

Washington High School

Home of the Patriots!

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Principal Hester's Message

WINTER NEWSLETTER

Dear Families of Washington High School,

It is a pleasure for me to provide an update on the many exciting activities occurring at WHS as we move into the Holiday Season.

On November 10th, we held our annual Veteran's Day Assembly. The quality of the assembly and the high level of respect demonstrated by our students were amazing. Our band, and AFJROTC Drill Team all contributed to the success of the assembly. WHS staff members Major Riggle, Pam Olson, Taneesha Jenkins, Joe Fitzsimmons, Chris Caseman, Karrie Marton, James Hester, Doria Hastings, Steve Mead, Kylee Bishop and Kelly Miles were honored as veterans. We are proud to have so many veterans on the WHS staff. Our thoughts are with our families who have loved ones serving in the military, and especially with those who are serving overseas.

WHS students and staff will be involved in many community service projects during the Holiday Season. We are looking forward to our Winter Wishes Assembly on Friday, December 16th. WHS students and staff are working hard to honor the spirit of giving that is the true essence of the holiday season. If you are interested in helping us grant student wishes, simply contact our main office at 298-4700, or our ASB Advisor Mr. Booth at 298-4888.

I encourage you to support our students by attending one of the many activities that will be occurring over the next few weeks. Winter sports contests will start during the final week in November, and our Winter Concert is on Monday, December 5th at 7:00 pm. The choir, jazz band, wind ensemble, steel drums, and 2 drum lines will be performing in the theater.

Finally, the magazine US News and World Report ranks every high school in the United States every year. Only a select number of schools receive a medal level national ranking. The rankings are based on test scores, graduation rates, and the percentage of students taking rigorous college level courses. We recently learned that WHS is one of only four schools out of twenty-two in Pierce County to receive a medal level national ranking as one of the "Best High Schools in America".

The teenage years are a time when our kids start to assert some independence from us, but they also need our guidance more than ever during this time. You can stay involved and help support your student by checking on-line grades and insisting that they complete all their assignments and study for semester final exams. Your support from home is essential to your student's academic success. We need your help! Remember – Failure Is Not an Option!

On behalf of the WHS staff I would like to wish you and your family the happiest of holiday seasons. I look forward to seeing you at a school event very soon. **Go PATS!**

Kind Regards,

James Hester

ATTENDANCE MATTERS!

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 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 to Mrs. Jaquez prior to the absence. You can contact her at (253) 298-4714 or email her at 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.

COUNSELING CENTER NEWS

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. 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 and 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.

2016-17 ACT Test Dates	Registration Deadline	Late Fee Required	For fee, to register, and other information about the ACT, go to www.actstudent.org .
February 11, 2017	January 13, 2017	January 14-20, 2017	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.
April 8, 2017	March 3, 2017	March 4-17, 2017	
June 10, 2017	May 5, 2017	May 6-19, 2017	

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CROSS COUNTRY SEASON SUMMARY



This year's team continued with the program's traditions of excellence. And although we are losing six graduating seniors, including Caleb Foxx and Richard Palmer (who are both 4 Year Varsity Letter Recipients), the team looks to continue their successful ways as several talented and dedicated athletes are returning next year. In fact, this year's team was the largest in school history with 51 athletes!

Notable Accomplishments Include:

- For the 10th consecutive year, the team earned the Distinguished Academic Award from the WIAA
- Over the course of the season, the girls' team beat 67 other teams and the boys' team beat 72 other teams
- In the Division, the girls' team placed 5th and the boys' team placed 2nd
- At the League Meet, the girls' team placed 10th and the boys' team placed 4th
- At the District Meet, the girls' team placed 13th and the boys' team placed 7th
- 18 athletes qualified for the District Meet
- 4 athletes qualified for the State Meet

HEALTH/PHYSICAL EDUCATION NEWS

On behalf of the Health/Physical Education Department, we want to ensure everyone has the best Holidays possible, but we want everyone to stay healthy as they enjoy this festive time of year. We are bringing you ten tips to help you eat healthier over the holidays and hopefully keep your fitness goals in mind. HAPPY HOLIDAYS PATs! (Brendan, Karrie, Nicole and Thomas)

Tips for Healthy Holiday Eating

By Greta Macaire, R.D.

