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Click Here to find the [Daily Bulletin](#) on our website; and Click Here to find our [Five to Thrive](#) series.

**Remember--No school Monday, 1/15/18**

### Online AP registration begins on Tuesday

Newport students will **register online for AP exams this year**. Registration will take a few minutes and can be completed from any computer with internet access. Students should click the quick link on Newport's counseling center website or [visit this link](#).

Registration Information:

- Online Registration: January 16th – February 16th (Online Exam registration will begin on Tue, Jan 16, 2018 at 12:00 AM and end on Fri, Feb 16, 2018 at 11:59 PM).
- Scholarship deadline: February 16th
- Exam price: \$94 per exam (except Capstone Research which is \$142) Two options to pay: on-line through BSD or payment to the Accountant at Newport.

Families who may need **financial assistance with exam fees** will be able to indicate this during the registration process and will complete payment after the school has reviewed the scholarship request. Students need to come to the office and pick up a scholarship form and return it to the main office for approval.

We know that parents may prefer to register their students for exams. We strongly recommend that parents and students are both present while registering to ensure that the correct exams are ordered.

No more AP bubbling sessions! Students must answer all of the questions in order to complete the exam registration. Please answer all questions fully and accurately, as this information will be pre-printed on your AP answer sheet form and **will not be editable after it is printed**. A confirmation page at the end indicates that the exam registration process has been successfully completed.

Please feel free to contact us with any questions. Contact Information:

- Registration: Julie Rooney, Counseling Center, [rooneyj@bsd405.org](mailto:rooneyj@bsd405.org)
- Payments: Ellen Pierson, Accountant, [piersone@bsd405.org](mailto:piersone@bsd405.org)

### School Board Community Forum

The School Board will host its second community forum on Tuesday, 1/16, from 7:30-8:30 PM in the Rainier Room at the Wilburton Instructional Service Center.

This forum aims to connect the community members and Board directors to understand what the School Board does and to hear your thoughts on how we can work together to create a school district that ensures all students are prepared to succeed in college, career, and life.

The gathering is open to students, families, and community members. It is important to the school board that all voices are heard. Please join us to share your thoughts, exchange ideas, listen, and learn.

### **Help Protect Your Teen's Well-Being with Purpose**

Researchers at Claremont and UC Berkeley universities recently announced three exciting findings that can help protect your teen's physical and mental health. Unfortunately, only one in five high school students and one in three college students find this protective shield.

Speaking for the research group, Kendall Cotton Bronk, a professor of psychology at Claremont Graduate University, shared these three highlights of their work to understand how teens develop a purpose in life and how it impacts their well-being.

- Teens who find a sense of purpose to inspire their studies and their life will sleep better, suffer less chronic pain, and live longer. Teens who are guided by a purpose enjoy the psychological benefits of hope, happiness, and life satisfaction.
- While many teens struggle to identify a purpose, there are five clear steps families can take to guide young people toward a purpose that capitalizes on their strengths and values.
- The researchers launched a \$25,000 scholarship and a series of videos and interactive exercises in the Purpose Challenge, which incorporates cutting-edge science into inspiring teens and building college essays with their discoveries. (Read more about the [Purpose Challenge with this link.](#))

Families and mentors can use the following five empirically based approaches that help youth discover a personally meaningful direction in life:

**Model Purpose**—Surprisingly, adults rarely share with their teens what gives their lives purpose. They don't say what aspects of their lives inspire them to struggle through challenges. Talking about both your everyday motivations and aspirational goals helps teens begin to connect to the experiences in their own life that can point them toward meaning and purpose. Sharing the inspiration, not just the practical how-to instructions, directs teens' searches for their own guiding purposes.

**Focus on Your Teen's Strengths and Values**—Purpose emerges when youths apply their strengths—the abilities that come with relative ease and that they enjoy—to personally meaningful changes in the world. For example, a young person who cares about the environment and writes well may find purpose in environmental journalism.

**Foster Gratitude**—Acknowledging that it may seem counterintuitive to foster purpose by cultivating a grateful mindset, the researchers insist that it works. Helping teens reflect on the blessings and the people who blessed them, the team says, naturally inclines young people to consider how they want to give back. Simple, but frequent, inquiries of teens about what and who in their day that they appreciate is enough to set their minds to exploring what they value.

**Encourage Students to Ask Those Who Know Them Well**—Their limited experience can make it hard for teens to identify their strengths and even what inspires them. The adults in their life may have more insight. Encourage your teen to email or ask at least five adults who know them well these three questions:

- What do you think I'm particularly good at? What are my strengths?
- What do you think I really enjoy doing? When do you think I'm most engaged?
- How do you think I'll leave my mark on the world?

