyone with Respect \* Strive for Excellence

# Opening Day Schedule

## Tuesday, August 29, 2017

### **Incoming Freshmen Only** **7:25 a.m. to 1:55 p.m.**

7:25-11:05..... Patriot Crew Activities  
11:05-11:35..... Lunch for incoming 9th grade students and staff only. Regular lunches cost \$3.00 and reduced lunches cost \$.40 (students who qualify for free lunch will receive lunch free of charge).  
11:40-1:55.....Go to classes. (See below.)

### **Returning Students (Grades 10-12)** **11:40 a.m. to 1:55 p.m.**

10th-12th grade students pick up schedules: 11:25 a.m.-11:35 a.m.

### **Class Schedule:**

11:40-11:55..... Period 1 (15 min)  
12:00-12:15..... Period 2 (15 min)  
12:20-12:35..... **Patriot Partnership Advisory (15 min.)**  
12:40-12:55..... Period 3 (15 min)  
1:00-1:15..... Period 4 (15 min)  
1:20-1:35..... Period 5 (15 min)  
1:40-1:55..... Period 6 (15 min)

Bus routes will be available beginning early August by going to the district's website: [fpschools.org/transportation](http://fpschools.org/transportation). A copy of the bus routes will also be available at the Student Information Center located across from the main office.

### **Opening Day Bus Schedule for Students in grades 10-12**

On the first day of school, buses will arrive to bus stops approximately four hours after the normal pick up time. For example, if the bus normally arrives at **7:03 a.m.**, be at the bus stop at approximately **11:03 a.m.** We suggest arriving at the stop at least ten minutes early and waiting at least ten minutes longer than the scheduled pick up time. If the bus does not show up after waiting for at least ten minutes past the normal pick up time, call transportation at 298-3865.

### **ASSIGNMENT FOR PARENTS!**

The first week of school, teachers will be going over important information outlined in the Washington High School Student Handbook with students. Topics such as Student Rights and Responsibilities, the Guns and Weapon Contract, Anti-Bullying Contract, and Internet Use Form will be discussed. An envelope with paperwork regarding those topics will be sent home with students. You, the parent, are assigned the following homework – to ask for the paperwork, sign it, and remind your child to return the paperwork to his or her **third period teacher the next day**. A copy of the Student Handbook can be downloaded after September 1 on the district's website at [www.fpschools.org](http://www.fpschools.org) and going to the Washington High school link.

### **ATHLETIC DEPARTMENT NEWS**

Registration is now open and must be completed by the first day of practice. Register by going online to [fpschools.org/departments/athletics](http://fpschools.org/departments/athletics). In addition to registering for a fall sport, an ASB card must be purchased, fines cleared, and a sports physical turned in to Ms. Olson before the first day of practice.

### **FIRST DAY OF PRACTICE:**

August 16th: Football (locker room opens at 9:00 a.m. and practice starts at 10:00 a.m.)  
August 21st: Girls' Soccer, Volleyball, and Swimming; Boys' Tennis; Co-Ed Cross Country, Golf

### **MEETINGS:**

**Preseason Football Meeting:** Monday, August 14th at 6:00 p.m. in the Ridgeway room. (football athletes only)

**All Sports Meeting:** Monday, August 21st from 6:00 p.m. to 7:00 p.m. in the Ridgeway Room.

A mandatory meeting for students and their parents/guardians to learn about concussions, eligibility, the district's athletic code, grade checks, and other important information. After the meeting in the Ridgeway Room, everyone will meet with their coaches to go over practices, plans, etc.



## 2017 WASHINGTON PATRIOT TRACK & FIELD SEASON SUMMARY

This year's team continued with the program's traditions of excellence. And although we are losing 18 graduating seniors, including Tavell Cox, Caleb Foxx, Richard Palmer, Isley Stoneham, De'Andre Williams, and Teagan Kline (who are all 4 Year Varsity Letter Recipients), the team looks to continue their successful ways as several talented and dedicated athletes are returning next year.

### 2017-18 CROSS COUNTRY NEWS

Are you interested in helping an already fun and successful sport achieve even greater heights? If so, then join Cross Country. Besides, it will also make you stronger and faster for other sports including Tennis, Basketball, Wrestling, Fastpitch, Soccer, Swimming, Baseball, and Track & Field. If you have any questions, then please contact Coach Culp at "[aculp@fpschools.org](mailto:aculp@fpschools.org)".

