

Click Here to find the [Daily Bulletin](#) on our website

## Planning to Thrive

Our Knights have a national reputation as capable learners. They excel in our classrooms and in the community. We couldn't be prouder of them and the teachers who guide them. But we want more for your kids.

We want Knights thriving, not stressing. We want them relishing their learning. We want them exploring their strengths and passions. We want them building a community of peer and adult supporters around them.

We can't reach these goals without a partnership with each of our families. Helping Knights live to thrive—to enjoy a lifetime of learning, growth, and joy—can only happen through a collaboration with you.

Adolescence is second only to the pre-school years for profound physical, psychological, and emotional changes. To pass through these tumultuous years and find a path toward their full potential, we know that Knights need five well-defined things, listed below. Join us here in the coming weeks as we explore each of these.

Even better, join us when we meet in the coming months to develop our skills and resources to couple one of the best academic high schools in the nation with a community that ensures that ALL our students thrive while they grow.

### Here's what we need for our Knights:

- Cognitive and Social-Emotional Competence: Acquiring the skills and attitudes that teens need to form their independent identity, one that reflects their personal passions and values. That identity, supported by these skills and mindsets, enables teens to pursue a productive, responsible, and satisfying adulthood. It allows them to become their best self, not what others expect of them. The self-management skills help them work in professional teams and build strong personal bonds.
- Concrete Support in Times of Need: Understanding the importance of asking for help and advocating for oneself; designing our interactions to provide opportunities for skill development and promote healthy growth. Consistently finding available professional and emotional support as challenges develop, not after problems set in.
- Knowledge of Adolescent Development: Breaking down the recent complex research that sheds light on the common challenges teens and their families face. Learning when to use developmentally and contextually appropriate best practices at home and at school. Helping teens understand the physiological changes that add extra stress to these years. Learning to

ride the waves as an adventure in growth, rather than a trial of hormones, out of sync emotional and rational judgment, and conflicts.

- Social Connections: Having healthy, sustained relationships with people, institutions, the community, and a force greater than oneself. A village of peer and adult resources outside the immediate family that sees every Knight graduate with the personal and professional social capital and networks to chase their dreams.
- Youth Resilience: Managing stress and functioning well when faced with challenges or adversity. Helping teens and families find and support positive risk-taking. Courting opportunities to fail gently and learn to bounce back. From these experiences come the personal growth and inner-strength that allows students to make positive change from every challenge ahead of them. Allows them to stand strong in a competitive and challenging adult world.

### **Newport Wrestling Goodwill Fundraiser**

Newport Wrestling is teaming up with Seattle Goodwill to accept your reusable goods. On Sunday, 10/15, we will host a Goodwill donation drive. Join us between 10 AM and 2 PM in Newport's upper parking lot off of Factoria Blvd. Come out and support our Knights and donate that extra stuff laying around the house.

Seattle Goodwill is a certified e-waste recycler for computers, peripherals, televisions, and monitors.

### **Debate Training for Students & Adults Tomorrow**

Climb the Mountain, an organization of speech and debate experts, is offering a \$10 Speech and Debate Clinic for Washington state high school students, coaches, and judges. Newport will host the clinic on Saturday, 10/7, 10:30 AM-5:30 PM.

Parents, staff, and community members interested in judging high school speech and debate are invited to attend the judging workshop. The instructors will cover speech and debate events, how to rate competitors, and what kinds of comments are helpful to students. You will leave the training confident you can judge any speech or debate event. The judging workshop runs 11:30 AM -12:30 PM, with a break for lunch (included, on site), followed by practice judging demonstrations, 1 PM- 2 PM. Cost is \$10.

Note: The \$10 fee will be waived for anyone who says "Helen Boyer invited me" at the registration table. Any questions, Helen Boyer at 425-456-4101.

### **Go Knights! Homecoming Tonight**

The Homecoming Football game will start at 7 PM tonight. Make sure to come out and support the Knights! During halftime of the game, there will be awesome performances from our Drill, Cheer, Band, and Color-guard! We will also have our Homecoming Royalty!

Homecoming is a perfect opportunity for parents to blend into the crowd, enjoy the fun, and get a feel for our students and community. Many parents attend at each football game. Come see what brings them out.

REMINDER: We allow NO students to bring bags into our stadium during home football games. Leave them at home. There will be no place to store them at the school.

The Homecoming Dance is this Saturday, 10/7. No tickets will be sold after school on Friday or at the door.

Our 2017 Homecoming Theme this week has been WORDS OF WISDOM. Each class used their take on the theme to guide their Hall Decoration and Homecoming Dance outfits. The themes were:

- Freshmen: Don't Judge a Book By its Cover;
- Sophomores: Shoot for the Stars;
- Juniors: There's No Place Like Home (Seattle Theme);
- Seniors: Opposites Attract.

### **Does Your Student Sing?**

Are your friends and family always telling your student what a great voice they have? Encourage them to audition for Newport Idol. It is our own singing talent show. Auditions are Wednesday, 10/18, and Thursday, 10/19, after school.

Ten finalists will perform at the final concert on Friday, 11/3. There will be two rounds at the concert. Then our live audience will vote on the winner. For more information, and to sign up for a time, please pick up a flier in the main office.

Oh, and mark your calendar to join the fun and amazing talent at the community concert on November 3rd.

### **Handy Reference of all Things Newport**

You will [find our "Student Handbook"](#) on the school website. With 29 pages of details, it has school services, staff listings, Activities & Athletics information, policies, honor codes, attendance notes, and more. The book is a pdf that families can download or read online.