Remind your teen and the adults to consider all activities, not just academics. Parents can help further by encouraging friends and family to respond with first and strong impressions. Help your teen to use the responses as clues in their own deliberations, not expectations or final conclusions.

**Focus on the Far Horizon**—Day to day deadlines such as assignments, tests, and college applications capture our attention. Take time away from the daily focus for imagining what the future might look like if all went well. What will your teen be doing at 40? Who is in their life? Why? It is in the whys that students will find clues to their purpose.

Taking time for these simple steps to help your teen to think beyond job and career to what impact they want to have in the world can bring them both physical and mental well-being.

### **Plan Ahead to Arrive on Time**

King County will be sampling soils along **Coal Creek Parkway**. [Attached](#) you will find a flier describing the work and contact information. This work **will require detours around work areas**. While hours are limited, **anticipate traffic delays** in this very busy area. You can sign up for text alerts and email updates as work progresses.

### **Dance Lessons, Beautiful Music & Fundraising**

Buy tickets now for Knights in Vienna, Newport's classiest event, on Saturday, 1/27, starting at 7:30 PM at Newport. Enjoy an evening of formal waltz dance instruction, silent auction, delicious desserts, photo booth and lots of music provided by the Newport students.

This evening is for adults and students. The proceeds benefit the Newport Orchestra Program, including trips to national competitions. Purchase tickets at [newportorchestra.com](http://newportorchestra.com) or during student lunch periods starting Thursday, 1/18.

- Student/Staff Ticket – \$15;
- Adult Ticket – \$25;
- Table of eight (8) Student Tickets \$100;
- Table of eight (8) Adult Tickets – \$175.

Use this link to see what it is like. [Knights in Vienna](#). Tickets do sell out; act quickly.

### **Link Crew Recruiting New Students**

Would your student enjoy welcoming new freshman to Newport High School? If you have a sophomore or junior, encourage them to consider picking up a Link Crew application near the entrance to the theater during lunches January 22, 23, and 25th, or after school on January 24th and 26th by the entrance to the theater.

### **Exam Support for Freshman**

Is your freshman anxious about finals? Encourage them to join the Cocoa and Cram where there will be hot chocolate to drink and Link crew leaders to help with studying. If your student wants hot chocolate, they must bring their own mug. Students should go to the commons Thursday, 1/18, from 3:45 – 6:30 PM.

### **Girls Computer Science Group Gathering**

If your daughter is interested in computer science, encourage her to join the Girl's Networking Breakfast. This event is for 9<sup>th</sup> to 11<sup>th</sup> grade students interested in learning about the information technology classes offered at Newport. Girls should go to room 1407, the CISCO Lab, Thursday, 2/1, 7:30-8:15 AM. Free breakfast provided. For more information, contact Mrs. Lopez-Kopp in the library or [lopezk@bsd405.org](mailto:lopezk@bsd405.org).

### **Surgeon Meeting with Students Interested in Medicine**

Students interested in hearing a general surgeon talk about the journey and career of a doctor, can attend Dr. Wheeler's on Friday, 2/2, in the lecture hall from 3:45-4:45 PM. This is a unique opportunity for our students. No RSVP needed. Newport's HOSA club is hosting this event.

### **Mark Your Calendars for Registration**

Registration season starts soon for fall classes. Mark your calendars for Parent Registration Information Night on Tuesday, 2/27, at 6 PM in the Commons. Online registration opens that day.

For families with 2018-2019 freshmen, our counselors will make presentations at Tyee, Tillicum, and Odle. Those dates are not yet confirmed.

Current Newport students will have elective fairs, presentations, and counselor appointments in February and March to help them plan.

Watch for more details in this newsletter next week.

### **Get Insights on College Planning**

Bellevue Schools will hold its annual college planning conference for families and students in early February. The event starts at 5:45 PM with a keynote speaker and wraps up at 8:30 PM after a series of short workshops. Parents and students can choose from dozens of workshops. The event can get freshmen thinking ahead and will help juniors get ready to wrap up an admissions offer next year.

Two sites this year (same program both days):

- Sammamish High School on Wednesday, 2/7
- Newport High School on Thursday, 2/8

Selecting a college and deciding how to pay for it has become a high-stakes financial decision. For the 2017-18 academic year, the average sticker price at private non-profit colleges (including tuition, fees and room and board) rose 3.5 percent to \$46,950, according to the College Board.