#### Cross Country...

- is for everyone because every athlete will be equally valued regardless of their ability and they will participate in most of our meets. Also, performance will be stressed over place, improvement will be stressed over winning, and personal records (PRs) will be stressed over points
- is rewarding because every athlete will be challenged to improve physically, mentally, socially, and emotionally because emphasis will be put on our team norms of commitment, collaboration, courage, and class. As a result, their lives will be positively impacted now and in the future.
- is a family because every athlete will be involved in lots of different activities and extraordinary team camaraderie will develop over time. In addition, parents will be highly encouraged to cheer at meets, help with fundraisers, and provide nutritional items.

**Summer Training** is from June 26th thru August 18th at the WHS Track. We will be meeting on Mondays, Wednesdays, and Fridays from 9:00 AM to 11:00 AM and on Tuesdays and Thursdays from 6:00 PM to 8:00 PM. Although it is not required, it is a great opportunity for you to check out the team before committing to join. In addition, it is a lot of fun and helps prepare you for the upcoming season. Plus, it is a well-known fact that the best teams and athletes train during the off-season. As incentive to participate, you will earn a customized running shirt if you run at least 200 miles.

**Team Trip** is on July 31st from 8:00 AM to 6:00 PM at Seattle. If you attend at least 10 Summer Trainings beforehand, then you are eligible to attend.

**Parent Meeting** is on August 18th from 6:00 PM to 7:00 PM in Coach Culp's classroom (604).

**Season Practices** begin on August 21st at 3:00 PM in Coach Culp's classroom (604).

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### GOLF NEWS



We will begin summer practices in June 23rd through the end of July, and our first official practice is **August 21st. All practices and matches will be held @ Spanaway Lake Golf Course from 2:00-5:00 p.m.** Please bring your golf clubs. If you do not have a set, we will provide one for you the following practice. We are excited with the move of the golf teams to Spanaway Lake Golf Course, which

has a great practice facility including a driving range!! Practice will be held daily from 2:30 to 5:00 (time varies depending on tee times) when school starts. There will be a practice bus that will get the golfers to the course, then students will have to get their own rides home from the course.

*Remember to sign up for FAMILY ID on the WHS Athletic Page, prior to coming to ANY SUMMER practice (these are available online now). Students will not be allowed to practice until they have all forms completed and submitted online, so please do this immediately. Students also will need to have an ASB card purchased by the second week of school.*

If you have any questions, contact Coach Lundgren at [lundgren@fpschools.org](mailto:lundgren@fpschools.org) or Coach Caseman at [ccaseman@fpschools.org](mailto:ccaseman@fpschools.org).

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## COUNSELING CENTER NEWS

Students may **view their schedules** in Skyward beginning August 1st by going to the district's website, [fpschools.org](http://fpschools.org), clicking on Students/Parents, and Skyward Access. Login ID = Student ID # (6 digits) Password = Birthday (mmddyyyy) Schedules are based on the selections/parent permission from the Student Led Conferences last spring.

Schedule reviews will be made for **educational reasons only**. You may email your counselor with change requests by **Friday, August 25th**. If preferred, schedule review forms will also be available in the counseling center to complete. **There will be no schedule changes made after August 25th.**

**Please Note:** Schedules may be changed due to class balancing and/or received test scores. **Students will pick up their official schedule on the first day of school.**

### COUNSELOR CONTACT INFORMATION:

Mrs. Huggler	A-G	298-4861	<a href="mailto:mhuggler@fpschools.org">mhuggler@fpschools.org</a>
Mr. Ortiz	H-N	298-4736	<a href="mailto:eortiz@fpschools.org">eortiz@fpschools.org</a>
Ms. Hastings	O-Z	298-4735	<a href="mailto:dhastings@fpschools.org">dhastings@fpschools.org</a>

SAT Dates	Registration Deadline	Late Registration Deadline	Deadline for Changes
August 26, 2017	July 28, 2017	August 8, 2017 (for mailed registrations) August 15, 2017 (for registrations made online or by phone)	August 15, 2017
October 7, 2017	September 8, 2017	September 19, 2017 (for mailed registrations) September 27, 2017 (for registrations made online or by phone)	September 27, 2017
November 4, 2017	October 5, 2017	October 17, 2017 (for mailed registrations) October 25, 2017 (for registrations made online or by phone)	October 25, 2017
December 2, 2017	November 2, 2017	November 14, 2017 (for mailed registrations) November 21, 2017 (for registrations made online or by phone)	November 21, 2017
March 10, 2018	February 9, 2018	February 20, 2018 (for mailed registrations) February 28, 2018 (for registrations made online or by phone)	February 28, 2018
May 5, 2018	April 6, 2018	April 17, 2018 (for mailed registrations) April 25, 2018 (for registrations made online or by phone)	April 25, 2018
June 2, 2018	May 3, 2018	May 15, 2018 (for mailed registrations) May 23, 2018 (for registrations made online or by phone)	May 23, 2018

For fee, to register, and other information about the SAT, go to [www.collegeboard.org](http://www.collegeboard.org). Students with free/reduced price lunch may get a fee waiver from the counseling center. Students using a fee waiver must register by the regular registration deadline.

