

TO ALL 10TH GRADERS AND 10TH GRADE PARENTS

Hey there Class of 2021 and parents,

I'm writing to share some topics and thoughts I believe are pertinent to the Class of 2021. My name is Jill Follett, and I'm the Counseling Secretary at IS. I'm also a parent of two IS sophomores, Alli and Tommy. Through these two roles, I am fortunate to know or recognize many of you. My favorite part of working at IS is having the opportunity to interact with the students...what a great crew! I hope you're all feeling in the groove of high school and enjoying the calm of sophomore year, before the storm of junior year hits. 10th grade is about discovering your best self. In preparing for college, the most important thing to do this year is focus on earning good grades. Meanwhile, other factors are at play like earning community service hours, participating in sports and/or extra-curricular activities, and, for some, learning to drive. A little over one third of this year's 10th grade is participating in the French Exchange and are gone May 17-31. Melinda Breeze, our high school counselor, is on maternity leave through the end of the year and will return for the 2019-20 school year. We are fortunate to have Crissy Stemkowski filling in, and you may reach her at stemkowskic@bsd405.org. Please read on and reach out to me at follettj@bsd405.org if you have any questions I might be able to answer including these things I think you might like to know:

HONOR SOCIETIES

International School has eight honor societies. Six of them are accepting applications until Tuesday, April 16, 2019 for the 2019-20 school year. Thespian and Tri-M welcome new members separately from these six: art, French, math, National, science, technology. Information and applications are [online](#), and some were also sent directly via email from the advisor. Please be aware that at least one society has a 5pm application deadline. Sophomores are not eligible for the National Technology Honor Society, as they are not allowed to enroll in Python or Computer Science classes. There will be a combined induction ceremony on Tuesday, April 30 from 6:00-7:30pm in the Commons, and each inductee is welcome to bring 2-3 guests.

ASB ELECTIONS

Today, ASB executive board election results were announced, and 10th grader Novia Liu will serve as Vice President. Congratulations, Novia! Interested in being a class officer next year? Attend an interest meeting after spring break to learn what's involved and pick up an application. Elections are 4/25.

2019-20 HIGH SCHOOL RETREAT

Registration DUE FRIDAY, June 7, 2019. The 2019-20 retreat will be September 5-6, 2019. Chaperones needed. Find Info, flyer, forms, and payment details [here](#). Please take care of paperwork ASAP.

VOLUNTEER HOURS

Students in the Bellevue School District must earn a minimum of 40 hours of community service to receive a diploma. They may begin accruing these hours after 8th grade.

Hours are recorded in x2Vol. To log them, open Naviance through your student portal. Scroll down to the bottom right and click x2Vol. Many students have reported this has been glitching lately, so please give it a second or third try if at first you don't succeed. You're going to enter a "Personal Project" and it's vital that you have a contact name and email address for the person who can confirm your volunteer work. An email will be sent to this contact automatically as soon as you submit. Sometimes these end up in junk folder or are overlooked because recipient doesn't recognize sender (it might be "Volunteer Verification", IntelliVol, or x2Vol). **IMPORTANT:** send the sender a personal email notifying them of the expected email and its importance. **VERY important:** under the GOALS section, choose the 40-hour graduation goal. If your hours aren't verified within a week or so, follow up. Don't worry if your hours are verified but not approved. Katherine Parkin, our Registrar, reviews verified hours once a month. Hours served beyond 40 do not need to be entered in x2Vol. Consider creating a list or resume to track hours beyond 40 for use when you are completing college, award, and scholarship applications.

If you are looking for volunteer ideas, here are some:

- Jess Albrecht, Tech Specialist, is looking for high schoolers to staff the Virtual Reality room (Conference Room 3 in the 200 hallway) during lunch and after school. Email Jess at albrechtj@bsd405.org or see him in room 213.
- Register to volunteer on April 28th at the All in for Autism 5K/10K at <https://allinforautism.org/volunteers/>
- Wise Camps needs teaching assistants July 15-19 and/or July 22-26th at Newport HS. Application at www.wisecamps.com/volunteer due April 10th.
- Be a Camp Casey counselor Sunday July 28-August 3. <https://campcasey.org/>
- Teen Link <https://866teenlink.org/volunteer/youth-ages-13-20/>
- City of Bellevue Youth Volunteer Opportunities <https://parks.bellevuewa.gov/programs/volunteer-opportunities/teen-volunteering-opportunities>
- **Volunteer Match** <https://www.volunteermatch.org/>
- Visit bulletin boards outside room 101 and Melinda's office for volunteer opportunities.

PARKING SPOTS

Watch for an email on May 3rd explaining the process for parking spot assignments for 2019-20. Applications will be due Friday, May 31st, and applicants must be 16 years old.

SUMMER SCHOOL

- [BSD high school summer program](#) enrollment is open through 6/21. This program allows students to retrieve credit for failed classes as well as grade improvement.
- [WANIC](#) summer course applications will be accepted online April 12-21. Lottery.