Much goes into college choice beyond financial consideration, such as a culture and environment fit for the student, availability of majors and extra-curricular programs, geographic location, and climate. Once your student has narrowed the list based on these and other criteria for a likely choice, you may find a new ranking pulls together in one table a number of comparison points. While the ranking is subjective, the presentation of data can spark conversation with your student about how to rank the institutions they consider. To help your family sort through options and find a school that fits your student's interests, click this link for a [list of colleges and universities](#).

### **Whether You Be Beauty or Beast, Be Our Guest!**

Newport High School brings Disney's award-winning Beauty and the Beast musical to life Friday and Saturday, 1/12 and 1/13, Friday and Saturday, 1/19 and 1/20 at 7 PM and on Sunday, 1/21, at 2 PM.

Tickets for the performances in our Newport High School Theatre are \$12 for Adults. Seniors, children (through eighth grade), and students with Newport ASB cards pay just \$10. Tickets are sold at the door. For online ticket purchase information, visit [www.newportdrama.com](http://www.newportdrama.com).

See the beautiful promotional poster ([attached](#)) that was created by students Allison Fennell and Jessie Lo.

### **PTSA Sponsors Game Competition**

The WSPTA's STEM-based program to encourage and support student success takes on a "Gravity" theme this year. Students in grades 9-12 may participate and share their knowledge of computer

science. Students express themselves by developing a computer game. See [Game Development](#) for details and resources. Intent-to-submit forms are due January 15.

### **Career Tech Program Launches New Options**

Career and Technical Education (CTE) will offer several new programs for the 2018-19 school year. Encourage your student to see what might pique their interests. Be sure they attend the WANIC Fair – Tuesday, 2/6, during both lunches.

These courses allow students to investigate career interests and earn inexpensive college credits at Newport and other area high schools. At the fair, students can talk with the instructors and hear about the programs before registration begins later in February.

If you or your student have specific questions regarding programs being offered outside of the Bellevue School District, please contact Vanessa Lopez-Kopp, College and Career Adviser – [lopezk@bsd405.org](mailto:lopezk@bsd405.org) or call 425.456.7520. Check out the recent CTE Newsletter for details on many of the programs: [January 2018 CTE Spotlight](#)

### **Bellevue College Registration at NHS**

Do you have a senior interested in attending Bellevue College in the fall? Enroll at our upcoming Bellevue College application workshop on Wednesday, 1/17, at 1:30 PM in the lecture hall/theater. An admissions representative from Bellevue College will be there to answer any questions and assist with the registration process. Please bring your student's laptop.

### **Eat Right & Sleep**

First Semester Finals are January 24-26th. Make sure your student eats right, gets plenty of rest, and checks out the adjusted schedules using this link: [First Semester Finals January 24-26 – Newport High School](#).

### **Join Discussions on Positive Schools**

Bellevue Schools seeks your input on how our schools can create a more positive climate and culture, free from harassment, intimidation and bullying. Childcare, interpreters, and food will be provided.

[Click here to RSVP](#). Your RSVP is not required but is appreciated as it will help planning for childcare and catering. While the same content will be presented each night, you may attend multiple sessions. You may also RSVP by emailing [pubinfo@bsd405.org](mailto:pubinfo@bsd405.org) or by calling [\(425\) 456-4000](tel:4254564000).

### **Community Café Dates for Positive Schools Conversations:**

- Thursday, 1/18/18, 6-7:30 PM, Highland Middle School

- Wednesday, 1/31/18, 3:30-5 PM, Tye Middle School

### **Bellevue School District Job Fair**

Save the date for the Saturday, 2/3/18, Job Fair where you can meet Bellevue Schools supervisors and administrators hiring for certificated and classified employees. The 8 AM–2 PM event will be held at Odle Middle School in Bellevue.

### **College Visits**

[Click here for our calendar](#), which includes colleges visiting our campus.

### **Dates to Remember:**

- No School/Martin Luther King, Jr. Day: Monday, 1/15/18
- 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

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*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.*

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### **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.

#### **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](mailto:yahoudyd@bsd405.org)).

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### **Sign Up to Receive Class-Specific Information**

Class of 2018 (2017-2018 Seniors): [newporths2018@gmail.com](mailto:newporths2018@gmail.com)

Class of 2019 (2017-2018 Juniors): [newportclass2019@gmail.com](mailto:newportclass2019@gmail.com)

Class of 2020 (2017-2018 Sophomores): [nhsclassof2020@gmail.com](mailto:nhsclassof2020@gmail.com)

We still need a Freshman Class Liaison. Contact [newporthighptsa@gmail.com](mailto:newporthighptsa@gmail.com)