## ACT 2017-2018 Test Dates (National)

Test Date	Registration Deadline	(Late Fee Required)
September 9, 2017	August 4, 2017	August 5-18, 2017
October 28, 2017	September 22, 2017	September 23-October 6, 2017
December 9, 2017	November 3, 2017	November 4-17, 2017
February 10, 2018*	January 12, 2018	January 13-19, 2018
April 14, 2018	March 9, 2018	March 10-23, 2018
June 9, 2018	May 4, 2018	May 5-18, 2018
July 14, 2018*	June 15, 2018	June 16-22, 2018

Students with free/reduced price lunch may get a fee waiver from the counseling center. Students using a fee waiver must register by the regular registration deadline

### Scholarships

Students interested in applying for scholarships are encouraged to sign up with the following sites: [www.thewashboard.org](http://www.thewashboard.org) and [www.fastweb.com](http://www.fastweb.com) or login to online grades, click on "calendar", and click on the green dollar signs that you see for scholarship information. The calendar is updated as more scholarships become available.

## HEALTH ROOM NEWS

Starting in the 2017-18 school year, all students in grades 9-12 are required by law to have had two doses of chickenpox (or varicella) vaccine prior to attending school. Please do one of the following:

- Get one or two doses of chickenpox vaccine before the start of school, OR
- Get a blood test to check for immunity to the disease, OR
- Get a letter or signature on the Certificate of Immunization Status form from a licensed healthcare provider to verify that your student had chickenpox in the past, OR
- Get a Certificate of Exemption signed by your licensed healthcare provider OR
- Do nothing if your student has already received the two vaccines.

Please bring your shot record to the school's health room. Thank you – Frances Colon, WHS Health Room Technician

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## SCHOOL SUPPLY LIST

### Basic classroom supplies for all students:

- 2-inch, 3-ring binder
- Notebook paper
- Notebook section dividers
- 3 pencils
- 1 blue or black pen
- Color pencil set
- Pencil pouch
- 6-inch ruler
- Glue stick
- Pink eraser
- 8 ½ x 11-inch spiral notebook that can be fastened in the 3-ring binder

### Math supply List:

- Calculator: TI 83 or TI 84 recommended if student is taking Advanced Algebra, required if student is taking Pre-Calculus, AP Calculus or AP Statistics
- Compass (if enrolled in Geometry)
- Ruler\* and protractor (if enrolled in Geometry) *\*ruler may be included on the protractor*

### Attention Advanced Algebra, Pre-Calculus, AP Calculus, and AP Statistics students and families:

A graphing calculator is **essential** for these courses. It is therefore, critical that you each have your own. Many of the assignments, to be completed at home, will demand the functions of a graphing calculator. In Calculus, we will be writing and using a variety of calculator programs and labs for which instructions and downloading capabilities are only available for a TI-83 or TI-84 platform calculator. With this in mind, as well as your future use of the calculator, the **Math Department suggests a TI-84+ or TI-84+ Silver Edition**. There are many local stores which carry these as well as online venues. Please be aware that there is a TI-89 calculator that has more capabilities than the 84's. However, this is more calculator than any of our classes require and uses a platform for which the teachers do not have programs. Also, please remember to permanently mark your calculators!

### Read 180 supply List:

- 3-inch binder
- Subject dividers
- Spiral Notebook, 200+ pages
- Highlighters
- Headphones (Dollar Store brand work just fine)

### Freshman supply list: (In addition, the following materials are required for freshmen)

- 3-inch, 3-ring, white binder with plastic sleeve on front/ back
- 1½ inch binder
- Subject dividers
- Ruler\* and protractor (if enrolled in Geometry) *\*ruler may be included on the protractor*
- Highlighter
- Compass (if enrolled in Geometry)
- Colored pencils (optional)
- Graph paper (optional)
- Pencils and pencil sharpener
- Calculator: TI 83 or TI 84 recommended but not required or scientific calculator in Geometry

## YEARBOOK SALE

Yearbooks will be on sale when school resumes in August! Get your yearbook at the lowest offered price of \$55 from August 29–September 29. Prices will go up throughout the year so get yours now and save!