COLLEGE PLANNING

- Stop into the [PNACAC COLLEGE FAIR](#) at Seattle U, April 27 10am-1pm
- BSD college prep [workshops](#) for grades 8-11:
 - April 15-Top 10 Things Colleges Look for in Admissions and How to Get There

- April 29-Rocking Standardized Tests
- May 14-How to Write an Unforgettable Essay
- May 28-How to Find Your Passion
- NAVIANCE
 - Be in the know! Confirm parent emails in Naviance are correct to receive my weekly newsletter to 11th and 12th graders and parents next year.
 - Use Naviance to sign up for college visits in 11th grade! 5 allowed, only with teacher permission
 - Create a college list! Mark Moody's Q+D, BigFuture (College Board), and Naviance can be used to begin building a list of schools to research. Add them to "I'm Thinking About" in Naviance and receive info about those schools, including when their visit at IS is scheduled.
- ACT and SAT. A plan that has worked well for most IS students is to take the ACT in Feb and the SAT in Dec/Mar of junior year. Registering early for exams increases your likelihood of testing closer to home (some have driven to Puyallup!) One successful strategy is to study intensively for approximately 8 weeks immediately before the exam. Practice tests are available online, from books, or in testing centers. Free opportunities are out there. If interested, there are two PTSA-sponsored practice events next month:
 - May 11 – ACT or SAT @ Bellevue HS for \$35. Princeton Review
 - May 18 – Combined ACT/SAT @ Issaquah HS for \$25. Kaplan.
- College Visits! Learn more about colleges by visiting campus and attending college events. If you have time, register for a college tour. Your name on their records is considered "demonstrated interest" and might influence the school to be more inclined to accept your application. Now is a great time to get a feel for the differences between big vs. small; public vs. private; rural vs. urban campuses. We have all of those within a 2-hour drive of International School.
- Be aware: April 1st was the deadline for colleges to notify students of their decisions, and students must decide by May 1st.
- Learn about financial planning for college. The Class of 2021's FAFSA opens 10/1/2020 and will use your 2018 tax return.
- Summer pre-college program info is available on college websites and some posters are in the connecting hallway on the College Visits bulletin board.
- Check out videos from the [2019 BSD College Conference](#) and plan on attending in Feb 2020!

AP EXAMS

Most of our sophomores will take their first AP exam this year. This can be unsettling for students and parents alike. I remember feeling out of the loop on this, while my child seemed in the know. Please make yourself aware of the [national testing schedule](#) and when your student will be testing. Healthy strategies for success include a balanced dinner and good rest the night before the exam followed by a good breakfast and timely arrival with allowed supplies on the day of the exam.

To provide the best testing environment, some of our tests are administered at the Wilburton Instructional Service Center (WISC). WISC is located at 12241 Main St, Bellevue 98005 and students are responsible for their own transportation.

AP BIOLOGY: Report to WISC at 7:30am on Monday, May 13th to take AP Biology.

AP WORLD HISTORY: Report to International School's book room, across from Janet Towne and Jen Sorenson's classrooms at 7:30am on Thursday, May 16th. Students will leave backpacks, including phones, in the secured book room then proceed into the library with snacks and water bottles.

I know we haven't even begun testing for this year, but I want to give you a heads up that next year College Board's AP Exams will be ordered in the fall 2019, probably October, via a new registration and ordering system. For more information, visit collegeboard.org/ap2019.

Why take exams?

1. It's a low stakes exam. You are the only one who sees your score, and you may *choose* to send it to colleges.
2. Earn college credit for \$94, potentially saving thousands
 - a. Potential for priority course registration in college
 - b. Meet prerequisite or general education requirements, allowing to take higher level or more interesting class
 - c. Graduate early or have a cushion if need to drop a class
 - d. Meet graduate school prerequisite
3. Build testing endurance prior to sitting for ACT and/or SAT
4. Many teachers require an alternate in-class exam to those who don't sit for AP exam, so you'll be tested either way.
5. Show off the knowledge you gained this year!

SENIOR PROJECT

YOU'RE INVITED! Students at International School complete an extensive capstone Senior Project which involves deep learning in an area of student choice, internships, community service, and assessment by an expert panel. A major component of this project is the presentation. Please check out the calendar in the connecting hallway for info on presentations this month that are open to the IS community, and plan on attending the open house on June 13th. Support our IS seniors and get a preview of what's involved with senior project.

LOOKING AHEAD:

April 8-12 – Spring Break
April 16 – Honor society applications DUE
April 30 – Honor society induction ceremony 6-7:30pm, IS Commons
April 29- May 3 – Spirit Week
May 1 – Decision Day: see Seniors rep their schools!
May 3 – Bite of IS

May 6-17 – AP exams
May 20-24 – Focus Week
June 5 - Awards Assembly @ 12:30 (senior parents welcome)
June 5 - HS Orchestra Concert @ 7pm
June 6 – HS Band Concert @ 7pm
June 7 – Moving Up Dance
June 10 – HS Choir Concert
June 12 – Senior Project Board Day
June 13 – Déjeuner en blanc; Senior Project Open House @ 6:30pm (all welcome)
June 21 – Last day of school for grades 6-11

Summer 2019

August 1, 2019 Colleges That Change Lives college fair @ Seattle Sheraton
August 14, 2019 Back to Business Day
September 4, 2019 tentative first day of school
Fall 2019 Junior Parent Night – it's all about gearing up for college

Summer 2020 (summer between junior and senior year)

August – College Boot Camp! CBC is a summer workshop for International School students designed to kick start the college application process. It is highly recommended for all students in the rising senior class and includes: essay, one-on-one college list discussion, applications. This camp is hosted by International School staff in the IS library. Snacks and lunch are provided. This year, the cost is \$200. CBC is tentatively scheduled for August 17-21, 2020 to coincide with Back to Business day and prior to fall sports tryouts.

Summer pre-college programs – Many colleges offer programs on-campus. Some include: JSA summer program @ Georgetown; Notre Dame Leadership Seminar; Stanford summer session. The College Visits bulletin board in the connecting hallway has info on many programs. Application deadlines vary, many in February.

Thanks for reading. Happy Spring Break!

Jill