

NEWPORT HIGH SCHOOL

Knight Insights**Be Prepared for Back to School****Knights Thriving Despite Angst**

Join us for our Knights Thriving event "Angst" for concrete, actionable tips to keep your Knight thriving through the challenges ahead. (Learn more about the event on our [website](#).)

Mark your calendars

Join us Thursday evening, 8/24, as we kick off a family/school partnership aimed at the well-being of our students—making Newport a place where all students thrive academically and personally.

In this first evening, learn what protects our students from the toxic impact of anxiety. Watch with us the film "Angst," an engaging 50-minute IndieFlix movie that looks at anxiety, its causes, effects, and what we can do to manage it.

Bring your student with you to this film; it was designed with them in mind. As challenges surface, it may help them to relax when they know how deeply many teens share their worries.

After the film, one of "Angst's" featured experts, Dr. Cora Breuner of Seattle Children's Hospital, will join us to answer audience questions. Newport staff and community members will join her to reflect on what the film, your questions, and Dr. Breuner's advice means in our school.

Purchase tickets on line at www.bit.ly/2vJ2ECE (\$10 general admission; free for students, but students must RSVP on the ticket website).

Quick Tips for Dealing with Anxiety

The doctors behind the film *Angst* offer the following tips to families supporting stressed students:

You have just walked in the door at home, to a loved one who is clearly struggling with anxiety. What do you say? How do you help them?

- **Be specific.** Ask your loved one to describe in detail what it is that is causing them to feel anxious or overwhelmed. You could say, "Tell me more about what you were thinking about when you noticed you were stressed?" or "What part of today made you the most anxious?" The more detailed, the better. This allows us to de-catastrophize our emotion, and break it into more manageable compartments.
- **Distract.** Ask your loved one what dress they liked best at the Oscars, if they have eaten at the new restaurant, or discuss new music you've heard. The actual topic is less important than the method. This gives pause to our emotional brain (Amygdala), and

allows us to engage our frontal lobe, reaching into a more logical and sequential type of thinking. This keeps our emotions regulated and our thoughts more rational.

- **Don't Isolate.** When we feel emotionally overwhelmed, our natural inclination is one of survival; meaning, we fight, flee or freeze. If you notice your loved one isolating for any extended period of time, entice them to engage with others. Go for a drive, a walk, see if they would like to cook something together. At the very least, sit with them in their vulnerability. Engaging in intimate and vulnerable dialogue, albeit uncomfortable, is ultimately what will allow us the opportunity to be liberated from our fear.

I'll share more about [specific, structured resources at Newport](#) throughout the coming weeks.

Be Visible on Campus; Be Your Knight's Ally

I strongly recommend active family engagement at our school. Your presence here makes a tangible difference to your student:

- **A sense of belonging**—when you are visible as a member of our community, you help your student develop strong ties to our learning community. That sense of belonging supports your child's success.
- **A sense of value**—when you make time to make short appearances at various events as a volunteer, participant, or spectator, you demonstrate how much you value education. If you are taking time to become a part of our learning community, education must be a critical resource for your family.
- **A sense of pride**—your pride in what we accomplish together helps to develop that same pride in your student. When they are proud of their school, they want to work hard at becoming a reflection of that pride.
- **A sense of insider knowledge**—when you appear around school, your students will find your understanding more credible when you talk with them about what their life is like inside our walls. They believe you offer a knowledgeable resource in resolving challenges.

Click a link below and take advantage of one of these short opportunities to be a Visible Knight Ally:

- [Taking Care of Business Day](#), Thursday, 8/24/17
- Volunteers needed throughout the [first week of classes](#) for schedule distribution, lockers, pictures make up days, and PE t-shirts
- [Laptop distribution](#) happens Friday, 9/1, to Thursday, 9/7

Join Our PTSA Online

Newport High School PTSA is enrolling all members on-line using PT-Avenue. No more forms to complete. Please go to [PT-Avenue to self register](#). Email newporthighptsa@gmail.com if you have questions.

Start & Dismissal Times Set for Fall

In a repeat of last year's schedule, Newport classes will begin at 8:30 AM Monday through Friday this fall. Early dismissal on Wednesday happens at 1:25 PM. On all other weekdays, we dismiss students at 3:30 PM.

You can always find the regular schedule on our [website](#). When we have changes for testing, assemblies, etc. during the year, you can find those on our website as well. We will also announce them in this newsletter and the Daily Bulletin (see below for instructions to subscribe).

Shop the Newport Grad Store

On Saturday, 9/9, the Class of 2018 will host the annual garage sale fundraiser. Shop and support our seniors at both 3 & 7 Newport Key in Newport Shores from 9 AM to 4 PM on Saturday, 9/9.

