

# Washington High School

## Home of the Patriots!

James Hester, Principal  
Joyce Knowles, Assistant Principal  
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August/September 2016

### Principal's Message



Dear Washington High School Families:

On behalf of all Washington High School staff, and me 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 tenth 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. 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 15th 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 15<sup>th</sup> and at other school events in the near future.

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

Kind Regards,  
James

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### PATS TRAITS

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

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# 2016-2017 Opening Day Schedule

## Tuesday, August 30, 2016

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

- 7:25-11:05..... Patriot Crew Activities/ **Picture Day; 9<sup>th</sup> graders only**  
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 9-12) 11:40 a.m. to 1:55 p.m.

10<sup>th</sup> -12<sup>th</sup> 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!**

During 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 7 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 open now and must be completed before 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 online, you must purchase an ASB card, turn in a sports physicals and clear fines – all required to participate in any sport.

#### **Prior to August 17<sup>th</sup> (First day of Practice)**

- Football

#### **Prior to August 22<sup>nd</sup> (First day of Practice)**

- Girls' soccer, volleyball, and swimming
- Boys' tennis
- Co-ed cross country, golf



There is a mandatory athletic **FOOTBALL** meeting on **Monday, August 15<sup>th</sup>** from **6:00 p.m. to 7:00 p.m.** in the Ridgeway Room for all football players and their parents/guardians. Coaches will discuss concussions, eligibility, the district's athletic code, grade checks, and other important information.

## 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 27<sup>th</sup> thru August 19<sup>th</sup> 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 30<sup>th</sup> from 8:00 AM to 6:00 PM at Mount Rainier. If you attend at least 10 Summer Trainings beforehand, then you are eligible to attend.

**Parent Meeting** is on August 19<sup>th</sup> from 6:00 PM to 7:00 PM in Coach Culp's classroom (604).

**Season Practices** begin on August 22<sup>nd</sup> at 3:00 PM in Coach Culp's classroom (604).

### Golf News



Our first practice is **August 22<sup>nd</sup> @ Brookdale 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. Practices prior to the start of school will be determined at the Brookdale golf course. Practice will be held daily from 2:30 to 5:30 (time varies depending on tee times) when school starts.

*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).

## ATTENDANCE MATTERS

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A student's attendance is essential to learning – learning that includes not only factual subject matter, but also attendance habits, work habits, attitudes and ideals. These are the skills they will need throughout life.

Poor attendance interrupts the process of education. Students need to come to school **on time** every day to benefit from the interaction, discussion, and teacher support available during class time. Every absence, excused or not, interrupts students' understanding of the material and affects their overall school success. For every five (5) days missed, your child loses 30 hours of learning time!

### Absences

If your student is going to be absent, please call (253) 298-4714 to notify the school, or send a note when your student returns. An automated calling system makes calls home every evening when students miss one or more periods of school whether excused or not.

## Illness

The Tacoma-Pierce County Health Department recommends keeping your child home from school if he or she has:

- a fever of (+100° F) along with other symptoms of illness
- vomited more than one (1) time within 24 hours
- three (3) or more bouts of diarrhea within 24 hours
- an open or oozing sore

Allowing your child to stay home when not ill not only hurts his or her education, it also sends a message that school isn't important. If your child does not want to go to school, or if you are seeing a pattern of excuses to miss school, talk to your child or your child's teacher or school counselor.

## Planned Absences

Parents/students can request a planned absence in order to notify teachers and the office of absences planned in advance. A Planned Absence form must be completed and turned in prior to the absence to Mrs. Jaquez. You can contact her at (253) 298-4714 or email her at [ljaquez@fpschools.org](mailto:ljaquez@fpschools.org). A reminder that any extended absence during the school year or at the end of the semester may negatively affect your student's grades and/or credits, as well as graduation.

## Tardies

If your student is going to be late to school due to a doctor or dentist appointment, please provide a note from the doctor's office in order to have the tardy excused. Most medical and dental offices expect to provide such notes on request. Please note: except for documented medical appointments, morning tardies are routinely considered unexcused.

## CONTACT INFORMATION

Is the contact information we have in our database for your student current? We will release students only to individuals listed on the contact list. Unless we receive a note or phone call from a parent giving us permission to release his or her child to someone not on the contact list, we are legally unable to do so. This includes siblings, grandparents, and friends...even spouses! If you wish to verify the information we have on file or make changes, contact the counseling center after the first week of school.

## 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 (mmdyyy)

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 26<sup>th</sup>**. If preferred, schedule review forms will also be available in the counseling center to complete. **There will be no schedule changes made after August 26<sup>th</sup>.**

**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/Ms. Fineman	O-Z	298-4735	<a href="mailto:dhastings@fpschools.org">dhastings@fpschools.org</a> & <a href="mailto:jfineman@fpschools.org">jfineman@fpschools.org</a>

2016-17 SAT Test Dates	Registration Deadline	Late Registration Deadline		Deadline for Changes
		Mail	Phone/Online	
Oct. 1, 2016	Sept. 1, 2016	Sept. 13, 2016	Sept. 20, 2016	Sept. 20, 2016
Nov. 5, 2016	Oct. 7, 2016	Oct. 18, 2016	Oct. 25, 2016	Oct. 25, 2016
Dec. 3, 2016	Nov. 3, 2016	Nov. 15, 2016	Nov. 22, 2016	Nov. 22, 2016
Jan. 21, 2017	Dec. 21, 2016	Jan. 3, 2017	Jan. 10, 2017	Jan. 10, 2017
March 11, 2017	Feb. 10, 2017	Feb. 21, 2017	Feb. 28, 2017	Feb. 28, 2017
May 6, 2017	Apr. 7, 2017	Apr. 18, 2017	Apr. 25, 2017	Apr. 25, 2017
June 3, 2017	May 9, 2017	May 16, 2017	May 24, 2017	May 24, 2017

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.

2016-17 ACT Test Dates	Registration Deadline	Late Fee Required	For fee, to register, and other information about the ACT, go to <a href="http://www.actstudent.org">www.actstudent.org</a> .
September 10, 2016	August 5, 2016	August 6-19, 2016	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.
October 22, 2016	September 16, 2016	September 17-30, 2016	
December 10, 2016	November 4, 2016	November 5-18, 2016	
February 11, 2017	January 13, 2017	January 14-20, 2017	
April 8, 2017	March 3, 2017	March 4-17, 2017	
June 10, 2017	May 5, 2017	May 6-19, 2017	

### 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 2016-17 school year, all students in grades 9 through 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

### SCHOOL SUPPLY LIST

#### Daily classroom supplies for all students:

- 2-inch, 3-ring binder
- Notebook paper
- Notebook section dividers
- 3 pencils
- 1 blue or black pen
- Colored 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*

#### **NOTE: 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 a number of 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, 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

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

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

**Thursday, September 15, 2016  
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.

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August 2016

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