### Additional dates when yearbooks will be sold:

December 1-January 31	\$60
June 1-21, 2018	\$65

## SENIOR PAGES

Seniors – make the yearbook even more special by purchasing a senior page!

Half page: \$60                  Full page: \$100

Deadline for purchasing senior pages is January 26. Space is limited for senior pages, so get yours early to ensure your special page!



Franklin Pierce Schools does not discriminate on the basis of sex, race, creed, religion, color, national origin, age, honorably discharged veteran or military status, sexual orientation including gender expression or identity, the presence of any sensory, mental, or physical disability, or the use of a trained dog guide or service animal by a person with a disability in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. Questions and complaints of alleged discrimination should be directed to Dr. Shaun Carey, Compliance Coordinator for State and Civil Rights Laws; Wendy Malich, Title IX Officer; or William Rasplica, 504/ADA Coordinator at 315 129<sup>th</sup> ST S, Tacoma, WA 98444-5099 or at (253)298-3000.

**Washington High School's  
Students and Parents are invited to**

# **Back to School & College Career Night**

**Thursday, September 21, 2017  
WHS Patriot Dome  
6:00-8:00 p.m.**

(A light meal will be served at 6:00 p.m.; doors open at 6:30 p.m. for  
Back to School & College Career Night)

## **Meet teachers and get information about...**

- Two-year community and technical colleges
- Career opportunities
- Community service
- Military enlistment
- Apprenticeships
- Four-year public & private colleges & universities
- SAT/ACT information
- Comparing the costs of higher education
- Earning elective credits
- Student & parent organizations



This is a great opportunity to meet representatives from various institutions, businesses, and military recruiters.

Franklin Pierce Schools does not discriminate on the basis of sex, race, creed, religion, color, national origin, age, honorably discharged veteran or military status, sexual orientation including gender expression or identity, the presence of any sensory, mental, or physical disability, or the use of a trained dog guide or service animal by a person with a disability in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. Questions and complaints of alleged discrimination should be directed to Dr. Shaun Carey, Compliance Coordinator for State and Civil Rights Laws; Wendy Malich, Title IX Officer; or William Rasplca, 504/ADA Coordinator at 315 129<sup>th</sup> ST S, Tacoma, WA 98444-5099 or at (253)298-3000.



August 2017

Dear Parent or Guardian:

As of July 2005, schools in Washington must make information available on Meningococcal and Human Papillomavirus diseases to parents or guardians of all students entering Grades 6-12.

## **Meningococcal Disease and Prevention**

### **Meningococcal Disease**

Meningococcal disease spreads by direct contact with infected persons by coughing, kissing, or sharing anything by mouth, such as water bottles, eating utensils, lipsticks, or toothbrushes. It can cause pneumonia, bloodstream infection, and meningitis (swelling of the covering of the brain and spinal cord). Severe disease can cause brain damage, loss of hearing or limbs, and death. Fortunately, this life-threatening infection is rare – we usually have only about 30-60 reported each year in Washington, including 1 to 8 deaths. Adolescents and young adults are more likely to get meningococcal disease, especially if they live in group settings, like college dorms.

### **Meningococcal Conjugate Vaccine (MCV4)**

MCV4 protects your child against the most common types of bacteria that cause meningococcal disease. Washington provides all recommended vaccines for kids through age 18, available from healthcare providers across the state. Providers may charge an office visit fee and an administration fee to give the vaccine. People who can't afford the administration fee can ask to have it waived. Healthy teens should get one dose of MCV4 at age 11 through 12 years. Teens who did not get their first dose at that time should get a dose as soon as possible. A second dose (or booster) is now recommended. Teens should get a booster at age 16 through 18 years or anytime before college. Talk to your healthcare provider about this vaccine.

### **Learn More**

Learn more about meningococcal disease and how to prevent it:

### **Washington State Department of Health**

Meningococcal information:

[www.doh.wa.gov/YouandYourFamily/Immunization/Diseases/MeningitisMeningococcalDisease.aspx](http://www.doh.wa.gov/YouandYourFamily/Immunization/Diseases/MeningitisMeningococcalDisease.aspx)

### **Centers for Disease Control and Prevention**

Meningococcal vaccine information: [www.cdc.gov/vaccines/pubs/vis/downloads/vis-mening.pdf](http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-mening.pdf)

Disease information: [www.cdc.gov/meningococcal/about/index.html](http://www.cdc.gov/meningococcal/about/index.html)