Please consider donating your items (tax deductible) for our sale! All proceeds will go towards tickets to the all-night graduation party for scholarship students.

Clean out your garage, closets, etc., and bring your unwanted treasures for our sale. Volunteers will set up from 3 to 7 PM on Friday, 9/8. Please deliver your items then to 3 or 7 Newport Key. If that time doesn't work, please contact Suzi Kuenster suzikuenster@msn.com to arrange for another time.

Need help moving your larger treasures? We are happy to arrange a pickup by our volunteers.

Holiday Jobs = Holiday Cash

Your student can apply for auditions to Bellevue's Snowflake Lane **before Friday, 9/1**. Drummers, dancers, technicians, and more make up the holiday season event in downtown Bellevue. [Find out more online.](#)

Calendar Notes

- Correction: Photo make up day is Wednesday, 9/6, after school.
- Freshman Orientation: Friday, 8/25, 8 AM-1 PM at NHS. Students spend the day with Link Crew members learning the ropes of high school. Followed immediately by Link Crew Olympics.
- Parent Link: New parents, please join us for a conversation about life in high school and keys to success. Pose your questions to a panel of teachers, administrators, coaches and club advisors, and veteran parents. We will target frequently asked questions and concerns, but your input will shape the content and emphasis of our time together. Start your student strong by becoming an actively engaged family now.
 - Learn about:

- Changes families will see in their student's lives and studies;
 - How to support students through the transition to independence and adult responsibilities;
 - How to navigate the structures of high school;
 - What opportunities to support success can be found only outside the classroom.
- Office Opens 8/14, 8 AM to Noon; 1 PM to 3 PM
 - Taking Care of Business & Picture Day: Thursday, 8/24, 8 AM to 3 PM
 - First Day of School: Thursday, 8/31, 8:30 AM to 3:30 PM
 - Curriculum Night: Thursday, 9/14, 6:15 PM to 9 PM

Help With Summer Reading Packets

NHS teachers Molly Parker and Amy Mapes will host a summer reading help session August 22, 12:30-1:30 PM, in room 2112 at Newport High School. Our two teachers are hoping this help session will support our struggling readers and writers to complete the summer reading packet and start the school year off strong!

Summer Reading & Math Assignments

- Summer Math [packets](#) are provided as additional resources for Bellevue School District students who are interested in reviewing and previewing math topics during the summer.
- Students received their [summer reading materials](#) before the last day of school.

Learn Metro Before September

Metro is offering a special ORCA summer program for youths. Your BSD-issued student ORCA cards are only active during the school year. The ORCA Summer Youth card allows students to continue using Metro at the discounted rate of 50 cents per ride from 6/17 to 9/4/17. To learn more about the Metro ORCA Summer Youth program visit the [King County Metro website](#).

Click Reply: Our Digital Door is Always Open

Did you know that you can simply Reply to this email to send a message, a comment, or feedback straight to my Inbox? We value our partners at home in helping every student succeed. We look forward to hearing from you.

You also can reach classroom teachers and other staff through email. Use the [roster and email addresses on our website](#). You can sort the list by department or name as you search for the right resource. Or call our [office](#) to inquire about the contact you need.

Newsletter **Submissions** Welcome

We work to ensure that the news we share here is relevant for students and families, and we welcome news from families and the many individuals, clubs, teams, and organizations that support our school community. Please send such news directly to me in the principal's office (yahoudyd@bsd405.org).

Our Mission: To provide each and every student an exemplary educational foundation that inspires them to discover their individual passions, achieve their goals, and become capable, contributing members of society.

[Daily Bulletin](#) [Newport HS Website](#) [PTSA Website](#) [Bell Schedule](#) [Counseling Assignments](#)

Dates & Reminders

- [Link to the Newport online calendar.](#)
- Daily Bulletin RSS subscription address: <http://www.bsd405.org/nhs/category/daily-bulletin/feed/> or [click here to access online.](#)
- Find [Newport Television](#) (NTV) on the web.

College Prep & Career Center

- Link to [Naviance](#) for updated listings.
 - Visit the [Counseling Center](#) webpage for resources and information.
 - Click [Community Service](#) for volunteer listings.
-

Athletics, ASB Activities & Clubs

- Website Links: [Athletics](#), [ASB & Activities](#)
 - Check out [ASB/Athletics Calendar](#) for daily updated information.
 - For a complete list of NHS Clubs, visit the online [Club Directory](#)
 - Newport Athletic Hotline at [425.456.7522](tel:425.456.7522) for daily updates
-

Sign Up to Receive Class-Specific Information

- Class of 2018 (Fall Juniors): newporths2018@gmail.com
- Class of 2019 (Fall Sophomores): newportclass2019@gmail.com
- Class of 2020 (Fall Freshman): nhsclassof2020@gmail.com