Community Health Resource Center

The holiday season is a time to celebrate with family and friends. Unfortunately, for many it also becomes a time for over-eating and weight gain. According to the National Institutes of Health, holiday eating can result in an extra pound or two every year. Over a lifetime, holiday weight gain can really add up. The holidays don't have to mean weight gain. Focus on a healthy balance of food, activity, and fun. By implementing a few simple tips, you can stay healthy through the holiday season.

Here are ten tips for healthy holiday eating:

1. **Be realistic.** Don't try to lose pounds during the holidays, instead try to maintain your current weight.
2. **Plan time for exercise.** Exercise helps relieve holiday stress and prevent weight gain.
3. **Don't skip meals.** Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.

4. **Survey party buffets before filling your plate.** Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.
5. **Eat until you are satisfied, not stuffed.** Savor your favorite holiday treats while eating small portions. Sit down, get comfortable, and enjoy.
6. **Be careful with beverages.** Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and sugar.
7. **If you overeat at one meal go light on the next.** It is impossible to gain weight from one piece of pie!
8. **Take the focus off food.** Plan group activities with family and friends that aren't all about food.
9. **Bring your own healthy dish to a holiday gathering.** Bringing your own healthy dish guarantees there will be a healthy alternative for you and others.
10. **Practice Healthy Holiday Cooking.** Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating.



SENIOR CLASS INFORMATION

Attention Seniors- *Need money for college?* Don't forget to check our district website for many available scholarships. Go to www.fpschools.org, click on WHS, counseling center, and then scholarships. Pay attention to deadlines so you won't miss out.

Seniors – make your senior yearbook extra special by dedicating a page all to yourself! You can purchase a quarter page for \$40, half page for \$60, or full page for \$100. Purchase by January 10, 2017 to secure your page. Pay Ms. Pedrique at the cashier's office. Send digital photos to Mrs. Horst or bring hard copies to room 222. It's also time to submit your senior picture for the yearbook! Bring a hardcopy or send a digital copy to Mrs. Horst. Deadline is January 10, 2017.

YEARBOOK SALES

**"Memory is a way of holding onto the things you love, the things you are, the things you never want to lose."
The Wonder Years TV Show**

Purchase Price and Timeline

Dec 1-Jan 31 \$60
May 7-Jun 21 \$65

Purchase yearbooks from Ms. Pedrique in the Cashier's Office.

Did you miss the chance to buy a past yearbook? You're in luck! You can purchase past yearbooks for only \$10. Past years include 2014-2015, 2013-2014 and many more! To see which years are available, see Mrs. Horst in room 222 and for payment see Ms. Pedrique in the cashier's office.

DECEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 PANCAKE BREAKFAST \$5 PER STUDENT RSVP BY WED, NOV 30. WINTERSPORTS KICKOFF ASSEMBLY	3
4	5 WINTER CONCERT 7:00 P.M. IN THE THEATER	6	7	8	9 ASSEMBLY FOR THE ARTS	10
11	12 WINTER WISHES SPIRIT WEEK (THEME: UGLY SWEATER DAY)	13 WINTER WISHES SPIRIT WEEK (THEME: LONG WINTER DAY – WEAR SCARVES, FUZZY SOCKS, FLANNELS)	14 WINTER WISHES SPIRIT WEEK (THEME: FAMILY PHOTO/WELL DRESSED DAY WED.)	15 WINTER WISHES SPIRIT WEEK (THEME: HOLIDAY WAR) FRESH: PRESENTS SOPH: REINDEERS JRS: ELVES SRS: SANTA CLAUS	16 WINTER WISHES SPIRIT WEEK (THEME: PEPPY PAT FRIDAY!) END OF THE DAY WINTER WISHES ASSEMBLY	17
18	19 WINTER BREAK NO SCHOOL	20 WINTER BREAK NO SCHOOL	21 WINTER BREAK NO SCHOOL	22 WINTER BREAK NO SCHOOL	23 WINTER BREAK NO SCHOOL	24
25	26 WINTER BREAK NO SCHOOL	27 WINTER BREAK NO SCHOOL	28 WINTER BREAK NO SCHOOL	29 WINTER BREAK NO SCHOOL	30 WINTER BREAK NO SCHOOL	

JANUARY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 NEW YEAR'S DAY OBSERVED NO SCHOOL	3	4	5	6	7
8	9	10	11	12	13	14
15	16 MARTIN LUTHER KING JR DAY NO SCHOOL	17	18	19	20	21
22	23	24	25	26	27	28
29	30 PRAD DAY NO SCHOOL	31				

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