Pre-teen immunizations: [www.cdc.gov/vaccines/spec-grps/preteens-adol.htm](http://www.cdc.gov/vaccines/spec-grps/preteens-adol.htm)

College students & young adults: [www.cdc.gov/vaccines/adults/rec-vac/college.html](http://www.cdc.gov/vaccines/adults/rec-vac/college.html)

### **Children's Hospital of Philadelphia Vaccine Education Center**

Meningococcal questions & answers: [www.chop.edu/healthinfo/meningococcal-infections.html](http://www.chop.edu/healthinfo/meningococcal-infections.html)

**National Meningitis Association** [www.nmaus.org](http://www.nmaus.org)

## **Human Papillomavirus (HPV) Disease and Prevention**

### **What is HPV?**

HPV is a common virus that spreads primarily through sexual contact. Up to 75 percent of HPV infections occur among people 15 through 24 years old. HPV causes most known cervical cancers, anal cancers, and genital warts. The types of HPV that can cause genital warts are not the same as the types that cause cancer. Some types of HPV can cause penile, anal, head, and neck cancers.

### **What are the symptoms of HPV?**

Most of the time infected individuals have no symptoms and can spread the virus without knowing it. Some people know they have HPV because they have a symptom like genital warts. Women may find out they have HPV through cervical cancer screening (Pap tests) and HPV testing. Health care providers do not usually test for HPV unless they find abnormal cervical cell changes in a Pap test.



## **How can HPV infection be prevented?**

The best way to prevent HPV infection is to abstain from all sexual activity. Even people with only one lifetime partner can get HPV if their partner had previous sexual partners. Using condoms during sex offers good protection against sexual infections like HPV. The HPV vaccines offer by far the best protection if given before sexual activity starts – vaccines do not get rid of existing HPV infections. The HPV vaccine can prevent infections from some of the most common and serious types of HPV that cause warts, cervical, and anal cancers.

## **HPV Vaccine**

### **What HPV vaccines are available?**

Two HPV vaccines are available:

- HPV4 – licensed for males and females. It protects against four types of HPV. These include two types of HPV that cause 75 percent of cervical cancers in women and most anal cancers in men, and two types that cause 90 percent of genital warts in both women and men.
- HPV2– licensed only for females. It protects against the two types of HPV that cause 75 percent of cervical cancers.

### **Who should get the vaccine and when should they get it?**

- Females – the federal Advisory Committee on Immunization Practice (ACIP) recommends routine vaccination for all girls age 11 through 12 years old against HPV. For unvaccinated females, the recommendation goes up through age 26. Health care providers may also give the vaccine to girls as young as 9 years.
- Males – the ACIP recently approved a recommendation for routine vaccination of boys 11 through 12 years of age. For unvaccinated males, the recommendation goes up through age 21. Health care providers may vaccinate boys as young as 9 years and certain men 22 through 26 years of age.

To be up-to-date on this immunization, males and females need three doses of the vaccine. Talk to your health care provider about the vaccine schedule. HPV vaccine is not required for school in Washington.

### **Are Pap tests still recommended for females who get the HPV vaccine?**

Yes. The HPV vaccine does not protect against all types of HPV that can cause cancer and warts, so females still need Pap tests.

### **Where can I find the HPV vaccine?**

Washington provides all recommended vaccines for kids through age 18, available from healthcare providers across the state. Providers may charge an office visit fee and an administration fee to give the vaccine. People who can't afford the administration fee can ask to have it waived. For people age 19 and older, the vaccine is available from many clinics and pharmacies. Most health insurance plans cover the vaccine for people recommended to get it. Call your health plan to check your coverage. For adults without health insurance, the companies that make these vaccines have programs to help pay for them. Find out if your health care provider participates in these programs.

### **For more information on HPV, the vaccine, and cervical cancer:**

Centers for Disease Control and Prevention:

[www.cdc.gov/std/hpv/](http://www.cdc.gov/std/hpv/)

Washington State Department of Health:

[www.doh.wa.gov/Portals/1/Documents/Pubs/348-187\\_HumanPapillomavirusVaccineFactsheet.pdf](http://www.doh.wa.gov/Portals/1/Documents/Pubs/348-187_HumanPapillomavirusVaccineFactsheet.pdf)

American Sexual Health Association:

[www.ashsexualhealth.org/healthcare-providers/hpv-toolkit/hpv-vaccine-information.html](http://www.ashsexualhealth.org/healthcare-providers/hpv-toolkit/hpv-vaccine-information.html)

American Cancer Society:

[www.cancer.org](http://www.cancer.org)

Sincerely,  
Frances Colon, WHS Health Room Technician