Here are a couple samples of passages most families eventually need:

- Pre-Arranged Absences – Students who know they will be absent prior to an absence must pick up a Pre-Arranged Absence Form from the Attendance Office. Students will need to

obtain signatures for each of their teachers and their parent/guardian before returning the form to the Attendance Office. The purpose of teacher signatures is for the student and teacher to communicate the impact of the absence. To be valid, this form must be completed and returned to the Attendance Office two school days prior to the student's absence. Students should note that these pre-arranged absences will count towards their attendance allotment. Per Board Policy 3122P- Absence for parental –approved activities- unexcused absences may be counted as excused for purposes agreed to by the principal and the parent/guardian for a maximum of five days. An absence may not be approved if it causes a serious adverse effect on the student's educational process. \*Any unexcused absence will count against the five days that an administrator can excuse.\*

- Delivering Notes and Packages to School – Notes, packages, homework or other correspondence to students from parents, activity advisors, and coaches will not be delivered during the school day except in cases of emergency. Please plan ahead for this type of correspondence. You can drop-off these items in the Counseling Center for your student to pick up.

### Notes from Dr. Duran

All Bellevue Schools families received a letter from our new superintendent last week. There were a few key points I want to emphasize.

After listening and learning throughout his first weeks, he heard the frustration and helplessness that families feel when their child is harassed or bullied.

“As a student who was harassed and intimidated, I understand and share any family's concern and confusion about how to put an immediate end to the suffering of their child and the unacceptable behavior,” he said.

He added that bullying hurts everyone in our schools because it interferes with learning. Participants and observers in bullying situations bring the resulting high emotions to class. Students who witness other's pain, worry and shift their behavior to avoid becoming a target.

We are fortunate not to have seen an increase in bullying in these days when our society has become so polarized and contentious. But we want a zero threshold here at Newport.

As we work together to create an atmosphere of acceptance and support at Newport, we will call on families and students to participate. Watch for those opportunities and join our United Knights!

### Classroom Bucks Update

At the end of September, the PTSA Classroom Bucks Fundraiser had raised a little over \$13,500 in donations. These funds, in addition to matching funds that are still coming in, will be used for our Fall Staff/Teacher Grants.

The Fall Staff and Teacher Grants will be announced by the end of October. Meanwhile, you can make sure all worthy ideas get funded. We budgeted \$25,000 in grants for this fall. Donate today when you join the PTSA at its new website [here](#). Donations are also being accepted via [Square](#) or by check to Newport High School PTSA c/o NHS, [4333 Factoria Blvd SE, Bellevue, WA 98006](#)

### **New Digs for PTSA News**

The PTSA has switched to a new website. Information about upcoming events, ski swap and future membership meetings will be posted at [Newportptsa.org](#) . That's the only address you need.

### **Regular Spot to Volunteer and Get to Know Newport**

Three parent volunteers are needed the second Wednesday of each month. These short visits allow our supporting personnel to attend the staff monthly meeting. If you are available from 9 to 10 AM on any second Wednesday of the month, please sign up [here](#). One volunteer will help in main office, one in the library, and one in the counseling office.

### **Mark Your Calendar**

The next PTSA Membership meeting is October 18th at 7 pm in the library. We will focus on our upcoming Ski Swap.

### **Plan to Swap**

The Ski Swap tradition has allowed the PTSA to provide more than \$900,000 in support to Newport High School for over 30 years.

- Our students earn community service towards their graduation, National Honor Society and Knight Valor awards.
- Booster clubs, part of KFAB and KABA, earn a grant by providing volunteers and food support.

This high-energy four-day event needs the support of our community of parents and students to succeed. More details will be coming soon on ways to volunteer, how to donate as well as consign gear, and when you can shop. Save the dates November 9th - 12th and visit the newly designed website at [www.newportskiswap.com](#).

### **Super Week Schedule—Next Week**

Remember that next week is Super Week at Newport. We have a plan for each class to prep for college on Wednesday. Be sure your student does not miss school on Super Wednesday.

- All freshman take the PSAT9 beginning at 8:30 AM.
- All sophomores take the PreACT assessment beginning at 8:30 AM.
- All juniors take the PSAT beginning at 8:30 AM.

- All seniors will work with Newport English teachers in a College Application Workshop from 8:30-11:30 AM.

The schedule is altered all week. See the [attached](#) details.

### **LifeSpring Offers Free Meals**

Bellevue's LifeSpring organization provides free meals for qualifying students during school breaks and vacations. Children who qualify for free or reduced lunch at any grade level can participate. The ready-to-prepare breakfast and lunch items are provided during winter, mid-winter, spring and summer breaks.

If you would like to receive these meals, [click here to download](#) and complete the form. Bring it to the counseling office by next Tuesday, 10/3.

### **Dates to Remember:**

- No School, Friday, 10/13
- 2018 Senior Class Meeting/Photo: Wednesday, 11/1
- End of First Quarter: Friday, 11/3
- No School, Thursday and Friday, 11/9 and 11/10
- Semester Finals: 1/24/18 to 1/26/18
- End of First Semester: 1/26/18

### **Useful Links:**

[Daily Bulletin](#)

[Newport Website](#)

[PTSA Website](#)

[Bell Schedule](#)

[Calendar](#)

[Counseling Assignments](#)

[Newport Television](#)

[Naviance](#) for college admissions planning and information

[Counseling Center](#)

[Community Service](#) for volunteer listings

[Athletics](#)

[Club Directory](#)

Newport Athletic Hotline at [425.456.7522](tel:425.456.7522) for daily updates